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Department
for Education



Dear Head Teacher and Chair of Governors,

NEW FOOD ALLERGEN RULES

What this means

You may be aware that the EU Food Information for Consumers Regulation No.1169/2011 is coming into force from 13 December 2014.

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

If any one of 14 allergens are used as deliberate ingredients then these need to be declared either in writing (e.g. on school menus or a chalkboard in the canteen) or through signposting directing pupils/ parents to where and how to obtain the information in writing or orally.

What are the allergens

There are 14 allergens that need to be identified when they are used as ingredients.

These are:

- **cereals containing gluten**, namely wheat (spelt and Khorasan wheat), rye, barley and oats
- **crustaceans**, like prawns, crabs, lobster and crayfish
- **eggs**
- **fish**
- **peanuts**
- **soybeans**
- **milk**
- **nuts**, namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts
- **celery** (and celeriac)
- **mustard**
- **sesame**

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FOOD HYGIENE RATING

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- **sulphur dioxide or sulphites**, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit
- **lupin**, which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- **molluscs**, like 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 FSA 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 uploaded 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: www.food.gov.uk/allergen-resources

If you require further information, we are more than happy to help. Please email FoodIntoleranceEnquiries@foodstandards.gsi.gov.uk or get in touch with your local authority (www.food.gov.uk/enforcement/yourarea).

Yours sincerely,



DR. CHUN-HAN CHAN

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Food Allergy and Novel Foods Branch