

NEW FOOD ALLERGENS RULES

You may be aware that the EU Food Information for Consumers Regulation No.116/2011 came into force on 13 December 2014. This European regulation is enforced in Wales by local authority Trading Standards and/or Environmental Health Officers.

What this means

This legislation requires any caterer providing 'loose food' (such as school meals and sandwiches prepared and wrapped on site in school kitchens) to provide information to customers on the presence of allergenic ingredients used in dishes.

What are the allergens

There are 14 allergens that need to be identified when they are used as ingredients in a dish. These are:

- **cereals containing gluten**, such as wheat (spelt and Khorasan wheat), rye, barley and oats
- **crustaceans**, for example prawns, crabs, lobster and crayfish
- **eggs**
- **fish**
- **peanuts**
- **soybeans**
- **milk**
- **nuts**, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts
- **celery** (and celeriac)
- **mustard**
- **sesame**
- **sulphur dioxide or sulphites**, which is a preservative found in some dried fruit
- **lupin**
- **molluscs**, for example clams, mussels, whelks,

The role of the FSA

We have been working closely with local authorities, food businesses and consumer groups to raise awareness and understanding of the new rules.

To help continue raising awareness, the Food Standards Agency would like you to display the attached poster in the school reception area or on an information board that is most likely to be read by parents and pupils and if possible upload onto the school web site.

More information regarding the new regulations, as well as useful resources for your catering staff, consumer leaflets for your parent/carer audience, videos of children living with allergies which might be useful for any allergy activity in school, as well as much more is available at: <http://www.food.gov.uk/allergen-resources>

If you require further information, we are more than happy to help. Please email Food.Policy.Wales@Foodstandards.gsi.gov.uk or get in touch with your local authority.