





#### AGENDA



Allergies and coeliac disease

Legal requirements

Tricky allergens

Gluten Free

Outside of the 14

Alternatives to milk

Lifestyle choices

Our processes

Levy incidents





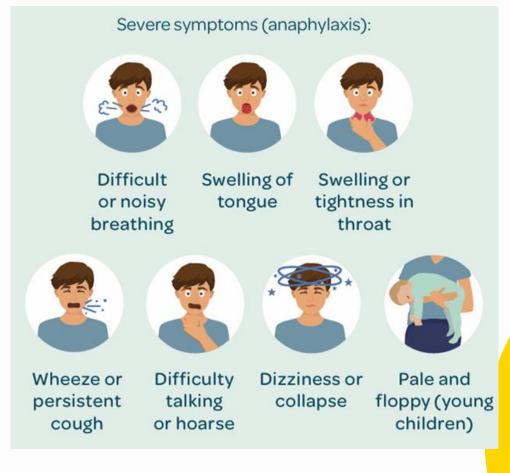


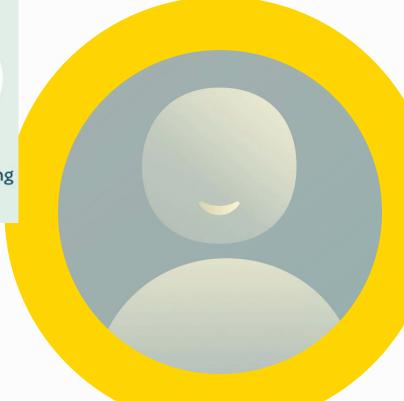
- Immune system triggers a reaction to a food or ingredient (allergen)
- Body mistakes proteins in the food as a threat and releases chemicals to counteract the perceived threat,
- causing symptoms such as rashes and hives, swelling, vomiting, difficulty in breathing, anaphylaxis.
- Symptoms can develop very quickly and can be fatal
- **Severity** of the reaction varies from person to person and can be **fatal** to some people.
- Severity can **change** over time







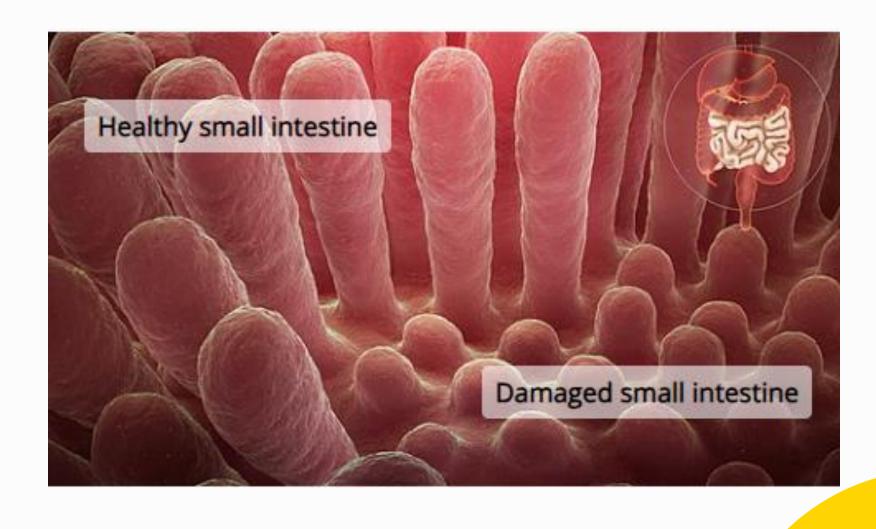




#### Coeliac disease



- Autoimmune disease
- The body attacks itself when gluten is eaten
- Causes damage to the lining of the gut, and causes symptoms such as diarrhoea, abdominal pain and bloating.
- Damage can be severe and irreversible, leading to lifelong consequences for affected individuals.





## Legal requirements



The main 14 allergens must be **declared by law** 

Cereals containing gluten have to be specified: wheat, rye, barley, oats

As do nuts from trees:

almond, Brazil nut, cashew, hazelnut, pecan, walnut, macadamia, pistachio

They can be **hidden ingredients,** e.g. celery in stock powders





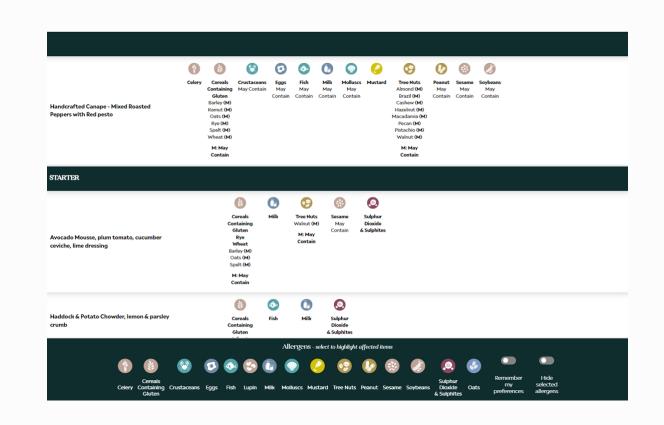




substitutes

# Legal requirements





Unit Name Unit Number								Date							
								Menu							
This document must allergens present with Kamut/Khorasan), rye specified and listed. E person in Unit.	hin the pro e, barley, a	oduct. Ensu nd/or oats	ure both Co ) and the r	ontains an name of N	d May Coi uts from T	ntain aller rees (i.e. a	gen inform Ilmond, Bra	nation is ca azil nut, ca	ptured. Th shew, haze	e name o Inut, peca	f Cereals w an, walnut,	ith Gluter macadam	n i.e. wheat nia and/or	(e.g. spel pistachio)	t, must be
Menu Item / Recipe		Allergens													
	*	*		0	<b>@</b>	8								<u>S3</u>	Colleague completing the manual allergen report (initial)
	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	
omato soup	1	√ (wheat)							MC						
ennel and orange salad with ourrata							1					<b>~</b>		MC	
Celeriac and chorizo risotto with vegan feta	✓						MC		MC					>	
Thocolate torte with trawberries and vanilla cecream				<b>\</b>			1				MC (almonds)		1		
	1	1	1	l	1	ı	1	1		l .			1	l	ı <b>I</b>

#### Allergy Advice:









### Nuts and peanuts





**Peanuts** are **not nuts**, but are a legume



True nuts grow on trees





- JCC do not use nuts or peanuts but ingredients we purchase ingredient that potentially 'may contain' nuts and peanuts
- Can't say we are completely nut free



## Hidden ingredients





Allergens present in foods where you may not expect them

**Soya** – expected in foods containing soy sauce and soybeans

Chocolate

**Bread** 

Jam

Bacon



Fish – expect to find fish in dishes like fish pie

Milk

**Worchester Sauce** 

Jelly and set desserts

Coffee



Cereals containing gluten - expected in bread, cakes, pasta

**Potato products** 

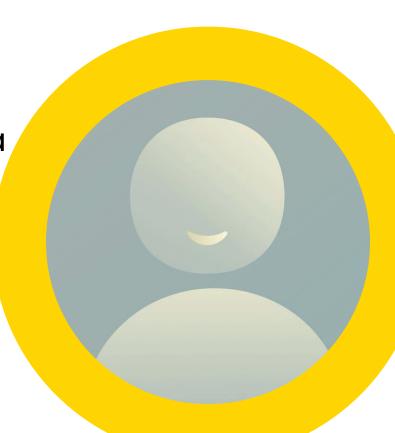
Sauces

Cheese

Sausages



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SCC CORC SHORE
WE LOOK OUT FOR EACH OTHER

- Only foods that are **proven** to have 20 ppm or less gluten can be called gluten free
- None of the food produced in our kitchens can be labeled Gluten Free
- Bought in Gluten Free products can only be sold as such in their sealed original container
- Meals produced with GF pasta or GF pizza bases cannot be sold as GF
- No Gluten Containing Ingredients (NGCI)
   where items are made without any gluten
   containing ingredient but cannot be
   guaranteed to comply with Gluten Free
   gluten levels.









## Allergies outside of the 14



People can be allergic to **any** food or ingredient

Common examples include pea protein, stone fruit, coconut, mushrooms etc

**Oral allergy syndrome** (OAS) or pollen food syndrome is an allergy to raw fruit and vegetables

Requires detailed information – full ingredient list

Not always available

Communication between Allergen Champion and Lead chef









#### Alternatives to milk

See CORE SHORE
WE LOOK OUT FOR EACH OTHER

- Products made with oat, soy, almond, coconut etc.
- Milk has a protected status in the UK milk, butter, yoghurt, cream can only be used for products made from animal milk
- Terminology on menus, tariffs, labels alternative to milk/cream/cheese
- Drinks service process:
  - Use the Safety Conversations to train staff
  - Ask customer whether they have allergies
  - Need to consider all components, e.g. chocolate powder
  - Ensure there is clear communication
  - Verbally communicate each drink when handing it over





#### Vegetarian and Vegan

Vegetarian **does not mean** completely free of fish, crustaceans, molluscs

Vegan does not mean completely free of milk, eggs

No **intentionally** added animal products or animal derived products, but potential for May Contains

Plant-based – avoid as can lead to confusion



consisting or made completely of plants, or mainly of plants:

- · I eat a predominantly plant-based diet.
- The British favour natural plant-based beauty products.











#### Our processes





✓ The Source has information on all allergen info for all food products

✓ Foods purchased from approved suppliers





✓ Recipe specs created and followed

✓ Systems in place to prevent cross-contact





✓ Staff are trained

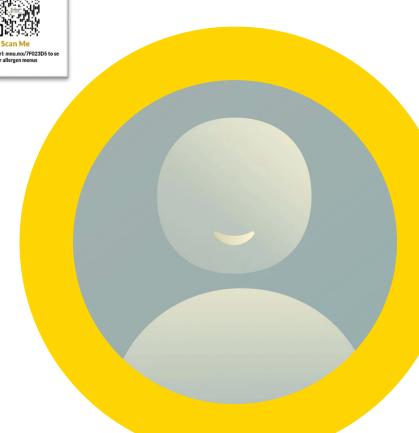
✓ Allergen information is provided



✓ Customers are asked about dietary requirements

✓ Processes to ensure right food goes to right person







# Levy incidents

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WE LOOK OUT FOR EACH OTHER

- Human error in allergen information
- Source error in allergen information
- Not adhered to specs
- Planned change in recipe
- Product substitute
- Cross-contact
- Advice given
- Wrong food provided



