

# Food Allergen Advice for Takeaways and Restaurants

## Restaurant owner jailed for six years over death of peanut allergy customer

It is your responsibility as the Food Business Operator to provide **Allergen Control Measures** within your business. The Food Information Regulations 2014, places an obligation upon Food Businesses to provide allergen information to consumers. The Food Safety Act 1990 requires that any food produced or prepared is safe.

**For anyone with a food allergy or intolerance, food which contains or comes into contact with the allergen is deemed "unsafe".**

In order to comply with the law businesses must give any customer information about allergens present within the dishes they provide. Staff should find out the information and know where it is kept and allow the customer to decide if they can eat the dish.

Staff **must** be trained on allergens before handling food, and be made aware of the effects of providing the wrong information.

- A procedure should be in place when preparing food for a customer with a food allergy.
- Consider dish preparation, separate equipment & utensils, storage, cooking/ reheating, separate preparation area.
- Thorough cleaning before and after.
- Avoid cross contamination throughout all food handling processes.

If allergen information is not provided **upfront**, **signage** must tell customers where to obtain the allergen information from. For example: **" Please ask a staff member for allergen information".**

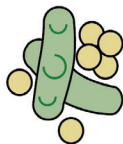
Written allergen information can be provided on menus or menu boards.

When asked about specified allergens or any ingredient staff should **NEVER** guess the answer.

Every item on the menu must be looked at and noted which of the 14 specified allergens are present in each dish, an easy way to do this is with a matrix or recipe sheets.



Sulphur Dioxide



Soya



Sesame Seed



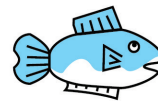
Milk



Eggs



Cereals Containing  
Gluten



Fish



Molluscs



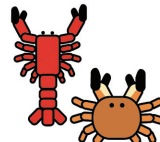
Celery



Nuts



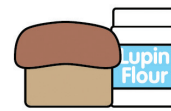
Peanuts



Crustaceans



Mustard



Lupin

When making the matrix or recipe cards check the labels of all products added to the dish to ensure none of the 14 specified allergens are missed. Do **NOT** guess.

## Distance Selling – Telephone / online orders

Allergen information must be made available both before purchase is concluded and upon delivery.

Information can be provided:

- Over the telephone
- On a receipt
- Can be given online














## Step by Step

### 1 Identify the dish

### 2 Break the dish down into the recipe

### 3 Arrange in front of you all the ingredients and their labels

### 4 Print off the matrix or chef recipe cards

DISHES AND THEIR ALLERGEN CONTENT													
(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)													
DISHES													
Tuna Salad [example]	✓			✓	✓		✓		✓				

### 5 Check all of the ingredients for the 14 notifiable allergens

### 6 Tick all of the allergens present in the dish

### 7 Ensure if the recipe / supplier is changed - the allergen sheets are changed and kept up to date

### 8 NEVER GUESS WHAT ALLERGENS ARE PRESENT



Scan the image with your smart phone for a link to the Food Standards Agency to obtain copies of matrix and chef cards or visit: [goo.gl/8WZggI](https://goo.gl/8WZggI)

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