

# ACT ON ALLERGENS

## WEEK 3 – KITCHEN PROCESS

### PREPARING AHEAD

Have pens & paper ready to take notes

### INTRODUCTION

In this module you will learn about the kitchen processes that we should follow to reduce the risk of **causing an allergen incident** (eg. Allergic reaction)

### TRAINING CONTENT

#### CROSS CONTAMINATION

Cross-contamination is one of the most common causes of food poisoning and allergen transfer. It happens when harmful bacteria or allergens are spread onto food from other food, surfaces, hands or equipment. It's very important to prepare food safely to help stop harmful bacteria and allergens from spreading and growing. **The slightest trace could cause a reaction or illness.**

#### PREVENTING CROSS-CONTAMINATION

Cross-contamination can be avoided by:

- Regular hand washing
- Following correct cleaning procedures
- Having dedicated allergen equipment
- Following recipes exactly
- Clear communications with front of house staff

#### STORAGE

- Once opened, store and label dry goods in their original packaging in sealed plastic containers to minimise accidental spillage
- Ideally store any allergen "free-from" food ingredients or products separately, such as gluten free bread.
- Adopt good housekeeping and cleanliness standards within dry goods storage areas

#### PREPARATION

- Clean and sanitise the worksurface before preparation of each dish
- Thoroughly wash hands before commencing each task
- Always use separate utensils / equipment between preparation of each dish
- Leave ingredients within their original packaging in lidded containers until ready for use
- Do not store chopping boards or other cooking utensils underneath food preparation work surfaces where known allergens are being handled in case food debris falls onto them
- Re-seal, label and store away all ingredients immediately after use.

#### COLLEAGUES

- Ensure good personal hygiene, including clean uniform / overalls
- Always wash hands thoroughly between every task; paying particular attention before preparing any allergen free foods for customers
- Wear new disposable apron /gloves when preparing each allergen free food

#### COOKING

- Cook allergen free meals in a separate area
- Always use clean pans / cooking equipment for each dish being made
- Do not share equipment between dishes e.g. stirring spoons / ladles
- Use separate fryers or clean oil for any allergen free items being cooked
- Cover food during cooking to prevent accidental splashing from one dish to another



## CLEANING

- Thoroughly clean down and sanitise all work surfaces between preparation of each dish
- Wash all equipment through a dishwasher
- Dismantle complicated equipment and clean in the dishwasher
- Undertake an additional thorough clean after 'dusty' or powder-based preparation methods e.g. flour.

## RECIPES/INGREDIENTS

- Recipes should be available for all dishes.
- Follow all recipes accurately and check daily to ensure all specified ingredients are available.
- Do not add ingredients to a recipe e.g. do not add egg wash to pastry if not stated in the recipe

## PRODUCT LABELS/PACKAGING

- Cross-check allergen reports against product labels on packaging to ensure all the allergens are listed correctly.
- Report any discrepancies on Source allergen reports (if different to product packaging) to Foodbuy Support immediately and alert the medical diet team.
- If you notice a discrepancy in a Source allergen report, complete a manual allergen report and check if it impacts any medical diet menus.
- If a product substitution or allergen discrepancy on packaging has affected a dish on a medical diet menu, provide medical diet pupils with a jacket potato and suitable topping.

**Remember to add the green allergen label to any unit made dishes which you are freezing or storing.**

## CHECKING

- Nominate an Allergen Aware Champion for your unit.
- Allergen Aware Champions should cross-check allergen reports and medical diet menus with the chef every service.

## INTERACTIVE ACTIVITY

### SHARING BEST PRACTICE

Split the group into pairs and ask them to discuss risks of cross-contamination caused by bad practices in a kitchen.

Feed back to the team what practices they may implement as a result of the session today. Do they feel that they are doing everything in their power already to reduce risk?

## SUMMARY

**Today you have learnt about the kitchen processes that we should follow to reduce the risk of allergic reactions. We have covered how to prevent cross contamination and the controls we should have in place.**

**We have also learnt about additional checks that should be adopted by our Catering Teams.**

## QUICK FIRE QUIZ

**Quiz the team on the below questions.**

Correct answers are shown below.

### 1. HOW CAN WE REDUCE THE RISK OF A PUPIL SUFFERING FROM AN ALLERGIC REACTION?

- Always follow the medical diet policy
- Follow recipes & menus exactly
- Avoid cross contamination by cleaning thoroughly, using separate, clean utensils and equipment and maintaining good personal hygiene by washing hands thoroughly between tasks.

### 2. WHAT HAVE WE COVERED TODAY WITH REGARDS TO RECIPES/INGREDIENTS?

- Follow recipes exactly
- Check you are using correct products by cross-checking VMC codes from the recipe
- Do not add extra ingredients

### 3. WHAT HAVE WE COVERED TODAY WITH REGARDS PRODUCT LABELS/PACKAGING?

- Cross check allergen reports against product labels on packaging
- Escalate any differences between Source allergen reports and ingredient packaging to Foodbuy Support and the medical diet team.
- Complete a manual allergen report if there are any discrepancies on the Source allergen report.

### 4. AS A RESULT OF TODAY'S SESSION, HOW ARE WE GOING TO ENSURE THAT WE CONTINUOUSLY MONITOR AND CHECK?

- Nominate an Allergen Champion for the unit.
- Work as a team to ensure we all follow correct processes and manage allergens safely.

