

ALLERGEN(S) POLICY AND PROCEDURES

What is a food allergy?

A food allergy is an adverse immune response to a food protein.

The response is called Anaphylaxis and is an extreme and severe allergic reaction. The whole body is affected, often within minutes of exposure to the substance which causes the allergic reaction (allergen) but sometimes after a few hours.

The most common food allergens have been published in EU legislation as follows

- cereals containing gluten (wheat, barley, rye and oats)
- celery
- crustaceans (such as lobster and crab)
- eggs
- fish
- lupin
- milk
- molluscs (such as mussels and oysters)
- mustard
- nuts (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts)
- peanuts
- sesame seeds
- soybeans

People may report allergies to other foods not on the above list. Most common in the UK are kiwi, peas, other legumes (beans etc), other seeds and other fruits and vegetables. In some cases, people only need to avoid these when raw and can have them cooked.

Policy

Thomas Tallis is committed to reducing the risk to students and staff of the College regarding the provision of food and the consumption of allergens in food which could lead to an allergic reaction.

Aims

To reduce the likelihood of a pupil or member of staff with a known food allergy displaying a severe reaction to a specific food while in school.

To foster an understanding of and sense of responsibility for the specific needs of the individual members of the school community.

To create an awareness of the action to take should someone with a severe food allergy display its symptoms.

To ensure the school complies with the statutory guidance for supporting pupils with medical conditions

This policy will be placed on the school's website and will be annually reviewed.

Statement

Thomas Tallis is not in a position to guarantee a completely allergen free environment, rather to minimise the risk of exposure, 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 students and staff.

To provide clear guidance to all students and staff on their responsibilities for the provision of food

To ensure that appropriate education/training is available and implemented for any person involved in cooking/providing food to others

To ensure appropriate information and support is available for staff.

Procedure

All members of staff teaching Food & Nutrition need to be aware of students who have specific food allergies through the confidential information sheets issued at the beginning of each school term. Photographs of pupils with severe food allergies are displayed in a secure place. These will include details of action to be taken in the event of a reaction.

Before recipes are made teachers should ask students if there is anyone with an allergy and put procedures in place to ensure pupil safety.

Who is at risk?

Anybody 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 which 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.

Good Kitchen and Service Practices

Where allergenic ingredients are packaged openly/loosely, they are stored separately to reduce the risk of contamination.

Equipment/utensils used in the preparation of food for people with a food allergy are cleaned according to standard procedures (see HACCP manual) which under normal circumstances should be sufficient.

A specific area of the kitchen will be sought for the preparation of any food for someone with a food allergy. The area will be sanitised before it is used to prepare food. Separate identifiable chopping boards.

When cooking food for people with a food allergy or intolerance the chef will wear gloves and will wash their hands before and in-between preparation tasks.

All food produced for people with food allergy or intolerance will be placed away from other food and covered in cling film. It will then be clearly marked with the person's diet.

Where dishes contain common allergens, they are clearly labelled if not eating straight away and placed in a suitable place for storage

Actions in the event of someone suffering a severe allergic reaction

Immediate action is needed

If an allergic person becomes ill, it is likely that person – or someone with them – will state that they are suffering an allergic reaction. They may use the word **“ANAPHYLAXIS”**

Immediately send someone to dial **999** giving the following information:

“This is an emergency. A student has collapsed and we believe they are suffering from anaphylaxis”. (Pronounced Ana-fill-axis).

Speak clearly so that the ambulance crew will know exactly where to come.

Request the assistance of a First Aider until the ambulance crew arrive.

Keep calm and make the patient feel comfortable. All staff trained in First Aid will know what to do if someone suffers from anaphylaxis.

Note: Severe reactions can take place within a few minutes and in very extreme cases where prompt treatment is not sought – can be fatal. If a protocol is in place for the person then this will be followed.