Allergies in Schools
A Whole School Approach
Todays Session....

- Allergens and allergic reaction
- What the law says...
- The 14 Allergens
- The Whole School Approach
- What to expect on inspection
- Workshop
- What else can you do?
Why are we here?

- Legal requirements on allergens in food
- An increase in allergic reactions to food eaten out of the home
- Evidence to show that allergy diagnoses are on the increase
- An increase in allergy awareness is required to ensure these people are kept safe
Why are we here?

• 1 in 3 people have a diagnosed food allergy
• Allergies aren’t just to food... also medicines, cosmetics, environmental
• Sadly, up to 10 deaths a year from allergic reactions
• Recent fatality in Lancashire
• Increased evidence of differing information on allergies about different pupils within school settings – these don’t always match up
Living with Allergies

A DAY IN THE LIFE OF CHLOE
What the law says...
Food Safety and Hygiene (England) Regulations 2013

- Criminal offence to place unsafe food on the market
- Food may be deemed unsafe if it is provided containing an allergen, when the consumer has specifically requested it to be allergen free
- Maximum penalty – unlimited fine and up to 2 years imprisonment
Health and Safety at Work etc Act 1974

- Duty of care for employees and other people to ensure that their health and safety isn’t compromised
- Criminal offence to contravene this duty of care
- Penalty – unlimited fine or up to 2 years imprisonment
Children and Families Act 2014

- Places a duty on governing bodies of schools to support pupils with medical conditions
- Appropriate policies and procedures should be in place and properly and effectively implemented
- Consideration to be given to who will support the child and what training they need
- Consideration to be given to who in the school needs to know about the child’s condition
Food Information Regulations 2014

• Implement European legislation ‘Food Information for Consumers Regulations’
• Brought about changes to prepacked food labelling
• Require allergens to be declared on all non prepacked and catering food
• Criminal offence to not do so – Penalty of up to £5000 fine
14 Allergens in Food

1. Cereals (Gluten)
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts (ground nuts)
6. Soybeans (soya)
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame seeds
12. Sulphur dioxide
13. Lupin
14. Molluscs
Cereals containing gluten

- Wheat, barley, bulgar wheat, couscous, Durum wheat, Einkorn, Emmer, Kamut, Pearl Barley, Rye, Semolina, Spelt, Triticale

- May contain gluten: Barley Malt extract, Oats

- Think! Foods containing flour, some baking powders, batters, breadcrumbs, soups, sauces, foods dusted with flour
Crustaceans

- Crabs, Lobster, Prawns, Scampi, crayfish, shrimp

- Think! Shrimp paste, fish sauce, fish stock, pizza toppings
Eggs

• Think! Cakes, Mousses, Pasta, some meat products, quiche, sauces, glazes on pastry, mayonnaise
Fish

- Think! Fish Sauce, Oyster Sauce, Worcestershire sauce, Caesar Salad dressing, stock cubes, relishes, pizza toppings, jacket potato and sandwich fillings
Peanuts

• Also known as groundnuts or ground nuts
• Biscuits, cakes, curries, sauces, desserts, peanut flour
• Think! Satay sauce, peanut butter, groundnut oil, salad dressings, peanut shoots
• Problem with Almond powder substitution
• Cross Contamination is very easy as it is impossible to eradicate!
Soybeans

- Soya, tofu, beancurd, edamame beans, miso paste, soya oil, lecithin

- Think! Desserts, ice creams, sausages and burgers, vegetarian products, soy sauce, bread and baked goods, baked beans, margarines and spreads, vegetable oils, milk substitutes, powdered hot milk drinks, ready meals
Milk

- Butter, cheese, yogurt, milk powders, cream, crème fraiche, soured cream, casein, whey, sodium caseinate, calcium caseinate

- Think! Foods glazed with milk, powdered soups and sauces, ice cream, chocolate, batters
Nuts

• Also known as tree nuts
• Almonds, hazelnuts, walnuts, cashews, pecans, pistachios, brazil nuts, macadamia nuts
• Think! Nut oils, sauces, ground almonds, cashew nut dishes, marzipan, praline, pesto, salad dressings, baked goods, biscuits, chocolate, spice mixes
Celery

• Celery, celery stalks, celeriac
• Think! Celery salt, stock cubes, salads, soups, meat products, celery seeds, curry powder, spice mixes
Mustard

- Liquid mustard, mustard powder, mustard seeds
- Think! Sauces, curry powder, spice mixes, breads, processed meats, soups, mayonnaise, barbecue sauce, fish paste, ketchup, marinades, salad dressings, salad oil
Sesame Seeds

- Think! Bread, breadsticks, sesame oil, hummus, tahini, stir fries, prawn toast, noodles, dips, spice mixes, burger buns
Sulphur Dioxide or Sulphites

- Preservative in dried fruit, meat products such as sausages and burgers, soft drinks and vegetables. Also in wine and beer

- Think! Sausages, burgers, pepperoni, sultanas, raisins, cooked meats, pizza toppings
Lupin

• Lupin seeds, lupin flour, lupin bean, lupine

• Think! Bread, pastries, breadcrumbs, pizza bases, batters, southern fried coatings, pasta
Molluscs

- Mussels, scallops, snails, squid, whelks, clams, octopus, oysters

- Think! Fish stews and dishes, oyster sauce, fish sauce, seafood dishes
Other allergens

- Do you have pupils with allergies other than the 14 listed in legislation? Tomatoes, strawberries, kiwi, mushrooms, phenylalanine...
- Once you know about them, duty to provide safe food
- These allergens will then need to be considered by catering staff and others
Allergens in Schools

Requires a whole school approach, that starts at the top and is controlled centrally!

• This is more than just school meals!
  – County catering services or self managed kitchens
• Packed Lunches
• Out of school clubs
• Non-school staff delivering sessions in school
• Cooking lessons in school
• PTA events
• School trips
• Any others?
School Allergy Policy

- Do you have a policy on allergies?
- What does it cover?
- Have all points of access to allergens in school been covered in the policy?
- Have all people/groups of people with caring responsibilities been identified in the policy?
- How do you ensure all people with caring responsibility are advised of pupils allergies?
- Are staff appropriately trained on dealing with allergic pupils, according to their job role?
- Are staff trained on how to handle allergic reactions?
- Do you have spare auto-injectors for pupils with anaphylaxis?
- Could you be an allergy-free school?
- Anti bullying policy – does it tackle bullying due to allergies?
Allergy procedures

• Procedures for safe production of allergen free food in school
  – School meals
  – Breakfast club
  – Out of school club
  – School cooking club/classes
  – Snack time
  – Tuck shop

• Must consider allergen identification

• Must consider cross contamination
Allergy procedures cont’d….  

• Procedure for identifying allergic pupils and how to keep them safe throughout the school day  
• Procedures for ensuring information is passed on to relevant staff  
• Adequate and appropriate training for staff/visitors/helpers
GDPR and Data Protection

- It is permitted to share personal data and information including photographs if it is relevant
- Obtain permission from parents for children under 13
Allergy training...

- Are all staff appropriately trained to understand about allergies, how they affect people and how to manage them?
  - Teaching staff, welfare staff, catering staff, extra curricular staff, helpers in school, agency staff
Identifying allergens

Wherever food is produced/served within school, are staff...

- Checking ingredients in a systematic way?
- Separating allergenic / allergen free foods
  - in storage?
  - in preparation?
  - in service?
- **Always** using the same recipe for dishes?
- Using written recipes?
Identifying allergens

- Check fresh and prepacked ingredients and labelling on products when you receive them...every time!
- Don’t assume the product hasn’t changed since the last time you ordered it
- Note any allergens in each ingredient
- Using this information, for each dish go through your recipes and work out your allergenic ingredients
- Transfer information to an allergen matrix
<table>
<thead>
<tr>
<th></th>
<th>Milk</th>
<th>Egg</th>
<th>Cereal</th>
<th>Soya</th>
<th>Sesame</th>
<th>Peanut</th>
<th>Lupin</th>
<th>Celery</th>
<th>Mustard</th>
<th>Fish</th>
<th>Crustacea</th>
<th>Mollusc</th>
<th>Sulphites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti Bolognaise</td>
<td>Yes (cheese)</td>
<td>Yes (spaghetti)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (spaghetti)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (beef stock)</td>
<td></td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yes (Bacon, red wine)</td>
</tr>
<tr>
<td>Cheese savoury sandwich</td>
<td>Yes (cheese)</td>
<td>Yes (mayo)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (flour)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (mayo)</td>
<td></td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yes (cheese)</td>
</tr>
<tr>
<td>Quiche Lorraine - Home made</td>
<td>Yes (milk cream, whey powder)</td>
<td>Yes</td>
<td>Yes (wheat, gluten)</td>
<td>??</td>
<td>??</td>
<td>??</td>
<td></td>
<td>Yes (milk, cream, cheese)</td>
<td>Yes (mustard seeds)</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td>Yes (bacon)</td>
</tr>
<tr>
<td>Asda Crustless Quiche Lorraine</td>
<td>Yes (milk, cream, cheese)</td>
<td>Yes</td>
<td>Yes (wheat, gluten)</td>
<td>??</td>
<td></td>
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<td></td>
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<tr>
<td>Asda Mumtaz Lamb Rogan Josh</td>
<td>Yes (yoghurt)</td>
<td>Yes</td>
<td>Yes (wheat, gluten)</td>
<td>??</td>
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</tr>
<tr>
<td>Home made Lamb &amp; Mango Curry</td>
<td>Yes</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (stock)</td>
<td>??</td>
<td>??</td>
<td>??</td>
<td></td>
<td></td>
<td>Yes (mustard)</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madras Curry bought-in sauce</td>
<td>Yes (cream)</td>
<td>Yes (stock)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (stock)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Homemade chicken soup</td>
<td>Yes (cream)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (stock)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yes (white wine)</td>
<td></td>
</tr>
<tr>
<td>Tinned cream of chicken soup</td>
<td>Yes (whey, cream)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (wheat, gluten)</td>
<td>Yes (stock)</td>
<td></td>
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</tbody>
</table>
Staying safe!

• Review the allergen matrix each time you get a delivery or shop for ingredients – make sure the matrix is still accurate

• Review your recipes regularly to make sure the most up-to-date recipe is recorded and therefore the most up-to-date information on allergens is recorded

• All staff should have allergy awareness training, know where the allergy matrix is kept and how to use it
Minimising Cross-contamination

• Storage
  – Make sure stored foods are easily identifiable – keep the original labels with them
  – Specific ingredients for ‘allergenic customers’ should be placed in dedicated containers that aren’t used for anything else and labelled
  – Allergens should be kept in containers with secure lids
  – Store allergens on lower shelves, in case of spillage
Minimising Cross-contamination

- Always wash preparation and cooking surfaces, utensils and equipment thoroughly with clean, hot soapy water, after using allergens – don’t reuse the water to wash anything else.
- Use separate utensils for allergenic ingredients
- Cook foods for allergenic customers in separate areas, before other foods, after a proper deep clean of all cooking equipment and preparation surfaces, change of oils etc
Minimising Cross-contamination

- Food handlers should wash their hands thoroughly after handling allergens
- Clean up spillages immediately and thoroughly
- Keep dishes produced for allergenic pupils separate from other dishes (Think! Time and/or space)
- Powdered ingredients (flour, nut powders, mustard powder, milk powder) are particularly potent and can hang around in the air - it would be unlikely that you can eliminate these from dishes used elsewhere in your kitchen
Service of food

• Send home menus – are allergens identified?
• Are allergens identified on menus in school?
• Are allergic pupils encouraged to ask about suitable foods if they are of the appropriate age?
• Self service food – are allergens identified?
• Do all staff understand how to find out what is in each food?
• Do all staff know how to identify allergic pupils and their allergies?
Food provision - Recap!

• Check all ingredients and recipes and record the allergenic ingredients on your allergens matrix (don’t forget allergies that aren’t the 14!)

• Store ingredients in lidded containers, in separate storage areas

• Minimise cross contamination in the preparation, cooking and serving

• For self serve foods ensure pupils know which food is safe for them
Identifying Allergic Pupils
Identifying Allergic Pupils

• Medically diagnosed – care plan
• Accurate details recorded of all allergies
• Accurate treatment plan recorded
• Any information relating to severity of allergy recorded
  – Caveat – reactions can differ depending on a large number of variables, including hormonal changes
• Central record of information kept as controlled documents
Who needs to know?

- Food production staff
- Food serving staff
- Welfare staff
- Class teachers and teaching assistants
- Supply staff
- Out of school club providers – are they the same visitors each week?
- Other external groups/visitors working within school
- Parent helpers (school trips and in school)
- PTA event organisers
How will you tell them?

• System(s) of identification
  – Photographs in staff room, kitchen, food production and serving areas?
  – Wristbands?
  – Stickers?

• Information must be clear and unambiguous

• All relevant staff must understand the procedures
What to expect on an inspection...
## Food Hygiene Inspection

### Allergens - Information for Customers (FIR)

Do not include this aspect in the risk-rating assessment

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>How are customers informed about food allergens?</td>
<td></td>
</tr>
<tr>
<td>How is allergen information obtained, stored/recorded/retrieved?</td>
<td></td>
</tr>
<tr>
<td>Where customers are to be told directly, is there Notice advising customers is on display (doc), or Notice for customers included in a menu (doc) or other signs?</td>
<td>1, 2</td>
</tr>
<tr>
<td>Allergenic ingredients identified in all menu items/food offered including specials, cooking oils and sauces (i.e. allergen matrix or other record completed? (doc))</td>
<td>3</td>
</tr>
<tr>
<td>An allergen matrix may not be suitable if the ingredients could frequently vary</td>
<td></td>
</tr>
<tr>
<td>Allergen information (record, matrix) kept up-to-date (doc)</td>
<td>4</td>
</tr>
<tr>
<td>Information (record, matrix) on allergenic ingredients readily available for customers when required? including for telephone orders (doc)</td>
<td>5</td>
</tr>
<tr>
<td>Are allergenic ingredients identified at self-service points or buffets?</td>
<td>6</td>
</tr>
<tr>
<td>Carry out sample check against record / matrix. <strong>Food Item:</strong></td>
<td>7</td>
</tr>
</tbody>
</table>
Food Hygiene Inspection

• If the catering premises will provide food for a customer with an allergy the inspection will then focus on cross contamination and hygiene controls

• This will be given a score in hygiene and confidence in management which are 2 of 3 aspects of the food hygiene rating
Food Hygiene Inspection

<table>
<thead>
<tr>
<th>Allergens - Cross Contamination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will the business provide meals for persons with allergies? (1)</td>
</tr>
<tr>
<td><strong>If yes, summarise here the controls applied to ensure that food is safe, and assess against the points below -</strong> (1)</td>
</tr>
<tr>
<td>Written procedure for allergy-free preparation available <em>(doc)</em> (2)</td>
</tr>
<tr>
<td>Evidence of staff training &amp; awareness in allergens <em>(FoH staff and kitchen staff) (Rec)</em> (3)</td>
</tr>
<tr>
<td>Air-tight containers for ingredients (4)</td>
</tr>
<tr>
<td>Ingredients clearly labelled with allergen or kept in original packaging (5)</td>
</tr>
<tr>
<td>Containers not re-used for other types of ingredients (6)</td>
</tr>
<tr>
<td>Re-usable containers washed thoroughly before re-use. (7)</td>
</tr>
<tr>
<td>Dedicated scoops for each individual ingredient (8)</td>
</tr>
<tr>
<td>Scoops and utensils thoroughly washed before re-using them (9)</td>
</tr>
<tr>
<td>Are “allergy-free” foods prepared in a separate area or separated in time (10)</td>
</tr>
<tr>
<td>Are “allergy-free” meals bought-in and served directly to the customer (11)</td>
</tr>
<tr>
<td>All equipment such as, cloths, containers, dishes, pans, measuring cups, scales and other utensils washed in a dishwasher or with detergent at high temperatures to remove trace allergens</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>When asked to prepare a dish that does not contain any allergens staff know how to clean work surfaces, equipment and utensils thoroughly before preparing that dish</td>
</tr>
<tr>
<td>Staff wash their hands thoroughly before and whilst preparing allergy-free food</td>
</tr>
<tr>
<td>Allergy-free food served immediately to customer <em>(no storage)</em></td>
</tr>
<tr>
<td>Carry out sample check against menu item. <strong>Food Checked =</strong></td>
</tr>
<tr>
<td>Risk assessment of kitchen practices completed – The Kitchen Guide <em>(doc)</em></td>
</tr>
<tr>
<td>Voluntary precautionary statement i.e. “We cannot guarantee …” is used</td>
</tr>
</tbody>
</table>
Food Hygiene Inspection

• If controls are not in place officers will advise that you refrain from serving allergen free meals until appropriate controls are in place

• Guidance document issued

• Stop notices / voluntary undertaking

• Hygiene Emergency Prohibition Notice – imminent risk to health
Food Hygiene Inspection

• Pilot study, collated information is forwarded to Trading Standards.
• Other LA’s (Lancashire and Beyond )
• Looking to shape National Policy to ensure consistency of approach, FHRS, training for caterers and regulators
Food Hygiene Inspection

• Findings:
  – 1 in 4 inspections in Hyndburn in 2017/18 found issues with allergen controls
  – Simple errors in matrix, ingredients missed off matrix, not all menu items covered, not reviewed
  – Lack of cross contamination controls
  – Lack of knowledge
Workshop
Scenario 1

• Child starts at your school and Mum says he has a nut allergy, but it's mild. No other children with nut allergies in your school

• Your cook uses ice cream which states ‘may contain nuts’

• What should happen here? What are your options?
Scenario 2

• A number of children with food allergies are identified in your school
• Menus are sent home for children to choose their preferred options for lunch with parents
• How can parents ensure they are picking a safe option for their child?
Scenario 3

• A child is diagnosed as a coeliac and his parents have expressed a wish for him to bring a packed lunch in
• What steps must be taken to keep this child safe?
Scenario 4

• You have an external provider who delivers forest school sessions within school time and as an after school club. The children are offered a snack and a drink at each session, as a treat around the fire
• They have 4 regular members of staff who deliver different sessions at varying times
• How will you make sure that children with allergies attending these sessions are safe?
Additional Resources

• Anaphylaxis campaign – www.anaphylaxis.org.uk
  – Allergywise training for schools

• Allergy UK – www.allergyuk.org
  – Whole School Approach self-audit

• Food Standards Agency - www.food.gov.uk
  – advice for caterers
What else can you do?

- Visit [www.lancashire.gov.uk/lancan](http://www.lancashire.gov.uk/lancan) for resources to use in school
- Raise allergy awareness generally in school - Display ‘Allergy Aware School’ poster
- Maintain a caring ethos across school for allergic children – they are not just fussy eaters!
- Deliver ‘A Day in the Life of Chloe’ in Secondary school assemblies/health weeks along with our assembly presentation
- Deliver ‘Issy and Ben’s story’ in Primary schools along with our presentation
- Share allergy awareness messages and the films on your school website
#takeallergyseriously
#bekind

Any questions, thoughts or ideas that you want to share?