

# Food allergens



Current allergen labelling rules will be changing on 13<sup>th</sup> December 2014. We are getting ready to implement the changes in our provision and we are required by our Local Authority Environmental Health Officer to keep parents informed.



## **Food allergies and intolerances**

Please speak to us  
about your child's  
dietary requirements.

## **Information from the Food Standards Agency.**

FSA advise that food allergens pose a significant risk to consumers with allergic conditions, which may be life threatening. Children are particularly vulnerable because they cannot control the foods they eat. As a childminder, it is our responsibility to ensure that we provide parents with allergen information for the food we serve and that this is accurate, consistent and verifiable. The EYFS requires us to ask you for details about food your child cannot eat and act on the information you give us. As parents it is your responsibility to keep us updated about your child's dietary needs. HPA also advise that you should ask us for information about the contents of food we provide for your child.

The provision of allergen information concerns any foods bought from a shop and unpackaged foods including home-cooked meals. The allergen information we provide for parents must be easily accessible and readily available.

When you buy food in shops you will see that many businesses are already starting to make changes to how they label allergens on their products. Under the new rules, allergens will be emphasised on the food label (usually in bold type) and displayed on counters for loose foods.

### **Our commitments to you** - to keep your child safe –

- We ask you if your child has any food allergies, record it in their file and follow your instructions about their dietary needs.
- We have both taken food hygiene level 2 training and Nigel has taken an interactive food allergy training course from [food.gov.uk/allergy-training](http://food.gov.uk/allergy-training) – certificate is displayed on the notice board.
- We include information about allergens in our Safer Food Better Business for childminders file.
- We check the ingredients lists of all the foods we give to the children and make every attempt to ensure allergen information is correct, to avoid triggering an allergic reaction.
- We avoid any food contents if parents have told us that their child might be allergic and work closely with parents to ensure our knowledge is up-to-date.
- Where possible we cook food from fresh using the best quality ingredients every day.
- We monitor children when eating and our First Aid training has prepared us to take immediate action following our Emergency Plan if we think they are having an allergic reaction.
- Food storage, preparation (including the kitchen and our equipment) and service is carefully monitored to reduce the risk of cross contamination of ingredients.
- When we take children on outings, we only eat in outlets with a 5 food hygiene rating and tell staff and the chef if we need them to avoid an ingredient or prepare food separately. We use this website to check food hygiene ratings - <http://www.scoresonthedoors.org.uk/>. We have updated our 'eating on outings' risk assessment to comply with the new legislation.

## Declaring the allergens we use

There are 14 allergens currently listed under food law that we must declare –

Allergen	Your child's likely exposure to allergens -
Cereals - gluten	<p>We serve cereals, bread and pasta, couscous, tortillas, cakes, crackers and gravy which contain gluten.</p> <p>More information about food labelling and gluten- <a href="http://www.food.gov.uk/business-industry/allergy-guide/gluten/">http://www.food.gov.uk/business-industry/allergy-guide/gluten/</a>.</p>
Eggs	<p>We use eggs in baking and we sometimes serve egg and quiche.</p> <p>We sometimes serve mayonnaise with lunch or tea.</p> <p>Home-made bread products are sometimes glazed with egg.</p> <p>We do not usually serve raw egg, mousse or sauces containing egg.</p>
Peanuts	<p>We check labels carefully and we do not serve peanuts.</p> <p>We do not use groundnut oil or peanut flour.</p>
Soya & soybeans	<p>We do not normally serve soybeans eg bean curd, edamame beans, miso paste, soya protein, soya flour or tofu.</p> <p>Sometimes older children are offered low salt soy sauce on Chinese food.</p> <p>We are aware that soya might be found in some desserts, meat products, sauces and vegetarian products – we do not normally serve these.</p>
Milk	<p>We offer children a cup of milk at morning snack.</p> <p>We use milk and butter in cooking and products we serve to children often contain milk eg cheese, sauces, yoghurt, fromage frais and milky puddings.</p> <p>We do not normally serve powdered soups to children.</p>
Nuts	<p>We check labels carefully and do not normally serve nuts or nut based products.</p> <p>Curry and stir fries are home-made and do not contain nuts.</p> <p>Children might occasionally be served marzipan that does not contain peanuts (only ground almonds) on cakes.</p>
Celery & celeriac	<p>We do not normally serve celery or celeriac.</p> <p>We are aware of the foods which might contain celery and celeriac eg celery salt, salads, soups, stock cubes etc and avoid them.</p>
Sesame	<p>We occasionally offer breadsticks with sesame coating for snack.</p> <p>We sometimes offer hummus for snack and lunch.</p> <p>We do not normally serve tahini and we do not use sesame oil.</p>

<b>Allergen</b>	<b>Your child's likely exposure to the allergens -</b>
Mustard	<p>We do not normally serve mustard to children.</p> <p>We know that mustard can be found in breads, curries, marinades, meat products, salad dressing sauces and soups – these would normally be home-made and not contain mustard.</p>
Sulphur dioxide / sulphites	<p>We check food and drink labels for sulphur dioxide / sulphites and avoid all use where possible.</p> <p>On outings we take water for children, avoid squash and eat freshly prepared and cooked food. We do not normally serve drinks other than water and 1 portion of milk at morning snack.</p> <p>Sausages, burgers and other pre-prepared foods which may contain sulphites if bought from the supermarket are purchased from Taylors Butchers in Sale Moor. They are high quality, freshly made, 100% natural ingredients - <a href="http://www.taylorsofsale.co.uk/">http://www.taylorsofsale.co.uk/</a>.</p> <p>Sulphur dioxide might be used as a preservative in dried fruit which we occasionally offer at breakfast and lunch.</p> <p>We do not normally serve soft drinks.</p>
Lupin	<p>We do not normally serve lupin which can be found in bread, pastries or pasta.</p>
Fish	<p>We serve fish once a week.</p> <p>We do not normally serve fish sauces or salad dressings containing fish.</p> <p>We do not normally use fish stock cubes. We sometimes use Worcestershire sauce in gravy, stock and cheese on toast.</p>
Molluscs	<p>We do not normally serve molluscs eg land snails, mussels, squid or whelks.</p> <p>We very occasionally offer older children oyster sauce with Chinese food.</p>
Crustaceans	<p>We serve prawns for tea occasionally to older children.</p> <p>We do not normally serve crab, scampi, shrimp paste, Thai curry or lobster.</p>

In all cases, children with a known / diagnosed allergy or intolerance are offered a similar alternative. We have further information about what the food we serve to your child every day. Please ask us for more details.

## Menu and allergen information at Knutsford Childminding

Here are some of the times when children might be offered food which contain known allergens -

<b>Breakfast</b>	<b>Might contain the following allergens...</b>
Cereal with milk	Gluten and milk
Bread products with butter	Gluten and milk

<b>Snack – morning and afternoon</b>	<b>Might contain the following allergens...</b>
Bread products (various) with butter	Gluten and milk
Drink of milk	Milk
Cheese / homemade cheese straws or buns	Milk
Home-made fruit bread / buns	Milk and eggs
Home-made or purchased dips	Milk and sesame (hummus)

<b>Lunch</b>	<b>Might contain the following allergens...</b>
Bread products with butter	Gluten and milk
Egg and egg based products eg quiche, cake	Egg
Ham / chicken and other prepared meats	Sulphites
Milk puddings eg yoghurt, fromage frais	Milk

<b>Tea</b>	<b>Might contain the following allergens...</b>
Fish	Fish
Gravy / mayonnaise	Celery / egg

Fresh fruit, salad and vegetables are served at all meals. These are purchased from reputable sources, stored appropriately following the guidance in Safer Food Better Business for childminders to avoid cross contamination with possible allergens and washed before service. They are cut using a clean knife on a green chopping board / brown for root vegetables including potatoes.

Most of the food we provide for your child is home-made and we carefully control the ingredients to avoid using any of the main 14 allergens.

We can give you ingredient lists for all food served to your child verbally on request - please ask us if you would like further information.

**Allergen information** from Safer Food Better Business for Childminders –

**Safe method:**  
**Food allergies**

It is important to know what to do if you look after a child who has a food allergy, because these allergies can be life-threatening.



Safety point	Why?
Always check if children have any food allergies and keep a written record of these.	It is a good idea to be able to refer to this record when preparing and serving food.
Make sure you check all the ingredients of any meals and snacks you give to a child with a food allergy. For example, if you make a cheese sandwich, check the ingredients of the bread, cheese, spread and anything else you put in the sandwich. <b>Never guess.</b>	If someone has a severe allergy, they can react to even a tiny amount of the food they are sensitive to. You can find out more about allergies at <a href="http://food.gov.uk/allergy">food.gov.uk/allergy</a>
If you are cooking, remember to check the ingredients of any oil, sauce, dressing or other packaged foods, including tins and jars. If you are not sure, do not give the food to the child.	Any of these could contain an ingredient the child is allergic to.
When you are preparing food for a child with a food allergy, clean worktops and equipment thoroughly before you start. Make sure you also wash your hands thoroughly first.	This is to prevent small amounts of the food that a child is allergic to getting into the food by accident.
If a parent/guardian of a child with an allergy provides food, make sure it is clearly labelled with the child's name.	This makes sure that the child receives the right food and avoids it being given to another child who may have a different food allergy.



**Question** – how do you check food does not contain a particular ingredient?

**Answer** – we understand food labelling and we read all labels in shops.

On outings we inform the chef / staff that an ingredient needs to be avoided. Please see our 'eating on outings' risk assessment.

**Question** – how do you prepare food for a child with a food allergy?

**Answer** – we use separate preparation surfaces, knives, bowls etc. We clean worktops thoroughly and wash hands before handling food and between touching ingredients.

**Think twice!**

Which ingredients can cause a problem?	
These are some of the foods children may be allergic to and some of the places where they may be found:	
<b>Nuts</b>	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils.
<b>Peanuts</b>	In sauces, cakes, desserts. Don't forget groundnut oil and peanut flour.
<b>Eggs</b>	In cakes, mousses, sauces, pasta, quiche, some meat products. Don't forget foods containing mayonnaise or brushed with egg.
<b>Milk</b>	In yoghurt, cream, cheese, butter, milk powders. Also check for foods glazed with milk.
<b>Fish</b>	In some salad dressings, pizzas, relishes, fish sauce. You might also find fish in some soy and Worcestershire sauces.
<b>Crustacea</b>	Such as prawns, lobster, scampi, crab, shrimp paste.
<b>Molluscs</b>	These include mussels, whelks, squid, land snails, oyster sauce.
<b>Cereals containing gluten</b>	Such as wheat, rye and barley. Also check foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour.
<b>Celery</b>	This includes celery stalks, leaves and seeds and celeriac. Also look out for celery in salads, soups, celery salt, some meat products.
<b>Lupin</b>	Lupin seeds and flour in some types of bread and pastries.
<b>Mustard</b>	Including liquid mustard, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products.
<b>Sesame seeds</b>	In bread, breadsticks, tahini, houmous, sesame oil.
<b>Soya</b>	As tofu or bean curd, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products.
<b>Sulphur dioxide</b>	In meat products, fruit juice drinks, dried fruit and vegetables, wine, beer.

**What to do if things go wrong**

If you think a child is having a severe allergic reaction:

- Do not move them.
- Ring 999 and ask for an ambulance with a paramedic straight away.
- Explain that the child could have anaphylaxis (pronounced 'anna-fill-axis').
- Send a responsible person outside to wait for the ambulance.
- Contact the parent/guardian of the child after you have called an ambulance.

**How to stop this happening again**

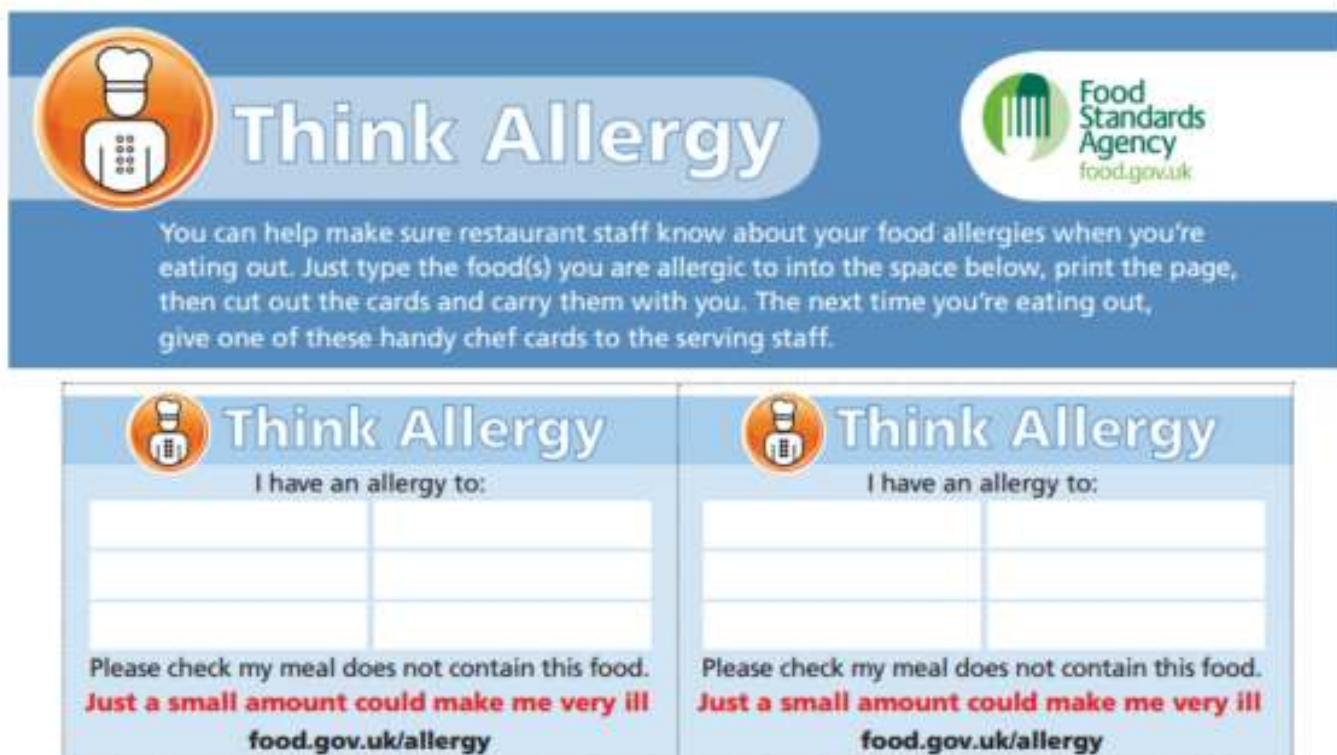
- Make sure that you and anyone who helps with food preparation, understands how important it is to check all the ingredients of a food and knows about the symptoms and treatment of an allergic reaction. You can find out more about this at [www.nhs.uk/conditions/food-allergy/Pages/intro1.aspx](http://www.nhs.uk/conditions/food-allergy/Pages/intro1.aspx)
- Review the way food is prepared for someone with a food allergy – are you cleaning effectively first and using clean equipment?

We are required to write down if something goes wrong and to note how we dealt with any problems.

## Supporting every child

You can download a card from this website to give to chefs when you are on outings if you want to avoid certain food –

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



We are happy to use the card and keep a copy in our kitchen for your child if you give us the details. We have a leaflet to email you about the new allergen labelling rules. It should come through within the next few days. Please let us know if it does not arrive.

**Finding out more** - you can find more information about food allergy from the FSA website here –

<http://www.food.gov.uk/science/allergy-intolerance/>.

You can subscribe to the allergy alert line here - <http://www.food.gov.uk/news-updates/allergy-news/>.

Please ask us if you have any questions about food allergens. Thank you.

Sarah and Nige