



## Environmental Health

### Allergens labelling – Guidance for caterers

#### Change in the law in 2014

There are some foods or ingredients which commonly cause allergic reactions. These are known as “allergens”.

Changes to food law means that from 13<sup>th</sup> December 2014 all food businesses must provide information about allergens contained in the ingredients of the food they provide. As a caterer it will be your responsibility to give accurate allergen information to your customers.

#### Which ingredients are allergenic?

The current list of specified allergens is:

- 1. Cereals containing gluten** - wheat, rye, barley, oats, spelt, kamut or their hybrid strains. Can be found in types of baking powder, batter, breadcrumbs, bread, cakes, cous cous, pasta, pastry, foods dusted with flour etc. **(you need to give the name of the cereal)**
- 2. Crustaceans** - (e.g. crab, lobster, shrimp, prawn, crayfish, fish or shrimp paste found in curries etc.)
- 3. Eggs** - Can be found in cakes, mayonnaise, mousses, pasta, quiche, sauces pastries or foods brushed or glazed with egg etc.
- 4. Fish** - Can be found in sauces, pizzas, relishes, pastes, salad dressings, stock cubes, Worcestershire sauce etc.
- 5. Peanuts** - (sometimes called a groundnut). Can be found in biscuits, cakes, curries, desserts, sauces (satay), groundnut oil, peanut flour etc.
- 6. Soya** - Can be found in bean curd, edamame beans, miso paste, soya protein, soya flour, tofu, desserts, ice cream, sauces, vegetarian products etc.
- 7. Milk** - Can be found in butter, cheese, cream, milk powders and yoghurt, powdered soups and sauces, foods brushed or glazed with milk etc.
- 8. Nuts (which grow on trees)** - almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut, Macadamia nut and Queensland nut. Can be found in breads, biscuits, crackers, desserts, nut powders used in curries, stir-fried dishes, ice cream, marzipan, nut oils and sauces etc. **(you need to give the name of the nut)**
- 9. Celery and celeriac (stalks, leaves & seeds)** - Can be found in celery salt, salads, soups, stock-cubes etc.
- 10. Mustard (liquid mustard, powder and seeds)** – Can be found in breads, curries, marinades, salad dressings, sauces, soups etc.
- 11. Sesame seeds** – Can be found in bread (sprinkled on hamburger buns), breadsticks, houmous, sesame oil, tahini, sometimes toasted and used in salads etc.

- 12. Sulphur dioxide and sulphites** – Can be found in dried fruit such as raisins, dried apricots & prunes, soft drinks, vegetables, wine, beer etc.
- 13. Lupin (flour & seeds)** – Can be found in breads, pastries, pastas etc.
- 14. Molluscs** (e.g. land snail, abalone, clam, mussels, oyster, octopus, squid, scallop, whelks). Can be found in sauces and fish stew etc.

### How do I know which allergens are in my ingredients?

Your supplier must give you this information, either on labelling or other paperwork.

For pre-packed food, the names of allergens will normally:

- Be **emphasised** in the ingredients list, or
- Appear in the name of the food, e.g. “Dijon Mustard”, or
- Appear in a separate allergens statement on the packaging.

You will see old and new allergen labelling for a long time after December 2014 because food packed before this may have a long shelf life.

Make sure you get the information with every order, in case ingredients change.

### How do I give allergen information to my customers?

You can put information on your menus, but if you regularly change your ingredients, or if you make specials which don't appear on menus, this may be difficult to maintain. You could put the information in a loose-leaf binder for your customers to view or for your staff to refer to when asked.

If you choose to provide the information only on request, you must have a **prominent** written statement or notice to let customers know they can ask a member of staff for allergen information. You should have prepared **accurate written information**, so make sure your staff refer to this when customers ask about allergens.

### How should I keep allergen information?

You need to decide what works best for your business, but you should have a system for preparing allergen information and you should make sure someone has responsibility for maintaining the information in that system.

### Suggested system, using the attached Allergen Information Sheet

Following these simple steps will provide a comprehensive allergen information system:

1. Write down the name of the food as it appears on your menu
2. List all the ingredients (from your recipes)
3. List the ingredients of any compound ingredients, (or attach the ingredients list from the label) for example:  
Pasta – Durum Wheat Semolina, Water, Free Range Egg, Extra Virgin Olive Oil.
4. Highlight the allergenic Ingredients  
Pasta – **Durum Wheat Semolina**, Water, **Free Range Egg**, Extra Virgin Olive Oil.
5. As you highlight these ingredients put a tick or check mark against the named allergen. If the allergen is listed as “cream”, “cheese” or “yoghurt”, tick “milk”.
6. Write your Allergen Statement – “Contains ...”
7. Sign and date the information sheet.

Keep a copy with your recipes and another copy in your loose-leaf binder.

Prepare a new information sheet if you change any recipes or change any ingredients.

**There is an example of a completed information sheet at the end of this guidance note.**

You can use the attached blank sheet, or make up your own.

### **Avoid cross-contamination**

Providing accurate information about allergenic ingredients is only useful if you keep out unwanted contamination. Follow these simple steps to help avoid contamination:

1. Inform and train staff about allergens
2. Think about the type of oils (such as groundnut oil or sesame oil) and salad dressing used. If cooking in oil, consider the food that was previously cooked in the same oil (i.e. onion bhajis or fish that has been coated in flour containing gluten).
3. Make sure work preparation surfaces are cleaned thoroughly and regularly.
4. Use utensils and equipment that are free of allergens and are washed thoroughly prior to use, or use separate utensils if this isn't possible.
5. Be aware that wiping or rinsing frying pans and woks is unlikely to remove all traces of an allergen.
6. Do not store allergenic foods and ingredients with other foods.
7. Consider the type of flour used for rolling out dough or pastry, e.g. a gluten free pizza or pastry being rolled out using flour containing gluten.

### **Training**

The Food Standards Agency have provided an online training tool which you may find useful.

It can be found at the following link <http://allergytraining.food.gov.uk>

If you would like any more information please contact us at the following address:

Moray Council  
Environmental Health  
Council Office  
High Street  
Elgin  
IV30 9BX

Tel No: 01343563345/47

Email address: [foodsafety@moray.gov.uk](mailto:foodsafety@moray.gov.uk)



## Allergen Information Sheet

Name of the food, as it appears in the menu

Make a note of ingredients and/or attach ingredient labels here

### Cereals containing gluten

- Wheat
- Rye
- Barley
- Oats
- Spelt
- Kamut
  
- Crustaceans
- Molluscs
- Eggs
- Fish
- Peanuts
- Soya
- Milk

### Nuts

- Almond
- Hazelnut
- Walnut
- Cashew
- Pecan Nut
- Brazil Nut
- Pistachio Nut
- Queensland Nut
  
- Celery and celeriac
- Mustard
- Sesame
- Sulphur Dioxide and sulphites
- Lupin

Allergen statement: Contains

Completed by:

Date:

## Allergen Information Sheet (Example)

Name of the food, as it appears in the menu

### Beef lasagne

Make a note of ingredients and/or attach ingredient labels here

Minced beef  
Béchamel sauce – Milk, Single Cream, Cornflour, What Flour, Salt, White Pepper, Nutmeg  
Egg pasta – Durum Wheat Semolina, Water, Free Range Egg, Extra Virgin Olive Oil  
Tomato  
Onion  
Passata  
Beef Stock (Beef Juices, Water, Tomato Paste, Onion, Carrot)  
Mushroom  
Cornflour  
Red Wine  
Tomato Puree  
Carrot  
Celery  
Garlic Puree  
Salt  
Basil  
Black Pepper  
Thyme

#### Cereals containing gluten

- Wheat
- Rye
- Barley
- Oats
- Spelt
- Kamut

- Crustaceans
- Molluscs
- Eggs
- Fish
- Peanuts
- Soya
- Milk

#### Nuts

- Almond
- Hazelnut
- Walnut
- Cashew
- Pecan Nut
- Brazil Nut
- Pistachio Nut
- Queensland Nut
- Celery and celeriac
- Mustard
- Sesame
- Sulphur Dioxide and sulphites
- Lupin

Allergen statement: Contains Wheat, Eggs, Milk, Celery

Completed by:

Date:

# **Allergy Notice**

**If you require any  
information  
regarding allergenic  
ingredients in our  
foods please ask a  
member of staff.**

