

## POLICY DOCUMENT

Policy Title:	Management of food allergens policy
Policy Group:	Catering
Policy Owner:	Joanna Speed
Issue Date:	April 2019
Review Period:	24 Months
Next Review Due	April 2021
Author:	Joanna Speed
Cross References:	Catering Policy
Evidence:	Food Standards agency guidance. Food Intolerance Regulations 2014
How implementation will be monitored:	Audit
Action to be considered in event of a breach:	Disciplinary
Computer File Ref.	O:new policy book:catering
Policy Accepted by MT	10 <sup>th</sup> April 2019

Sign-off by CEO

**Purpose of Policy:** This policy sets out the steps that have been taken to minimise the risk of consumption of any allergenic ingredient by a person with a known intolerance to it

### **Policy Statement:**

Holy Cross hospital recognises that in providing catering services it must be recognised that food allergies require careful management for the following reasons  
People with food allergies have to be extremely careful about what they eat. Food labelling is therefore very important to those with food allergies as there can be potentially serious consequences from eating food that they are allergic to. Holy Cross Hospital is committed to providing safe food to patients, staff and visitors by ensuring that all food is prepared in accordance with food standards agency guidelines.

The following foods are recognised as potentially harmful allergens to some:

- **Cereals** containing gluten –including wheat, barley, bulgur, rye, oats(oats do not themselves contain gluten but are often processed alongside gluten containing grains and may be contaminated.
- **Peanuts** – Peanut is also known ground nut it is from the legume or “bean” family. Peanut allergy is often extremely severe leading to anaphylactic shock. The allergy will be to the nut itself in any form (roasted, Peanut butter or raw) and also Ground nut oil. Care should be taken to ensure that blended cooking oils do not contain ground nut oil.
- **Nuts** – Tree nuts including walnuts, brazil nuts, almond, hazelnuts and pistachios
- **Milk**- all types of milk should be identified including cows, goats and ewes milk.

- **Soya** -Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products
- **Mustard** -Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups
- **Lupin**- This is a Legume like a peanut and will be labelled as Lupine, Lupin seed, Lupin Bean or Lupin Flour. It is rarely used in the UK but is commonly found in products imported from the continent. Products such as bread, pastry, waffles Pancakes, pasta and in bread crumbs on coated vegetables. EU labelling laws state that Lupin must be labelled as such. There is evidence to suggest that there may be a link between Peanut and Lupin allergies so anaphylaxis could occur
- **Eggs**-care must be taken to ensure that eggs used as a component in a finished dish are labelled. Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- **Fish**- found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce
- **Crustaceans**-prawns, crabs. Lobster and crayfish
- **Molluscs**- snails , clams, Oysters, Mussels, whelks and squid
- **Sesame Seeds** – including whole seeds, ground seeds used in hummus, Halva and Tahini and sesame oil also called Benne, Gingelly, Til or Teel, Simsum and Ajonjoli on foreign products. This is a common allergy for sufferers who also have a sensitivity to peanuts and tree nuts
- **Celery and celeriac** – In addition to the whole vegetable being used in salads, soups and as an accompanying vegetable it can also be found as a component in flavourings and spices used in gravy mixes, stock cubes, table sauces, in ready meals and in savoury items such as crisps.
- **Sulphur Dioxide** Sulphur dioxide (E220) and other sulphites (E221, E222, E223, E224, E226, E227 and E228) are used as preservatives in a wide range of foods, especially soft drinks, sausages, burgers, and dried fruits and vegetables. Sulphur dioxide is produced naturally when wine and beer are made. It is often added to wine to stop it from continuing to ferment in the bottle

The Hospital monitors five key factors to promote the successful management of allergens:

### **1. Supplier product information**

Working closely with suppliers to enable up to date and clear labelling of all products that may contain potentially harmful allergens. Any new products supplied are always checked for allergen information before service

**2. Good kitchen and service practices** such as Managing cross contamination and maintaining rigid food hygiene standards throughout food handling areas. Where allergenic ingredients are packaged openly/loosely, they are stored separately to reduce the risk of cross contamination. Physical segregation within the production area is sought at all times.

### **3. Effective training**

- All chefs hold an intermediate food hygiene certificate
- All food handlers hold a basic food hygiene certificate.

- All food handlers adhere to the HACCP (Hazard Analysis & Critical Control Point) best practice food handling standards.
- All food handlers have undergone Food Allergy awareness training and have successfully completed online assessment.

#### **4. Good communication**

- Staff are trained to pass on any concerns a customer may have regarding food intolerance to a senior chef if they are unsure of product content.
- The Chef or assistant chef will always have an in depth knowledge of the components of any dish and can advise patients and customers of the presence of any allergen.
- Clinical staff are asked to provide details about allergies on admission of a new patient and these will be noted by the catering staff

#### **Specific allergy and food intolerance product information:**

##### **Nut allergy**

Items known to contain nuts are directly labelled or labelled on menus.

The Hospital and our suppliers are unable to guarantee that products do not contain nut derivatives, due to the potential of airborne contamination.

This policy is in line with the industry standard and following advice from the Food Standard Agency

##### **Lactose-Free Diet**

Soya milk for drinks is available on request.

Light, dairy-free spread is available as an option in all sandwiches if requested.

##### **Gluten-Free Diet**

- Gluten-free bread is available with any sandwich filling on request.
- Gluten free biscuits and cakes are available
- Gluten-free individual biscuits are available in snacks / sundries and finger buffet menus

##### **Review**

This policy has been reviewed for overt or implied discrimination within the scope of the Hospital's policies on equality and diversity and none was found.

The policy will be reviewed bi- annually to ensure that the system described continues to provide an effective framework for managing the risks of allergic reactions.