



Manchester Academy

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Manchester Academy Food Policy

2018-2019

Food Allergy Policy

Manchester Academy Catering Department is committed to reducing the risk to students, staff and visitors with regard to the provision of food and the consumption of allergens in food, which could lead to an allergic reaction.

This policy will be reviewed annually.

STATEMENT

Manchester Academy Catering Department is unable to guarantee a completely allergen free environment. However, we will aim to minimise the risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.

OBJECTIVES OF THIS POLICY

To promote food allergen awareness to staff, students and visitors at Manchester Academy

To provide clear guidance to all catering staff on their responsibilities for the provision of food to anyone using the catering facilities who may have a food allergy, food intolerance or coeliac disease.

To ensure that relevant food allergy training and food hygiene training are provided for all catering staff.

To ensure appropriate information and support is available for catering staff and customers.

ALLERGY LABELLING LEGISLATION

From 13 December 2014, legislation (the EU Food Information for Consumer Regulation 1169/2011) requires food businesses to provide allergy information on food sold unpackaged and to ensure that allergen labelling is correct on pre-packed foods..

More information about the new European legislation can be found on the Food Standards Agency (FSA) website.

Background

WHAT IS A FOOD ALLERGY?

Food allergies affect the body's immune system. The body reacts to certain allergens in food by producing antibodies which can cause immediate and sometimes severe symptoms, such as: itching or strange metallic taste in the mouth, swelling of the throat and tongue; difficulty in swallowing or speaking; abdominal cramps, nausea and vomiting; skin hives (nettle rash) anywhere on the body. In most extreme cases, difficulties in breathing and a severe fall in blood pressure (anaphylactic shock) can prove fatal.

WHAT IS FOOD INTOLERANCE?

This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer to appear and may include headaches, fatigue and digestive problems.

Food intolerance is harder to diagnose than a food allergy. The person with a known allergen trigger may know what food ingredient will provoke a reaction. However, they may well have eaten this food or a specific dish previously and had no adverse reaction.

COELIAC DISEASE

Coeliac disease is a lifelong autoimmune disease caused by a reaction to gluten.

- 1 in 100 people have the condition
- Symptoms include bloating, diarrhoea, nausea, wind, constipation, tiredness, sudden or unexpected weight loss, hair loss and anaemia.
- Once diagnosed, it is treated by following a gluten free diet for life.

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.

Food allergies and intolerances are life-changing. In the UK they affect around 8% of children and 2% of adults. In December 2014, the law on how allergen information is provided by food businesses changed to make it easier when buying food or eating out with an allergy or

intolerance.

Students and young people living away from home are a vulnerable group who may be at higher risk if they have allergies. This is due to a number of factors that are associated with learning to look after themselves in a new environment and, in addition, possibly not wanting to appear different from their peer group. It is because of this high-risk group that the Catering Department will provide as much information as possible to any customers with food allergens or intolerance.

COMMON FOOD ALLERGENS

16. Under current legislation, there are **14 Major Allergens**, shown below, which must be clearly labeled if they are present in the food on offer. (Although customers may report allergies to other foods that are not listed below.)

Celery

Molluscs

Crustaceans

Mustard

Eggs

Nuts

Fish

Peanuts

Gluten

Lupin

Milk

Sesame

Soya

Sulphur dioxide

RESPONSIBILITIES

The Head of Catering along with the Executive Chef are responsible for ensuring that the standards laid out in the TUCO Food Allergen Management Code of Practice are upheld and that the procedures in place to protect customers with food allergies, intolerances and coeliac disease are regularly reviewed and updated.

If customers need further information, they are encouraged to meet with the Catering Managers to identify any specific requests.

This policy will be reviewed annually.

Policy owner: Colin J Port

Date: 15/02/2019

