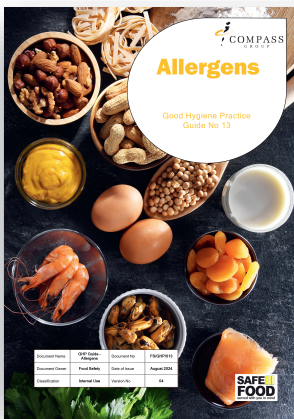


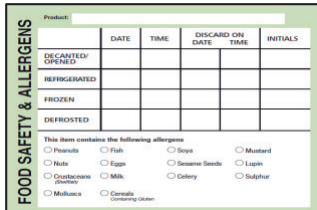

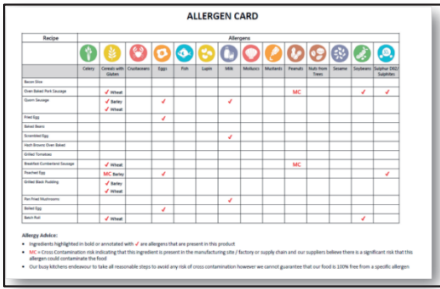


# Food Safety Conversation No13: Allergens

FS.SC.013.03

Key Learning	What You Need To Know		
<p>Understanding and following the allergen procedures will ensure the safety of your customers and potentially avoid serious injury or death due to allergic reactions</p> 	<p><b>There are 14 major food allergens which must be declared. However, people can be allergic to any food or ingredient, such as pea protein, stone fruit or coconut.</b></p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> A food allergy happens when the immune system triggers a reaction to a food or ingredient (allergen), causing symptoms such as rashes, swelling, breathing difficulty and anaphylaxis. Symptoms usually develop very quickly and can be fatal.</li> <li><input type="checkbox"/> A food intolerance is an adverse reaction to food or ingredient which doesn't involve the immune system. Symptoms include stomach upsets, bloating and headaches and usually develop more slowly.</li> </ul> <p><b>Avoiding Allergen Cross-Contact</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use separate chopping boards and utensils for each dish.</li> <li><input type="checkbox"/> Clean down work surfaces, equipment and your hands between handling known allergen containing foods and before preparing an allergen free meal.</li> <li><input type="checkbox"/> Keep opening dry goods in sealed containers or tightly covered.</li> <li><input type="checkbox"/> Use separate fryers for known allergen foods (e.g. scampi / battered fish) and non allergen foods (e.g. chips)</li> <li><input type="checkbox"/> Use separate cooking equipment / utensils when cooking an known allergen free item</li> </ul> <p><b>Kitchen Process</b></p> 	  	
HACCP Stages	Colleague Validation		More Information
<ul style="list-style-type: none"> <li>• Food Storage</li> <li>• Cross Contamination</li> <li>• Preparation</li> <li>• Cooking</li> <li>• Service</li> <li>• Hospitality</li> </ul>	<ol style="list-style-type: none"> <li>1. Explain the differences between an allergic reaction and an intolerance?</li> <li>2. What are the 14 major food allergens?</li> <li>3. Why is it important to follow a recipe without making any changes?</li> <li>4. Give examples of how can you avoid allergen cross-contact?</li> <li>5. How do we inform customers of what allergen ingredients are in a menu item?</li> </ol>		<p>More information can be found within the <b>Good Hygiene Practice Guide No: 13 Allergens</b> and the HSE website</p>