



FOOD ALLERGENS POLICY

(Including intolerances)

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Emergency Procedures

It is important that all staff familiarise themselves with the symptoms of an allergic reaction so that you will be aware if someone requires assistance. (Appendix 3).

Please remember that anaphylactic shock is potentially fatal. In the event that someone accidentally consumes food which they are allergic to it is important that you take prompt action and follow this procedure:

- Inform the appointed person responsible for allergy sufferers – PA to the Head Teacher.
- Inform the Head Teacher or another member of school staff immediately.
- Do not attempt any treatment yourself unless you have received training and have authorisation to administer treatment from the school.

Students who suffer from severe allergies and have been prescribed an auto-adrenaline injector (AAI) require a Severe Allergy Plan. This needs to be completed by a healthcare professional and then shared with the school. Alternatively, the Health and Safety Manager will complete a full comprehensive risk assessment in conjunction with parent/carers.

Where a student is attending a trip or educational visit parent/carers must discuss allergies/medical requirements with the Trip Leader at the time the trip is proposed.

Introduction

It is our policy to provide meals for those pupils with medically diagnosed food allergies, food intolerances or medical conditions that affect eating requirements, not just a dislike of certain foods and food groups.

In order to ensure that the requirements of each individual pupil can be met safely the school must work with RMBC food services to discuss the dietary requirements **before** a meal is provided. Special diet procedures are essential to ensure that the needs of each individual pupil can be met. It is crucial that this process is a joint approach between the pupil, parent/carer, School, Dietician and Aspire Catering. Once a suitable menu is agreed it must be strictly followed and no other product or recipe should be given without authorisation.

Allergenic Information

In accordance with the requirements of the Food Information for Consumers Regulation (EU FIC) information regarding allergen containing ingredients will be readily available to all staff, pupils, parents and carers.

Head of Centre Responsibilities – When a food allergy is identified:

If the school is informed by a parent/carer that their child has an allergy the following process should take place immediately, it is the responsibility of the Head of Centre to ensure the following:

- Students do not receive any food in centre with immediate effect.
- Parents/carers should be informed that the student should be provided with a packed lunch until advised otherwise by RMBC Catering and Facilities Services.

- Request confirmation from the parent/carer of the allergy (GP letter or allergy certificate).
- The Head Teachers PA must be informed immediately by telephone; and the relevant paper work must be forwarded within 24 hours.
- The Head Teachers PA must inform RMBC Catering and Facilities Services that a student with an allergy is on roll and in centre.
- The Head Teachers PA will arrange a meeting between Rotherham Aspire, RMBC Catering and Facilities Services and the parents/carers (once a medical certificate of allergy has been obtained by the parents/carer).
- RMBC Catering and Facilities Services determine the level of risk to the student and instigate proceedings to provide a special diet, any other safety measures should they be required, and advise the third party food providers with regard to menus.
- All centre staff are made aware of the special dietary requirements for individual students.
- The Health and Safety Manager completes a risk assessment if required.
- A copy of the completed diet record is to be retained in the care plan on site.
- Forms must be completed with the dietician and parent/carer prior to any diet being implemented
- Special products (for coeliac diets, etc.) to be authorised for purchase by the Centre Head.
- Ensure that information is passed from centre to centre as pupil's transition

At no point should a student awaiting a special diet due to allergy or a food intolerance receive food on the request of a parent/carer until RMBC Catering and Facilities Services provide authorisation.

Natasha's Law Compliance

Natasha's Law, effective from 1 October 2021, mandates that all Prepacked for Direct Sale (PPDS) food must be labelled with:

The name of the food, a full list of ingredients, emphasised allergens (bold, underline, or contrasting colour).

This applies to any food:

Packaged by a third party provider, made and packaged on-site by Rotherham Aspire staff before being selected by the student, made by a third party provider and packaged on site by Rotherham Aspire staff.

Examples of PPDS foods include:

Packaged sandwiches, fruit pots, salad boxes, or cakes, cookies.

PPDS labeling - each item must:

Be clearly labelled with the food name, include a full ingredients list, highlighting any of the 14 legally required allergens.

Training and Monitoring

Staff must receive regular training on PPDS labelling, labels must be checked daily for accuracy, allergen matrices must be updated with any menu changes or supplier substitutions, all non-packaged food in trays from a third party provider must be accompanied with an Allergen Matrix.

The Compliance Manager will oversee compliance and consistency across centres.

Centre Heads and Aspire Catering Responsibilities

- To provide all necessary training to catering staff to ensure that meals can be produced in a way that minimises the risk of cross contamination.
- To collate and provide allergen information relating to recipes, planned menus and communicate this to catering staff.
- To screen new products and recipes to provide accurate allergen information.
- To agree any product substitutions made to kitchens prior to delivery.
- To provide nutritional data as required.
- To monitor the provision of special diets and compliance with this policy.

Parental Responsibilities

- To provide specific information to school regarding any specific dietary or allergenic requirements for their child/children along with supporting medical evidence.
- To provide details of the dietician or consultant who has authorised the diet.
- To review and approve the new menus in preparation of term menu change, to enable a smooth transition for foods to be received by their child.
- To provide Rotherham Aspire Staff with information relating to alteration of severity of the allergy or intolerance; whether increasing or decreasing.

Students' Responsibilities

- Learning to recognise personal symptoms.
- Informing a member of staff immediately if they have any symptoms of an allergic reaction.
- Taking responsibility for avoiding food allergens, including informing staff of his/her allergy at times of potential risk.
- Being proactive in the care and management of their own allergies and reactions.
- Keeping emergency medications where appropriate, in the Student Services office or in an agreed suitable location. This may include carrying the medication with them at all times.
- Proper hand washing before and after eating and throughout the school day.
- Avoiding sharing or trading of foods or eating utensils with others.
- Avoiding eating anything with unknown ingredients or known to contain any allergen.

Curriculum activities

As part of the school curriculum, students may take part in activities that involve preparing food or tasting food. Staff members will take the needs of students with food allergies into account when planning these activities and will make modifications where possible to allow participation. When a third party is involved in delivering a food related workshop, the class teacher will be responsible for ensuring that the dietary needs of students are taken into consideration.

Parent/carers will be informed by the school when a class is embarking upon a food project. All staff should be aware of allergy triggers and are advised to seek advice before introducing activities that might involve using allergy triggers such as fruit or flowers, sweet stalls, fairs, school packed lunches, snacks for extra-curricular activities are all carefully sourced to avoid allergy triggers

Medical information

When parent/carers inform the school about their child's allergy or food intolerance, this information will be recorded in the School Management System and kept on the student's personal record.

Medical information for students is private and confidential, however in order to ensure that medical needs can be properly managed, information is shared with school staff. Heads of Centre will ensure that all staff, including supply and agency staff, and any volunteers working with students might require emergency auto-immune injectors (AAI) and where this can be found.

A register of students with severe allergies and their photos should also be displayed on OneDrive along with their Severe Allergy Plan (under data protection criteria) and the procedures for recognising and managing anaphylaxis. (Please refer to the Supporting Students with Medical Needs policy).

All school staff involved in supporting students with severe allergies are appropriately trained in the correct use of the AAI and the procedures required to deal with an emergency situation.

There should be two emergency AAIs which are in date at all times and stored in line with school procedures. AAIs will not be administered to anyone unless they have been prescribed this medication and have written permission from their parent/carers for its use (for anyone under the age of 16).

Appendix 1- Provision of the meal checklist for Rotherham Aspire Staff.

- Discuss any requirements for special ingredients with your SLT who will advise on their purchase.
- Only use authorised recipes and follow these precisely.
- Only use authorised suppliers and products identified as not containing the specific allergen.
- The allergy information provided on products must be checked on all products prior to use.
- Do not use any product substitutions or products delivered in error for special diets.
- Contact the Aspire Catering and SLT with information regarding any product substitutions, unless you are notified in advance of changes.
- To ensure that the meal is prepared to minimise the risk of cross contamination.
- Where prescription goods are supplied by the parent/carer they should be labelled and dated the same as all other goods received in the kitchen.
- To communicate with and supervise all catering staff in the serving of meals to pupils/customers with specific dietary requirements.
- Ensure all existing and new staff are trained and aware of any pupils who require a special diet. Consult with the Compliance Manager and any member of SLT for further guidance.
- Ensure **allergy sign** is displayed in a prominent place by each service counter.
- When providing transported meals, ensure that any meal for a pupil/customer with specific dietary needs is clearly identified.
- Keep the Special Diets File in a prominent position and up to date
- **(ALL STAFF should familiarise themselves with the Special Diet File before serving food)**

Appendix 2 - What is an allergy?

The term allergy is used to describe an abnormal reaction that the body's immune system has to a particular substance in the environment including foods.

It is estimated that some 3% of adults and 6-8% of children suffer from a food allergy with a further 20% of adults thinking they suffer from food intolerance.

What is the difference between food allergy and food intolerance?

Both of these terms are used to describe types of food sensitivity. However, there are quite specific differences between the consequences for the sufferer.

Food Allergy

A food allergy occurs when the body's immune system has an abnormal reaction to a protein within the food which is known as an allergen. An allergic response to food always involves the immune system which causes immediate symptoms such as itchiness, rash and swelling.

Some people with a severe food allergy can suffer a potentially life threatening reaction known as anaphylaxis (pronounced 'anna-fill-axis'), which can affect the whole body within a matter of minutes following the consumption of certain foods.

"Three quarters of deaths from food allergies involve food prepared in restaurants, cafes and other commercial outlets"

Common Food Allergens are:

- Cow's milk
- Eggs
- Nuts – peanuts and tree nuts
- Wheat
- Soya
- Shellfish
- Fish
- Sulphur Dioxide

These foods account for 90% of all allergic reactions although newer allergens such as kiwi and sesame are becoming more common. People with food allergies need to make sure that they avoid all traces of the food that causes a reaction as even very small amounts can cause illness or even death.

Appendix 3 - Symptoms of a Food Allergy

The symptoms of an allergic reaction can vary in severity from one sufferer to another. Some of the most common symptoms of an allergic reaction include:

- Coughing
- Dry, itchy throat and tongue
- Itchy skin or rash
- Nausea and feeling bloated
- Diarrhoea and/or vomiting
- Wheezing and shortness of breath
- Swelling of the lips and throat
- Runny or blocked nose
- Sore, red and itchy eyes
- Faintness and collapse

Appendix 4 – What is a Food Intolerance?

Food intolerance does not involve a reaction by the immune system. Reactions are usually caused by the body's inability to digest a particular food (e.g. lactose).

Common food intolerances are:

- Lactose (sugar in the milk)
- Gluten
- Wheat
- Food preservatives

Symptoms of Food Intolerance

The symptoms of a food intolerance are not usually immediate and are unpleasant but rarely life threatening. Symptoms can be similar to those of an allergic reaction with additional symptoms such as: Diarrhoea, weight loss, bloating, and anaemia

People who suffer with a formally diagnosed food allergy or intolerance will be advised by their Doctor or Dietitian to eliminate certain food products from their diet.

Whilst there are obvious sources of certain foods, particular care needs to be taken as manufactured foods may contain ingredients that you do not expect to be there. It is therefore important that you know what to look for when looking at ingredient lists.

Appendix 5 – Common allergies encountered

It should be noted that this is only designed to be an overview and that you should **always** follow information provided by a Doctor or Dietitian.

True food allergies are reproducible adverse reactions to a particular food that involve the immune system. Virtually all known food allergens are proteins. They can be present in the food in large amounts and often survive food-processing conditions. Allergic reactions are characterised by the rapid release of chemicals in the body that cause symptoms, which can occur within minutes or up to an hour or more after ingestion of the allergen. The proportion of the population with true food allergy is approximately 1-2% of adults and about 5-8% of children, which equates to about 1.5 million people in the UK.

The common causes of allergies are the 14 major food allergens:

- Cereals containing Gluten
- Celery including stalks, leaves, seeds, and celeriac in salads
- Crustaceans, (prawns, crab, lobster, scampi, shrimp paste)
- Eggs - also food glazed with egg
- Fish - some salad dressings, relishes, fish sauce, some soy and Worcester sauces
- Soya (tofu, bean curd, soya flour)
- Milk - also food glazed with milk
- Nuts, (almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, and macadamia (Queensland) nuts, nut oils, marzipan)
- Peanuts - sauces, cakes, desserts, ground nut oil, peanut flour
- Mustard - liquid mustard, mustard powder, mustard seeds
- Sesame Seeds - bread, bread sticks, tahini, humus, sesame oil
- Sulphur dioxide/Sulphites (dried fruit, fruit juice drinks, wine, beer)
- Lupin, seeds, and flour, in some bread and pastries
- Molluscs, (mussels, whelks, oyster sauce, land snails and squid).

The allergy to nuts is the most common high-risk allergy and, as such, demands more rigorous controls. However, it is important to ensure that all allergies and intolerances are treated equally as the effect to the individual can be both life-threatening and uncomfortable, if suffered.

Coeliac disease is not an allergy. Whilst it is classified as a food intolerance it is not like other intolerances in that it is an 'auto-immune' disease, which means that the body produces antibodies that attack its own tissues. In coeliac disease this attack is triggered by gluten, a protein found in wheat, rye, and barley.

This intolerance to gluten causes an inflammatory response that damages the gut. Villi (tiny, finger-like projections that line the gut) become inflamed and then flattened (villous atrophy), leading to a decreased surface area for absorption of nutrients from food. People with undiagnosed coeliac disease can, as a result, have a wide range of digestive symptoms and can **suffer from nutritional deficiencies. Other food intolerances may also require management and awareness.**

Appendix 6 – Foods cause and effect of allergens

Cow's Milk Allergy.

Milk allergy is caused by the body's reaction to one or more milk proteins and can be life threatening if just a small amount of milk is consumed. Once an allergy to milk has been diagnosed the sufferer should avoid all dairy products.

As well as avoiding the obvious source (milk) any foods with the following ingredients listed must also be avoided:

Unsuitable Foods for Milk Allergy Sufferers	Suitable Foods for Milk Allergy Sufferers
Other milks All Cows, soya, goats and sheep's milk, fresh, dried, condensed, evaporated, skimmed milk. Coffee whiteners. Single and double creams including those made from vegetable fat e.g. Elmlea.	Other milks Coconut milk, oat milk, rice milks.
Cheese All cheese, cheese spreads, soya cheese.	Cheese Cheese is not suitable for a milk free diet.
Fats/oils Butter, margarine and spreads containing milk. Soya margarines. Hydrogenated vegetable oils may contain milk or soya.	Fats/oils Lard, suet, dripping, vegetable oils, pure margarine, dairy free and soya free margarines.
Desserts Yoghurt, fromage frais, crème fraiche, ice cream, milk chocolate desserts. Dairy desserts, custard, mousse, instant whips, trifle, angel delight, rice pudding. Egg custard.	Desserts Dairy free desserts.
Breakfast cereals Special K, some brands of muesli, yoghurt coated cereals, chocolate cereals.	Breakfast cereals Cornflakes, Crunchy nut cornflakes, corn pops, Frosties, Rice Krispies, Weetabix, Shredded Wheat, Honey Loops, porridge oats.
Cereals, flour and products Instant desserts, rice pudding, macaroni cheese, milk loaf, croissants, brioches, buns, cakes, biscuits and puddings made with milk. Butter icing. Pasta dishes with sauces containing milk.	Cereals, flour and products All varieties of flour, cornflour, arrowroot, baking powder, custard powder, pasta, rice, sago, semolina, spaghetti, noodles. Bread (white, brown and wholemeal), breadsticks, rice cakes, crackers (check label), Ryvita, pitta bread.

Meat, fish, chicken Meat products may contain milk derivatives e.g. pre packed ham, chicken. Fish, chicken or meat in batter, crumbs or sauce. Certain brands of sausages, fish fingers, chicken nuggets and tinned meat.	Meat, fish, chicken All varieties freshly prepared and cooked without milk.
Eggs	Eggs All forms of egg.
Vegetables Vegetables canned in sauce containing milk or pre-packed in butter. Instant potato. Potato salad, vegetable salad, coleslaw (check labels)	Vegetables All fresh, frozen or tinned without butter. Oven chips (check label)
Fruit Fruit yoghurt, fruit tarts or flans.	Fruit Fresh, frozen, dried, tinned in juice or syrup, fruit in jelly, fruit juices.
Preserves Lemon curd (check label). Milk and white chocolate, most brands of plain chocolate, most confectionary bars.	Preserves Sugar, jam, honey, syrup, treacle, marmalade.
Soups, sauces, gravies Soups, sauces, mayonnaise, gravies made with milk product, curry sauces, marinades, cream sauces, gravy granules (check labels).	Soups, sauces, gravies Homemade using milk free ingredients. Some brands of soups, sauces, gravies, mayonnaise and salad cream (check label)
Miscellaneous Ingredients listed simply as 'flavorings' or 'natural flavorings' may contain milk or soya (check labels)	Miscellaneous Salt, pepper, herbs, spices, vinegar, mustard, mustard powder, bicarbonate of soda, cream of tartar, baking powder, yeast.

Egg Allergy

Allergies to egg are common among children and are usually mild. Frequently children will grow out of an allergy to eggs. However, there are some people with a severe allergy to egg which can trigger anaphylaxis.

Some people with egg allergy can eat well cooked eggs in cakes for example without becoming ill but cannot eat raw or lightly cooked eggs. Others may be allergic to eggs in any form. Always follow the guidance provided by the Doctor or Dietitian.

To identify products that may contain egg it is always wise to read the label of individual products. The following is a list that indicates the presence of eggs:

- Egg
- Egg Yolk
- Dried Egg
- Egg lecithin
- Whole egg
- Egg white
- Egg protein
- Egg albumen
- Ovalbumen
- Egg powder
- Ovoglobulin
- Ovomucin
- Vitellin
- Ovovitellin
- Globulin
- Pasteurised egg
- Egg lecithin (E322)

Examples of foods that may contain egg are:

- Baked goods – breads, rolls, crackers, doughnuts, muffins
- Baking mixes
- Batters
- Béarnaise sauce
- Breaded or battered products – fish, fish fingers
- Cake flours
- Desserts – brownies, cakes, cake mixes, cookies, custard, ice cream
- Egg substitutes – often substitutes for whole egg but still contain egg white
- Hollandaise sauce
- Lemon curd
- Pancakes
- Pasta – egg noodles, macaroni, spaghetti
- Processed meat products
- Quorn products
- Salad dressings – Caesar dressing, hollandaise sauce, mayonnaise

Product ingredients differ from one manufacturer to the other so it is always advisable to check the label of the specific product that you are using.

Nut Allergy

Peanuts are one of the most common causes of food allergy. Reactions to peanuts or other tree nuts can be potentially life threatening. Some people may only react to peanuts whilst others may have a reaction to all nuts.

Allergy to nuts is lifelong so once someone has been diagnosed with a nut allergy it is essential that all sources of nuts are removed from their diet.

For some people a peanut allergy can be so severe that even very tiny amounts can cause a reaction. Coming into contact with traces of peanut can be enough to trigger a reaction in people who are sensitive. For example, sitting next to someone eating peanuts or food being served using utensils that have been used on food containing peanuts can cause a potentially fatal reaction.

Peanuts are a member of the legume family and are therefore classified as vegetables. Some people with nut allergies may also be advised to avoid foods such as peas, green beans and kidney beans.

Allergy to coconut is rare in the UK, but coconut can cause allergic reactions (including anaphylaxis) in people who are sensitive. A small number of people who are allergic to nuts will also react to coconut. The dietary information provided by the Doctor or Dietitian will provide the relevant information relating to each child.

Whilst it is the policy of Riverside Catering not to purchase products identified as containing nuts there are very few manufacturers who will guarantee their products as being nut free.

To identify products that may contain nuts it is always wise to read the label of individual products. The following is a list that indicates nuts are present in a product:

- Peanut (ground nut, ground pea, earth nut, pinder, goober, monkey nut)
- Almond
- Brazil
- Cashew
- Hazelnut
- Macadamia
- Pecan
- Pistachio
- Walnut
- Chestnut
- Coconut
- Palm nut

Unsuitable Foods for Nut Allergy Sufferers	Suitable Foods for Nut Allergy Sufferers
Oils Blended oils, unrefined/gourmet peanut oil, arachis and groundnut oils.	Oils Sunflower oil, Olive oil, Safflower oil.
Biscuits All biscuits, almonds, coconut biscuits, macaroons.	Biscuits Homemade biscuits where nut free ingredients are used.
Preserves Peanut butter, chestnut puree, chocolate and hazelnut spread, praline spread, sweet mincemeat.	Preserves Jam, marmalade, honey.
Cakes Christmas cake, fruit cake, marzipan topped cakes, carrot cake, passion cake, cakes containing vegetable oil	Cakes Home-made cakes where nut free ingredients are used. Cakes guaranteed to be nut free by manufacturer.
Cereals Crunchy Nut Cornflakes, Fruit and Fibre, muesli, Shreddies etc	Cereals Weetabix, Shredded Wheat, Wheat, Cornflakes, Rice Krispies etc.
Dips and sauces Pesto sauce, waldorf salads	
Vegetarian Food Nut loaf, vegeburgers, sausages (check label)	
Desserts Nut yoghurt, nut ice creams, cakes and puddings containing nuts (check label)	
Others Avoid some Chinese foods e.g. satay	

Sesame Allergy

Sesame allergy is on the increase in the UK. Sesame seeds are capable of causing a severe allergic reaction and in some instances may cause anaphylaxis.

People who are allergic to sesame must seek to avoid it completely, as even a tiny amount may trigger a severe reaction. Sesame seed allergies can be equally as serious as an allergy to nuts.

Dishes containing sesame include: tahini, gomashio, hummus and halvah. Chinese stir fry oils sometimes contain sesame oil.

Sesame seeds are often used in bread and similar bakery products. It is essential that all bakery products are regarded as having the potential to contain sesame seeds.

Sesame oil should be regarded as extremely dangerous because it will be unrefined, and therefore contain the allergenic proteins that trigger allergic reactions.

Lactose Intolerance

Lactose intolerance is the inability to digest lactose which is a sugar found in milk and milk products. Lactose intolerance should not be confused with milk allergy.

Following the consumption of milk and milk products people with lactose intolerance may experience uncomfortable symptoms such as:

- Abdominal pain
- Abdominal bloating
- Diarrhoea
- Nausea

Lactose is present in cow's milk, goat's milk and sheep's milk in similar quantities. As with all other intolerances the only solution is to avoid the food that causes the symptoms.

Not all lactose intolerant people need to avoid all dairy produce. Dairy products will contain varying amounts of lactose. The amount of lactose that can be tolerated will vary from one person to another. Always follow the specific dietary information provided, by the Doctor or Dietitian, for each individual child.

A list of suitable foods can be found in the Milk Allergy section page 11 for sufferers who have been advised to remove milk completely from their diet.

Gluten Intolerance (coeliac disease)

Coeliac disease is an 'autoimmune disease' which basically means that the body produces antibodies that attack its own tissues. For people that are suffering from coeliac disease this attack is caused by the presence of gluten in foods.

Gluten is a protein found in cereals such as wheat, rye and barley but sufferers are often advised to avoid oats as well as these contain a protein which is similar to gluten.

In addition to the general symptoms of food intolerance, symptoms of coeliac disease can also include:

- Nausea
- Wind
- Tiredness
- Constipation
- Reduced growth
- Skin problems

Ingredients containing gluten are found in foods such as bread, pasta, pizza, pastry and cakes although it can also be hidden in other foods such as burgers, sausages. Any foods that are coated in batter or breadcrumbs are not suitable for people intolerant to gluten.

It is important that we do not confuse 'wheat free' and 'gluten free' products.

Wheat free products

These do not contain wheat but may still contain rye or barley which should be avoided by people who are gluten intolerant.

Gluten free products

These will not contain gluten but may still contain other proteins found in wheat such as albumins, globulins and starch granule proteins. These products may not be suitable for people who are intolerant to wheat.

Guidance on suitable foods for a gluten free diet and guidance how to prepare gluten free meals is supplied by Coeliac UK. This is a guide on how to provide a gluten free diet. Please contact Karen Hickey if you require a copy of this guide. Always follow any information that is supplied by a Doctor or Dietitian.

Appendix 7 - Definitions

Allergy: A condition in which the body has an exaggerated response to a substance (e.g. food or drug), also known as hypersensitivity.

Allergen: A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis: Anaphylaxis, or anaphylactic shock, is a sudden, severe, and potentially life-threatening allergic reaction to a trigger (food, stings, bites, or medicines).

Adrenaline device: A syringe style device containing the drug adrenaline. This is an individual prescribed drug for known sufferers which is ready for immediate intramuscular administration. This may also be referred to as an Epi-Pen/ Ana pen or Jext which are particular brand names.

Appendix 8 - Potential Threats

- Any food on the school premises provided by the school or from outside.
- Allergens in food brought into school via snacks/lunches from home.
- Food brought into school for food projects.
- Contact between persons who have handled related foodstuffs (in or outside school) and allergy.
- Sufferers, without appropriate handwashing.
- Catering on school/residential trips.
- Events where food is served on the premises but not prepared on the premises i.e. Cake Sales.
- School fairs or Tuck Shop.
- Misinterpretations or lack of understanding of the differences between a life threatening 'allergy' or an 'intolerance' which may produce milder symptoms.
- Lists of ingredients not explicitly naming the allergen (e.g. casein and whey as milk derivate, arachis oil as another name for peanut oil).

Appendix 9 General Precautions in the Purchase, Preparation and Service of Food to Food Allergy Sufferers

Food Purchase

- Use only authorised suppliers
- Never assume that similar products from different manufacturers will contain the same ingredients.
- Know what is in the food that you are buying.

Food Storage

- Keep food in original packaging so that ingredient information is readily available.
- Keep allergens separate e.g. store gluten free products away from flour
- Be wary of substitutions and regularly check the labels for changes in ingredient components.

Food Preparation

Food handlers must take care not to contaminate food with potentially dangerous items during the preparation of food. Cross contamination of food during preparation is potentially fatal for allergy sufferers. Cross contamination may occur in three ways:

- Food to food contact either by foods directly touching or dripping onto each other.
- Food to hand contact caused by food handlers touching allergenic foods and then contaminating other foods that they are preparing.
- Food to equipment contact caused by using the same equipment, utensils, chopping boards etc. to prepare food using allergenic and non-allergenic ingredients.

Food handlers must always clean work areas, utensils etc. after handling any of the key allergenic foods. Hands should be washed thoroughly to avoid cross contamination.

Food Service

To ensure that students are not put at risk during the service of food it is essential that:

- Staff are aware which of the children suffer from an allergy and the possible consequences of eating contaminated food.
- Staff know what is in the food that is being served.
- Staff never serve a child with an allergy food if unsure of the content.
- Staff find out about the ingredients – never guess.
- Staff never feed a child with an allergy unless agreed with the Head of Centre.
- Staff be aware that even minute amounts of certain allergens can be potentially fatal.