



EU Food Information for Consumers Regulations

ALLERGENS: ARE YOU READY?

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Introduction

- Allergies and allergens
- What is changing?
- Who do the Regulations apply to?
- What do the Regulations require?
- Annex II
- Practical issues
- Further information

Allergies & Allergens: What Are They?

- An estimated 1.92M people in the UK have a food allergy
- Between 7 and 10 deaths each year attributed directly to food allergies
- 4,500 hospitalisations in 11/12
- No cure
- Allergies caused by allergens




Substance of Food Already Covered


Caterer ordered to pay £415,000 to man killed by egg allergy at Sikh wedding

A caterer who supplied a dessert containing eggs at a Sikh wedding must pay £415,000 damages to the widow of a man who died from an allergic reaction, the Court of Appeal has ruled.

11:55AM GMT 20 Jan 2010

Kuldip Singh Bhamra knew of his allergy but believed he was safe because the wedding banquet was held in a Sikh temple and observers of the religion do not eat eggs.

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“Food must be of the nature, substance and quality demanded by the purchaser”

Food Safety Act 1990, S14

What is Changing?

Food Labelling is Changing

- From 13 December 2014 new rules on allergen labelling will come into force
- Existing requirements for pre-packed foods retained but new requirement to emphasise allergenic foods in the ingredients list
- Introduction of a new requirement to provide allergy information for unpackaged foods
- Criminal sanctions

Who Do the Regulations Apply to?

- Covers food business operators at all stages of the food chain.
- Requirements specifically for:
 - Food intended for the final consumer
 - Foods delivered by mass caterers
 - Foods intended for supply to mass caterers
- Suppliers are legally required provide sufficient information to enable those supplying mass caterers and final consumers to comply

What Do The Regulations Require?

Caterers

- Mandatory for food information to be available and easily accessible for all foods
- Identification of products listed at Annex II
- Information can be provided orally
 - Must be indicated clearly that such information is available on request
 - Must be accurate, consistent and verifiable upon challenge

Annex II: 'The Big 14'

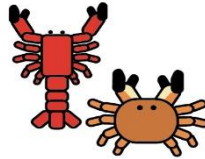
Celery



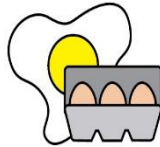
Cereals containing gluten



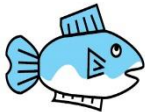
Crustaceans



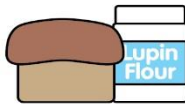
Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur dioxide



Annex II: 'The Big 14'

CEREAL CONTAINING GLUTEN

Wheat

Rye

Barley

Oats

Spelt

Kamut



NUTS

Almonds

Hazelnuts

Walnuts

Cashews

Pecan nuts

Brazil nuts

Pistachio nuts

Macadamia or Queensland nuts



Don't forget derivatives

Consistency Will be Key

- Scrambled egg
 - Contains eggs, milk x
 - Contains eggs, milk, butter ✓?
 - Contains milk, butter ✓?
 - Contains milk, butter (milk) ✓?
 - Contains egg, milk, butter (milk) ✓
- Soya oil
 - Fully refined – no allergen information required

Contingency Moments

McCain's Original Oven Chips –
gluten free

Asda's Chosen by You Homestyle
Oven Chips – wheat

Pickled onions - sulphites

Sweet pickled onions – sulphites &
barley

Asda smart price muesli – oats,
wheat, barley, sulphites, almonds

Asda Luxury Fruit and nut muesli –
barley, oats, wheat, almonds,
pecan nuts, hazelnuts, peanuts,
sesame

















Practical Issues

- Did I put it in on purpose?
 - Communication is key
 - From purchase to consumption – CookSafe
 - Procedures for changing products and menus
 - Regular review of products
 - Staff Training
- Is it possible the allergen is in the dish?

Providing allergen information

DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

DISHES	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					

Review date:

Reviewed by:



You can find this template, including more information at www.food.gov.uk/allergy



Practical Issues II

- Is it possible the allergen is in the dish?
 - Voluntary information
 - Gluten, eg **wheat** (gluten)
 - Suitable for vegetarians
 - May contain...
 - Cross contamination
 - Gluten free?
 - No gluten containing ingredients

Further Information

- Food Standards Agency - www.food.gov.uk
 - Technical guidance
 - E-learning package
 - Posters and consumer awareness products
- BRC guidance - www.brc.org.uk
- Allergy Action – www.allergyaction.org
- Supplier information – www.ufs.com
- Local Environmental Health Officers
- Tkm allergen training

Training

- REHIS Elementary Food Hygiene
- REHIS Intermediate Food Hygiene
- REHIS Advanced Food Hygiene
- Allergen Regulations: Implementation

Slides:

Blog - <http://www.tkmtraining.co.uk/blog.html>

Questions

THANK YOU

