

THE NEW ALLERGEN RULES – PREPARING FOR CHANGE

Dr Chun-Han Chan

Food Allergy and Novel Foods Branch

Food Standards Agency

Public health is "the science and art of **preventing disease, prolonging life** and **promoting health** and efficiency through **organized community effort**"
(Winslow 1920)

Key facts

- **~1.92m people have food allergy in the UK** (based on population of 63.1m). This figure excludes food intolerance
- 1 in 100 people have coeliac disease
- 10 deaths / year

There is no cure, therefore need to observe avoidance

- **Read ingredient labels**
- Look out for hidden allergens



The impact of food allergy



The symptoms can include:

- rashes (usually very itchy)
- tingling sensation in the mouth
- swelling of the lips, tongue, face and throat
- difficulty breathing
- diarrhoea
- vomiting
- abdominal cramps
- and on rare occasions anaphylaxis

Allergen labelling rules

- What is deliberately added as an ingredient or processing aid
- Moving from General Labelling Regulation (2000/13/EC) to Food Information for Consumers Regulation (1169/2011/EC)
- Existing requirements for pre-packed foods are retained – but new requirement to **emphasize** allergenic ingredients within the ingredients list
- New requirement to **provide** allergy ingredients information for unpackaged foods

Changes to information on the label

Changes to information provided for
loose foods

Changes to enforcement

Need for support

The screenshot shows the Food Standards Agency website. At the top, there is a green header with the FSA logo and navigation links for 'FSA in UK', 'FSA in Scotland', 'FSA in Wales', and 'FSA in Northern Ireland'. Below the header is a secondary navigation bar with buttons for 'Home', 'News & updates', 'Business & industry' (highlighted), 'Enforcement & regulation', 'Science & policy', and 'About us'. The main content area has a breadcrumb trail: 'Home > Business & industry > Food allergy and intolerance > Resources for allergen information'. On the left is a sidebar menu with categories like 'Catering and retail', 'Farming', 'Manufacturers', 'Food allergy and intolerance' (expanded), 'Meat', 'Fish and shellfish', 'Guidance notes', and 'Imports'. The 'Food allergy and intolerance' section is further expanded to show 'Resources for allergen information'. The main content area features a 'Resources for allergen information' section, last updated on 9 October 2014, with a 'Cymraeg' language toggle. The text describes guidance for local authorities and food businesses regarding the EU Food Information for Consumers Regulation. A list of resources includes technical guidance, communication toolkits, presentation materials, leaflets, infographics, videos, artwork, factsheets, and posters.

Food Standards Agency

FSA in UK | FSA in Scotland | FSA in Wales | FSA in Northern Ireland

Home | News & updates | **Business & industry** | Enforcement & regulation | Science & policy | About us

Home > Business & industry > Food allergy and intolerance > Resources for allergen information

Business and industry

- ▶ Catering and retail
- ▶ Farming
- ▶ Manufacturers
- ▼ **Food allergy and intolerance**
 - > Labelling of 'gluten free' foods
 - > **Resources for allergen information**
- ▶ Meat
- ▶ Fish and shellfish
- ▶ Guidance notes
- ▶ Imports

Resources for allergen information

Last updated: 9 October 2014

Guidance and materials to assist local authorities and food businesses in promoting, implementing and complying with the EU Food Information for Consumers Regulation, launching on 13 December 2014.

- ▼ Technical guidance
- ▼ EU FIC communication toolkit
- ▼ EU FIC presentation to local businesses
- ▼ Leaflets for businesses and consumers
- ▼ Infographics and their artwork
- ▼ Allergy videos
- ▼ Allergen artwork
- ▼ Factsheet
- ▼ Posters and templates

Cymraeg

- Food businesses
- Enforcement officers
- Food consultants
- Consumers

Detailed interpretation

- Advice, guidance and tools for those who need technical support
 - Help visualise what compliance could be
 - Provide examples of good practice
 - Consistency in understanding
- Technical allergen guidance on EU FIC
www.food.gov.uk/allergen-resources

Supporting the consumer

Eating out

- Some cuisines were more risky than others due to typical ingredients used or hidden allergens i.e peanuts, almonds, cashew nuts, soy sauce, oyster sauce
- Required some degree of planning, information was online, making restaurant choices
- New allergen rules under EU FIC will still mean that consumers will need to take responsibility and communicate their dietary needs to food businesses to ensure food is safe

Encouraging dialogue

- Engagement between serving staff and the consumer
- Recipes change
- Ingredients change

Curry killed my daughter: Father tells of heartbreaking moment he saw his 13-year-old die of takeaway allergy

- Teenager had peanut allergy and suffered from asthma
- Medics fought for four hours to save her

By EMILY ALLEN
UPDATED: 12:54, 20 October 2011

Comments (49) | Share

The father of a schoolgirl who suffered a severe allergic reaction after eating a curry has told of the heartbreaking moment he realised she was going to die.

Molly Dyer, 13, of Whitefield, Bury, Greater Manchester, went into severe anaphylaxis and suffered a chicken tikka masala, an inquest heard.

Friends had ordered the curry from the Shabaz Takeaway in Whitefield while Molly and her mother Meryl



Teenage girl with nut allergy killed by a takeaway curry

By DAILY MAIL REPORTER
UPDATED: 12:45, 24 November 2010

Comments (59) | Share

Tweet 0

Like 114

A teenage girl with a peanut allergy died after she had a fatal reaction to an Indian takeaway.

Emma Egerton, 18, who was home alone in Sale, Greater Manchester, called 999 and left the door open for the ambulance crew as soon as she realised the dish contained nuts.

But she was already unconscious when paramedics arrived and was pronounced dead in hospital later that night.



Schoolboy, 11, died after suffering extreme allergic nut reaction to Father's Day takeaway meal he had eaten several times before without problems

- Ethan Thomas collapses after eating favourite takeaway curry
- Nut allergy sufferer collapsed at home and later died in hospital
- Mother speaks about ... various' son
- Parents ... 1 food and carry medication

2012

40 View comments

allergic reaction to nuts during a Father's Day

lucer father Rod and mother Judith when he

g the epiPen he carried as an emergency

- and rushed to hospital.

Consumer advice



Advice on food allergen labelling

How to buy food safely when you have a food allergy or intolerance



Updated in November 2013

- Update on labelling
- Overview of changes
- Key points to managing an allergy
- What happens if someone has an allergic reaction

Understanding the requirements

Prepacked food



Allergy: what to consider when labelling food

A guide for small and medium businesses that make or sell prepacked food



June 2014

- Allergens already declared
- Outlines new requirements for added emphasis and better clarity
- Covers cross contamination and precautionary allergen labelling



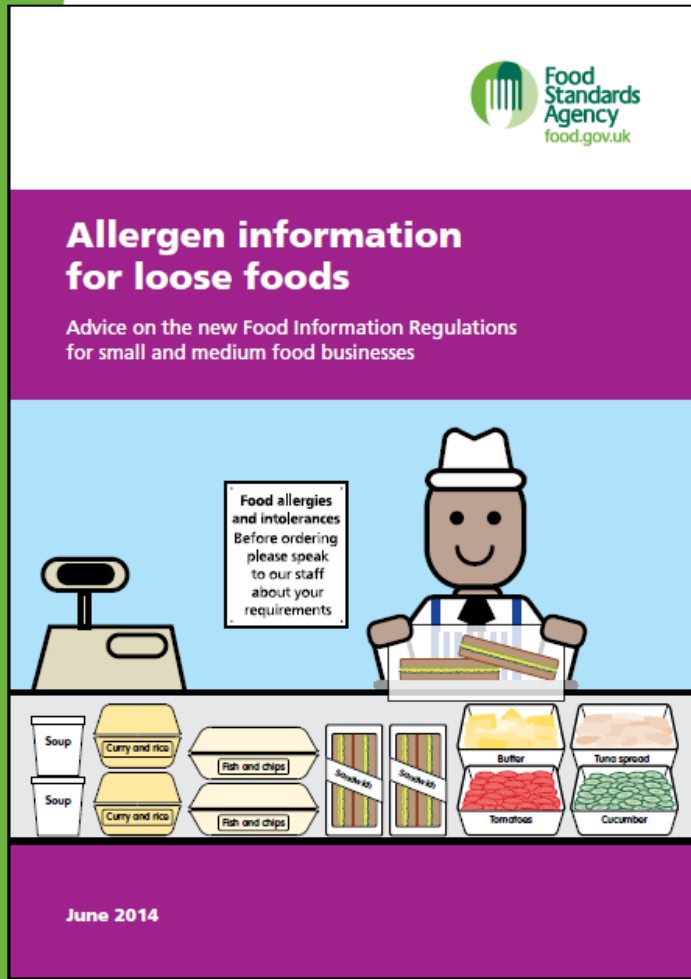
Non-prepacked foods

- The allergenic ingredient must be declared
- Can use a contains statement, charts, tables etc.
 - i.e. chicken tikka masala – Contains: milk, almonds (nuts)
- Consider accessibility of mandatory information. Signposting when information is not provided written and upfront. It should be where consumer would expect to find allergen information i.e in a folder, on menu board, at till or on the menu card

Non-prepacked food

- How are dietary requests communicated from front to back of house? e.g. use of chef cards, order tickets, receipts
- Preparing foods for allergic consumers- what process is in place
- Is the business observing Safer Food, Better business (SFBB) “Safe Method: Allergy”

Supporting businesses – non-prepacked

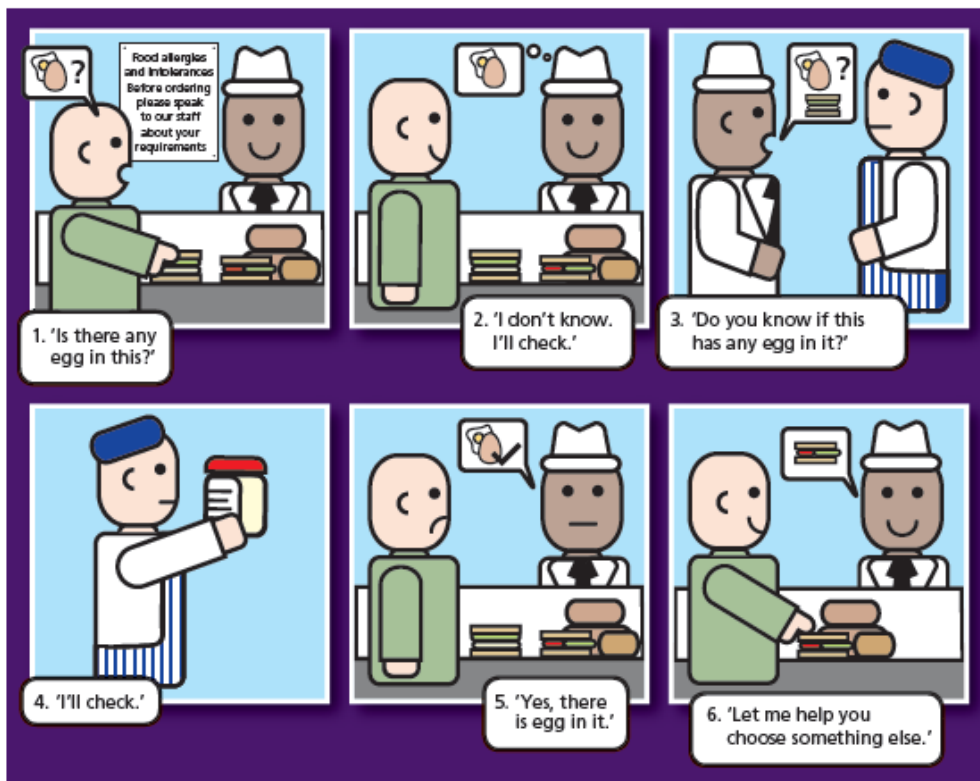


Developed in collaboration with food industry and consumer support organisations

<http://multimedia.food.gov.uk/multimedia/pdfs/publication/loosefoodsleaflet.pdf>

Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



Which ingredients can cause a problem?

















For more information and advice about allergy, visit: food.gov.uk/allergy
A booklet *Allergen Information for loose foods* is also available to download.

FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients
in your meal, when making your order.

Thank you.

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

ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient:

Date:

Chef:

 Celery <input type="checkbox"/>	 Cereals containing gluten <input type="checkbox"/>	 Crustaceans <input type="checkbox"/>	 Eggs <input type="checkbox"/>	 Fish <input type="checkbox"/>
 Lupin <input type="checkbox"/>	 Milk <input type="checkbox"/>	 Molluscs <input type="checkbox"/>	 Mustard <input type="checkbox"/>	 Nuts <input type="checkbox"/>
 Peanuts <input type="checkbox"/>	 Sesame seeds <input type="checkbox"/>	 Soya <input type="checkbox"/>	 Sulphur dioxide <input type="checkbox"/>	<p>TICK THE ALLERGENS WHICH ARE IN THE DISH</p> <input checked="" type="checkbox"/>

Notes:

Reviewed and checked by:



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

Communication is key

- Think about the chain of communication
 - The person buying the food
 - The person handling the food
 - The person taking the order
 - The person ordering the food



Chef card for consumers



Think Allergy



You can help make sure restaurant staff know about your food allergies when you're eating out. Just type the food(s) you are allergic to into the space below, print the page, then cut out the cards and carry them with you. The next time you're eating out, give one of these handy chef cards to the serving staff.



Think Allergy

I have an allergy to:

Please check my meal does not contain this food.

Just a small amount could make me very ill

food.gov.uk/allergy



Think Allergy

I have an allergy to:

Please check my meal does not contain this food.

Just a small amount could make me very ill

food.gov.uk/allergy

Supporting the local authorities

E- learning



The impact of food *allergy*

[Home](#)

[Module 1: Rules and legislation](#)

[Module 2: In the body](#)

[Module 3: In the factory](#)

[Module 4: On the label](#)

[Module 5: In the restaurant](#)


[Module 6: Providing consumers with allergen information](#)

[CPD dashboard](#)

In the restaurant

Visit our interactive restaurants to learn about identifying allergens in dishes typically found on the menu when eating out. Each restaurant has three dishes for you to choose from. The dishes have a list of allergens. Click on the allergens that you think would be found in the dish.

For the complete text, or if you don't have Flash installed, click on the information buttons instead.



<h3>Chinese</h3> <p>Visit our restaurant to test yourself on the three Chinese dishes.</p> <p>Interactive Information</p>	<h3>Indian</h3> <p>Test yourself on the three Indian dishes at our Indian restaurant.</p> <p>Interactive Information</p>
<h3>Mediterranean</h3> <p>Test yourself on the three Mediterranean dishes.</p> <p>Interactive Information</p>	<h3>Deli Counter</h3> <p>Visit our deli to test yourself on the three dishes.</p> <p>Interactive Information</p>

CPD dashboard

Please login to access your CPD dashboard and the module tests.


Email

Password

[Go](#)

[Reset my password](#)

[Register](#)



Test your knowledge

Register to take the multiple choice test and if successful you can download a CPD certificate.

Access free training on:
<http://allergytraining.food.gov.uk/>

**Food allergen labelling and information
training workshops:
25 November 2014 to 26 February 2015**

[www.food.gov.uk/enforcement/enforcetrainfund/
enforcertraining/](http://www.food.gov.uk/enforcement/enforcetrainfund/enforcertraining/)

Allergen communication kit



Changes to allergen information

*The communication toolkit for the
EU Food Information for Consumers Regulation*

- Information about food allergies and intolerances
- Suggested media posts
- Links to useful information and artwork



Support from the FSA
www.food.gov.uk/allergen-resources

Communications

- Joint messaging – LA's, FBOs, consumer groups etc.
- Social media
 - Allergy Awareness Week (28 April – 4 May 2014)
- Trade organizations and their magazines
- Local and national press
- Online food aggregators
- Trade events

Food Law Code of practice

*“Food Authorities should ensure that **enforcement action** taken by their authorised officers is **reasonable, proportionate, risk-based and consistent with good practice**. Authorised officers should take account of the full range of enforcement options. Except where circumstances indicate a **significant risk**”*

Thank you for listening.

Email:

Chun-Han.Chan@foodstandards.gsi.gov.uk