

# FOOD SAFETY CONVERSATION



## Allergen Awareness - Gluten Free and Allergen Free Foods

### WHAT YOU ARE GOING TO LEARN

In this Food Safety Conversation, we are going to discuss gluten free and allergen free foods.

Following this conversation, you will understand why food items prepared in our open kitchens **must not** to be labelled or stated as being gluten free or allergen free



### WHAT YOU NEED TO KNOW

#### Gluten Free

Only foods that contain 20 parts per million (ppm) or less gluten can be labelled as gluten free. To advertise a food as 'Gluten Free' testing must have been undertaken in order to determine that the gluten content is not above 20ppm. Due to the potential cross-contact risks in our operational kitchens, and because Compass do not undertake gluten testing, we **must not** advertise open food, or any food made in our units as 'Gluten Free'.

#### Allergen Free

Due to the potential cross-contact risks in our operational kitchens, we **must not** advertise any open food, or any food prepared in our units, where a specific ingredient and/or allergen has been omitted from a recipe or is not an ingredient in the recipe as 'Allergen Free'.

#### Guidance

Food produced in our units and food served open must **never** be signposted as gluten free, or allergen free. In the UK you may label menus as 'No Gluten Containing Ingredients' (NGCI), where items are made without any gluten containing ingredients, but cannot be guaranteed to comply with gluten-free gluten levels. This is not permitted in the Republic of Ireland and Wales.

'No Gluten Containing Ingredient' menus must have the following disclaimer displayed:

These meals are prepared without any ingredients containing gluten. However, due to the way products are handled and prepared in our busy kitchen environment and due the potential risk of cross-contact declared by our suppliers, we cannot guarantee that our food is 100% free from a specific allergen, including gluten. Please check the allergen information provided and speak to a staff member regarding your dietary requirements before ordering.

For foods where a specific ingredient and/or allergen, such as milk, has been omitted, customer facing allergen information signage must be clearly displayed, to ensure customers are made fully aware that we cannot guarantee that our food is 100% free from any specific allergen and/or ingredient.

Food can be only identified and sold as 'Gluten Free' or 'Allergen Free' when the product is clearly identified as such by the manufacturer and is sold in its original wrapper or container, such as a pre-packed gluten free sandwich or flapjack.

Any 'Gluten Free' foods or food items free from a specific ingredient or allergen, such as pizza bases or pasta, which is opened and subject to any handling or preparation within the unit **cannot** be sold as gluten free or allergen free.

Always use separate kitchen equipment and utensils (chopping boards, knives, pans and other complex equipment) when making a non-gluten containing ingredient food and/or a recipe or dish that omits a specific ingredient and/or allergen to minimise the risk of cross-contact.

Clean down and sanitise work surfaces and equipment and wash your hands before preparing any non-gluten containing ingredient foods, or meals that omit a specific allergen and / or ingredient.