



# Food Allergy Policy

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<b>Date of next review:</b>	2025	<b>Written by:</b>	Elaine Griffin
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<b>Signature:</b>			

## Overview

This policy will ensure that pupils at school with food allergies are wholly supported and that they are aware of what allergens are in the food that is prepared at the school by our caterers, Relish School Food. [Relish School Food - School Catering Specialists](#).

## What is a food allergy?

A food allergy is an abnormal immune response to food. The signs and symptoms may range from mild to severe. They may include itchiness, swelling of the tongue, vomiting, diarrhoea, hives, trouble breathing, or low blood pressure. This typically occurs within minutes to several hours of exposure. When the symptoms are severe, it is known as anaphylaxis. Food intolerance and food poisoning are separate conditions.

Common foods involved include cow's milk, peanuts, eggs, shellfish, fish, tree nuts, soy, wheat, rice, and fruit. The common allergies vary depending on the country. Risk factors include a family history of allergies, vitamin D deficiency, obesity, and high levels of cleanliness. Allergies occur when immunoglobulin E (Ige), part of the body's immune system, binds to food molecules. A protein in the food is usually the problem. This triggers the release of inflammatory chemicals such as histamine.

It is important to take food allergy seriously. Under the new Food Information regulations, our caterers have a legal responsibility to provide the correct allergen information about the ingredients that is in the food they make or serve to our students, staff and visitors.

## Rules

### *Loose foods*

The EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish. This means that from 13 December 2014, all food businesses will need to provide information about the allergenic ingredients used in foods sold or provided by them.

As a food business serving loose foods, our caterers have to supply information for every item on their menu that contains any of the 14 allergens as ingredients.

## ***Gluten-free and no gluten containing ingredients***

If caterers state that any of the foods they serve are gluten-free, there are strict rules surrounding this. The foods that are served to you that are declared as gluten-free must not contain more than 20mg/kg of gluten.

If our caterers are making a gluten-free claim on loose food that they sell, they must consider whether they have the required processes in place to prevent cross-contamination.

If our caterers' processes cannot be guaranteed or controlled sufficiently, they will need to consider more factual statements, such as 'no gluten containing ingredients' which is also known as NGCI.

Either way, they will need to prevent cross-contamination as much as they can.

## ***How our caterers are aware of their allergen information***

It is important that recipes are followed correctly to ensure that the correct information is given to the customer.

To help to identify which dishes contain allergens they:

- make sure that their kitchen staff use the relevant recipes;
- keep ingredients in the original containers where possible;
- make sure that staff are aware of where allergen information is stored and how it is kept - Bromcom / Relish software;
- ensure that the allergen information is kept up to date (for example, if they receive new recipes from Head Office or ingredients are substituted);
- always check deliveries to make sure what is delivered is what was ordered and ensure that the relevant labelling information is provided with the order;
- check that the food delivered is the same brand that is normally used, as different brands might have different ingredients.

## **Roles**

### ***Caterers***

Please note that Relish School Food have a nut-free policy on site.

The caterers are aware of all individual student allergies and specific dietary requirements and provide clear labelling to all food served in the dining rooms at each site.

The caterers provide copies of the relevant school's 3 weekly menu cycle. The weekly menu is also placed in the dining room in each school. The caterers will not make changes to the menu.

### ***Students***

Where appropriate students will be fully involved in discussions about their food allergies and will be asked to contribute as much as possible.

### ***Parents/Carers***

Parents/carers should provide the school with sufficient and up to date information about their son/daughter's food allergies. They must carry out any action they have agreed to as part of its implementation. For example, provide medicines and equipment and ensure that they, or another nominated adult, are contactable at all times.

Parents/carers are responsible for ensuring that any required medication to be kept on site (e.g. EpiPens, inhalers, specific antihistamine) is supplied, in date and replaced as necessary.