



# *Food Information Regulations 2014 Guidance and Compliance*

# Topics to be covered

- ◆ *Compliance*
- ◆ *Guidance on Allergens*
- ◆ *Catering Premises and food production*

# Why the changes ?

- ◆ “Evidence suggests that most food allergy incidents can be traced back to non-prepacked food. Therefore information on potential allergens should always be provided to the consumer.”
- ◆ This is the requirement for the information on allergens to be provided to the consumers

# The Challenge

- ◆ Availability and placement of mandatory food information
- ◆ Mandatory food information shall be available and shall be easily accessible, in accordance with this Regulation, for all foods.

# Article 21 FIC

- Looks at the labelling of food stuff with regards to allergens listed in Annex II
- You should indicate in the list of ingredients with a clear reference to the name of the substance or product
- The name of allergen listed Annex II
- In the absence of a list of ingredients, the indication should comprise the word 'contains' followed by the name of the substance or product as listed in Annex II.
- If the product contains the allergen in more than one form then all forms of the allergen should be indicated
- The indication of the particulars referred to in point 1 shall not be required in cases where the name of the food clearly refers to the substance or product concerned.

# Non pre-packed foods

To acknowledge the variety of businesses, oral allergen information can be provided

Oral information must be accurate, consistent and verifiable upon challenge

What is consistent?

Is there a process in place to enable consistent information to be provided? Refer queries to the nominated person(s)

What is verifiable?

–Ingredients information on a chart, recipe book, ingredients information sheets, scrap books with labels

# What do I do ?

- ◆ Do they have a epi-pen
- ◆ Get first aider
- ◆ Call an ambulance
- ◆ Document what was eaten and action taken
- ◆ Identify and document other meals served to that table

# Key messages to caterers

- ◆ Make sure the information you provide is accurate
- ◆ Keep up to date ingredients information for any ready-made foods bought in
- ◆ When cooking, make sure you know what's in the ingredients you use. Please consider cooking oils, dressings, toppings, sauces and garnishes and update this if you change the recipe or ingredients used
- ◆ Ensure your staff know of any changes to allergen information for the dishes provided
- ◆ Think about how allergenic ingredients are stored and labelled on your premises
- ◆ Be careful with shared equipment such as serving spoons, chopping boards and woks
- ◆ Thoroughly clean work surfaces and equipment, and wash your hands, before making food for someone with an allergy



# What it means for your business

- ◆ Understand consumers needs and how they may be communicated
- ◆ What kind of systems are required
- ◆ The link between Food Information Regulations and the HACCP approach
- ◆ What steps will lead you to compliance

# *Catering premises and food production*

- ◆ *During your own audit consider*
- ◆ *HACCP- Controls*
- ◆ *Cross Contamination- unit design and management*
- ◆ *Provide Information and guidance*
- ◆ *Check list (Audit)-documentation*
- ◆ *Labelling-sampling*

# *Catering premises and food production*

- ◆ *Hidden ingredients-awareness*
- ◆ *Marzipan/almonds, cooking sauces/gluten, other names ie casein, whey protein are milk derivatives*
- ◆ *Information to customers?*
- ◆ *Beware bold statements – nut free?*
- ◆ *Be open and honest*

# *Best practice advice*

- ◆ *Staff training*
- ◆ *Dealing with allergic reaction*
- ◆ *Menu development*
- ◆ *Food suppliers*
- ◆ *Food storage*
- ◆ *Discharge legal obligations*
- ◆ *Use FSA guidance*

# Storage of goods

Where/how are goods stored?



containers



Air tight lidded

Separate scoops  
to decant ingredients



# Handling and Preparation

Separation



Cleaning



Hand  
clothing  
washing



# Cooking

Separate cooking equipment



or



Thorough cleaning

# Garnishes and added extras = added allergens







- Make sure the information you provide is correct
- **Keep up to date information, particularly for composite ingredients \***
- Ensure your staff are trained and made aware of any changes to recipes/ingredients.
- **Think about storage and labelling of allergenic ingredients**
- Be careful with shared equipment , serving spoons, chopping boards, woks etc.
- **Thoroughly wash and disinfect all work surfaces, equipment and hands prior to preparation of a meal ordered by someone with an allergy.**

# Example Meal Allergen analysis

	Milk	Egg	Cereal	Soya	Sesame	Pea-nut	Tree nut	Lupin	Celery	Mustard	Fish	Crust-acea	Mollusc	Sulphites
Spaghetti bolognaise	Yes (cheese)	Yes (spaghetti)	Yes Wheat (gluten) spaghetti	Yes					Yes (beef stock)					Yes (Bacon, red wine)
Cheese savoury sandwich	Yes (cheese)	Yes (mayo)	Yes wheat (gluten)	Yes (flour)						Yes (mayo)				Yes (cheese)
Quiche Lorraine-Home made	Yes (milk cream, whey powder)	Yes	Yes (wheat-flour)											Yes
Asda Crustless Quiche Lorraine	Yes (milk, cream, cheese)	Yes	Yes Wheat (gluten)		??	??	??			Yes (mustard seeds)				Yes (bacon)
Asda Mumtaz Lamb Rogan Josh	Yes (yoghurt)						??							
Home made Lamb & Mango Curry														
Madras Curry bought-in sauce					??	??	??			Yes (mustard)				
Homemade chicken soup	Yes (cream)	Yes (stock)	Yes wheat gluten	Yes (stock)					Yes					Yes (white wine)
Tin cream of chicken soup	Yes (whey, cream)		Yes wheat gluten											

# Business Support Information

- ◆ Darlington Borough Council Website
- ◆ Environmental Health Officer
- ◆ Weblinks and training Tool
- ◆ Trade magazines

*Any Questions ?*