

Summary of Allergens information

From 13 December 2014 the EU Food Information for Consumers regulation (EU FIC) comes into force. These European rules will be enforced in the UK by the Food Information Regulations 2014 (FIR).

Food Allergies & Why they are important - Allergies & allergic reactions in some cases can make people very ill & in severe cases can be fatal. There is no cure for food allergy, the only way people avoid getting ill is by making sure that they do not eat any foods to which they have an allergy.

How to school will provide the information - The school will provide information to students and staff about allergens at the service points which are updated daily and with information posters and information pack.

The 14 Allergens

- Cereals containing Gluten
- Crustaceans this includes crabs, lobsters, prawns & scampi.
- Fish
- Molluscs this includes mussels & whelks.
- Eggs
- Peanuts
- Nuts
- Soybeans (Soya)
- Milk
- Celery
- Mustard
- Sesame Seeds
- Lupin includes lupin seeds & flour
- Sulphur dioxide (Sulphites) this is often used as a preservative.

How the school will record information about ingredients - All information about ingredients used will be held in a grab file and electronically.

Full detailed information can be found within the pdf named 'Allergens in Food Detailed information'