

Specialist Process 5: Allergen Control and labelling (i)

HACCP Rules

Note:

These controls must be applied throughout the study in addition to controls at main flow chart steps.

Summary

Food allergies are increasingly common. Ensuring people can easily access information about the ingredients in their food is a legal requirement.

What could happen

The immune system can mistake certain foods as threats, leading to reactions ranging from mild to severe, including anaphylaxis and death. Accidental cross-contamination may occur during food production due to shared equipment, inadequate cleaning, and incorrect labelling.

Procedure

- Check deliveries to ensure mandatory allergen information is available.
- Check all bought-in products for allergen specifications.
- Do not allow items containing peanuts and tree nuts into kitchens. The University food allergen policy broadly excludes the sale and provision of unpackaged peanuts and tree nuts either as a product, dish or listed ingredient.
- Ensure that ingredients and dishes are stored separately and allergen labels are attached to ingredients and dishes throughout all stages of the food preparation.
- Preferably, prepare products without allergenic ingredients first, followed by allergenic foods, with thorough cleaning between stages.
- Adhere to standardised recipes (preferably EPSYS format) to prevent accidental inclusion of allergenic ingredients.
- Any changes to recipes or ingredients require updated standardised recipes, communicated in written format to relevant staff.
- Any special diet menus also require a standardised recipe (preferably EPSYS format). If not using EPYS format use a standard recipe sheet format.
- When preparing allergen-free dishes upon customer request, where possible use a separate area and equipment, ensuring thorough cleaning beforehand.
- Wash hands thoroughly before handling food.
- Store finished dishes separately until served, covering and labelling them.
- Be cautious with oils and seasonings to avoid unspecified allergens, such as unrefined nut oils.
- When questioned around allergens during service, chefs are encouraged to signpost the yellow allergen folder and clarify that they have checked the detail in the yellow allergen folder to be correct.
- Ensure standardised recipes (Preferably EPSYS format) are correct, up to date and available in written format (in the yellow allergen folder) for any customer.
- Avoid duplicating food allergen detail by creating separate summary details as this creates another point of failure.
- Display clear notices prompting customers to inquire about allergens.
- Staff should always repeat back to the student / customer / staff any question / request / message regarding allergens.

















HACCP Rules

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The Food
Information
Regulations 2014

Require that all
businesses which
manufacture or
provide food, either
pre-packed or non-
pre-packed (such as
food in retail cafes
and colleges) need
accurately to identify
the 14 allergenic
ingredients and have
this information
available for
consumers.

The 14 allergenic ingredients that must be identified to consumers are listed below, remember this includes derivatives and products of these.

	Cereals containing gluten		Nuts
	Crustaceans		Celery
	Eggs		Mustard
	Fish		Sesame
	Peanuts		Sulphur dioxide or sulphites
	Soybeans		Lupin
	Milk		Molluscs