



Food Allergies Policy

Rooted in Christ and Catholic tradition and under the guidance of its patron, St Edmund's aims to realise the God-given potential, in body, mind and spirit, of all members of its community through service and leadership.

Avita Pro Fide!

St Edmund's is committed to ensuring the welfare and protection of children in their care and this commitment is a fundamental part of the role of every employee.

Part I. Policy

St Edmund's is committed through the Governing Body, our contractors and suppliers to reducing the risk to members of the College community and visitors with regard to the provision of food and the consumption of allergens in food, which could lead to an allergic reaction.

Statement

While St Edmund's is not in a position to guarantee a completely allergen free environment, it is committed to minimize the risk of exposure by, encourage self-responsibility, and plan for effective response to possible emergencies.

Objectives of this policy

- To promote awareness of the nature of food allergens and bring these to the attention of College staff and students.
- To provide clear guidance to all caterers whether contract or staff of their responsibilities for the provision of food to members of the College community and visitors with a confirmed food allergy.
- To ensure that appropriate education/training is available and implemented for any catering staff involved in providing food to customers with food allergies.
- To ensure appropriate information and support is available for all.

Part II. Allergy Labelling Legislation

Legislation introduced on 13th December 2014 (the EU Food Information for Consumers Regulation 1169/2011) requires food businesses to provide allergy information on food sold un packaged. The legislation only covers information about major allergens intentionally used as ingredients. They do not cover allergens present following accidental contact.

Part III. What is a food allergy?

Food allergies involve the body's immune system. The body reacts to certain allergens in food by producing antibodies, which can cause immediate, sometimes severe symptoms even death.

- Itching or strange metallic taste in the mouth
- Swelling of the throat and tongue
- Difficulty in swallowing or speech
- Abdominal cramps, nausea and vomiting
- Skin hives (nettle rash) anywhere on the body
- In more extreme cases difficulty breathing and a severe drop in blood pressure (anaphylactic shock, claims on average 20 lives a year in the UK). **In extreme cases, this can lead to death.**

What is food intolerance?

- This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer could include headaches, fatigue and digestive problems.
- Food intolerance is harder to diagnose than a food allergy. The person with a known allergen trigger may know what food ingredient will provoke a reaction. However, they may well have eaten this food or a specific dish previously and had no adverse reaction.

Who is at risk?

Anyone can develop a food allergen or intolerance at any time in their life irrespective of whether they have consumed the food previously. A person with an allergy is at risk even if they consume a small amount of the food allergen. The proportion of the UK population with a true food allergy is approximately 1-2% of adults and 5-8% of children, this equates to around 1.5 million in the UK. In addition, about 1:100 of the UK population has coeliac disease and needs to avoid gluten. Allergic reactions can also be triggered in those who are susceptible by skin contact, i.e. An individual comes into direct contact with someone who has consumed, or is consuming the trigger. Care should be taken to identify any persons with extreme allergic reactions and every effort made to reduce the risk of these persons coming into contact with the trigger or those who bring their own food onto the College premises.

Common Food Allergens

- Cereals containing gluten, (i.e. wheat, rye, barley, oats, spelt, kamut or their hybridized strains) and associated products including cakes, breads and sauces
- Crustaceans including prawns, shrimps, lobsters and Chinese oyster sauces
- Eggs used in egg based dishes such as mayonnaise, cakes, custards and sauces
- Fish and fish based products for example, fish sauces, relishes, and dressings
- Peanuts (also known as groundnuts) used, for example, in a wide variety of Asian dishes and cooking oils
- Soybeans used in soy sauces and tofu
- Milk (including lactose) and derived dairy products such as cream and cheeses
- Nuts i.e. almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts, Queensland nuts and all products containing these as ingredients
- Celery including stalks, leaves, celery salt and roots called celeriac
- Mustard including liquid, powder and seeds
- Sesame seeds used, for example, as toppings for breads and rolls and also as sesame oil for salad dressing
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO₂. Used in wines and dried fruits
- Lupin including seeds and flour
- Molluscs including mussels, land snails, squid and whelks

People may report allergies to other foods not on the above list, kiwi, peas, other legumes (beans etc). In some cases, people only need to avoid these when raw and can eat them cooked.

Responsibilities

The College Contract Caterer (or catering staff employed by the College) is responsible for ensuring that any food provided for College members or visitors with a food allergy is appropriate for their needs.

The College Contract Caterer (or catering staff employed by the College) should stock or access the necessary stock ingredients to offer suitable alternatives for people with allergies, intolerances and

coeliac disease. This includes wheat/gluten free bread and pasta, alternatives to cow's milk and butter/margarine spreads (e.g. milk free spread). Soya milk is available on request.

The College Contract Caterer (or catering staff employed by the College) must ensure that allergen information is provided on all food/listed in the list of Common Food Allergens listed above, should be supplied displayed where can be easily seen by all College staff, students and visitors. This also applies to food pre-packed such as wraps and sandwiches and packed lunches.

The College Contract Caterer (or catering staff employed by the College) must maintain all training records including annual refresher training. The College Contract Caterer (or catering staff employed by the College) must train casual service staff on food allergy awareness and procedures before commencing work. All catering department staff must be trained in the signs and symptoms of an allergic reaction and emergency response procedures.

Kitchen including Food Technology Department

The College Contract Caterer (or catering staff employed by the College) should ensure that.

- Common allergenic ingredients are stored separately to reduce the risk of cross contamination.
- The use of nuts and nut products is avoided.
- Equipment/utensils used in the preparation of food for people with a food allergy are cleaned in the conventional way, this under normal circumstances should be sufficient.
- When cooking food for people with a food allergy or intolerance gloves are worn and hands washed before food preparation.
- All food produced for people with food allergy or intolerance is placed away from other food and covered in cling film. It should be clearly marked with the person's diet.
- Where dishes contain common allergens, these are clearly labelled at the entrance to the dining area.

There is explicit agreement between the College and the Contract Caterer that the Catering Contractor does not use nuts in any of the food it prepares and serves.

Owner of policy:	Deputy Head Pastoral		
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