Policy reviewed by: S.Tuckwell-Allen
Review date: 10.09.24
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Pelsall Village School
Every Child Every Chance Every Day

Food Allergy Policy

Introduction

This policy will ensure that children at this school with food allergies are wholly supported and that they are aware of what allergens are in the food that is prepared at the school by our caterers, Shires Catering.

1 Intent

The aim of this policy is to explain how we care for children and their allergies.

At Pelsall Village School, we understand that a food allergy is an abnormal immune response to food. The signs and symptoms may range from mild to severe. They may include itchiness, swelling of the tongue, vomiting, diarrhoea, hives, trouble breathing, or low blood pressure. This typically occurs within minutes to several hours of exposure. When the symptoms are severe, it is known as anaphylaxis.

Food intolerance and food poisoning are separate conditions.

Common foods involved include cow's milk, peanuts, eggs, shellfish, fish, tree nuts, soy, wheat, rice, and fruit. The common allergies vary depending on the country. Risk factors include a family history of allergies, vitamin D deficiency, obesity, and high levels of cleanliness. Allergies occur when immunoglobulin E (Ige), part of the body's immune system, binds to food molecules. A protein in the food is usually the problem. This triggers the release of inflammatory chemicals such as histamine.

2 Implementation

It is important to take food allergy seriously. Under the new Food Information regulations, our caterers have a legal responsibility to provide the correct allergen information about the ingredients that is in the food they make or serve to our students, staff and visitors.

2.1 Rules

Loose foods:

The EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish. This means that from 13 December 2014, all food businesses will need to provide information about the allergenic ingredients used in foods sold or provided by them.

As a food business serving loose foods, our caterers have to supply information for every item on their menu that contains any of the 14 allergens as ingredients.

Gluten-free and no gluten containing ingredients:

If caterers state that any of the foods they serve are gluten-free, there are strict rules surrounding this. The foods that are served to you that are declared as gluten-free must not contain more than 20mg/kg of gluten.

If our caterers are making a gluten-free claim on loose food that they sell, they must consider whether they have the required processes in place to prevent cross-contamination.

How our caterers are aware of their allergen information:

Details of these allergens for each of the caterer's standard recipe is listed on the Allergen Matrix found within a file that they hold on site. It is important that recipes are followed correctly to ensure that the correct information is given to the customer.

To help to identify which dishes contain allergens they:

- make sure that their kitchen staff use the same recipes every time;
- keep ingredients in the original containers where possible;
- make sure that staff are aware of where allergen information is stored and how it is kept;
- ensure that the allergen information is kept up to date (for example, if they receive new recipes from Head Office or ingredients are substituted);
- always check deliveries to make sure what is delivered is what was ordered and ensure that the relevant labelling information is provided with the order;
- check that the food delivered is the same brand that is normally used, as different brands might have different ingredients.

2.2 Roles

Caterers:

Please note that Shire Catering has a nut-free policy on site. The caterers are aware of all individual student allergies and specific dietary requirements and provide clear labelling to all food served in the dining rooms at each site. The caterers provide copies of the 3 weekly menu cycle. The weekly menu is also placed in the dining room in each school.

Children:

Children will be fully involved in discussions about their food allergies and will be asked to contribute as much as possible.

Parents/Carers:

Parents/Carers should provide the school with sufficient and up to date information about their son/daughter's food allergies. They must carry out any action they have agreed to as part of its implementation. For example, provide medicines and equipment and ensure that they, or another nominated adult, are contactable at all times. Parents/Carers are responsible for ensuring that any required medication to be kept on site (eg EpiPens, inhalers, specific antihistamine) is supplied, in date and replaced as necessary.

3 Impact

As stated at the start of this policy, it is the aim of Pelsall Village School to ensure that children at this school with food allergies are wholly supported and that they are aware of what allergens are in the food that is prepared at the school by our caterers, Shires Catering.

Therefore, the effectiveness of the policy will be reflected in how we continue to manage children with severe food allergies including addressing staff training needs and helping to further educate those children living with allergies. These two factors can contribute to the fundamental need to improve the safety and quality of life through an allergy aware society.

3.1 Complaints Procedures

If a parent has a complaint about an aspect of their child's SEND provision, this should be made to the Head Teacher in the first instance. If the parent remains dissatisfied with school's response, the complaint should be taken to the school's Governing Body. If the response remains unsatisfactory, parents are advised the Local Education Authority and seek support from the local Parent Partnership team.

Appendix 1

List of 14 Allergens:

(Food ingredients that must be declared as allergens in the EU)

1. **Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:

(a) wheat based glucose syrups including dextrose
(b) wheat based maltodextrins
(c) glucose syrups based on barley
(d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin

2. **Crustaceans** and products thereof

3. **Eggs** and products thereof

4. **Fish** and products thereof, except:

(a) fish gelatine used as carrier for vitamin or carotenoid preparations
(b) fish gelatine or Isinglass used as fining agent in beer and wine

5. **Peanuts** and products thereof

6. **Soybeans** and products thereof, except:

(a) fully refined soybean oil and fat
(b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
(c) vegetable oils derived phytosterols and phytosterol esters from soybean sources
(d) plant stanol ester produced from vegetable oil sterols from soybean sources

7. **Milk** and products thereof (including lactose), except:

(a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
(b) lactitol

8. **Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoinensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin

9. **Celery** and products thereof

10. **Mustard** and products thereof

11. **Sesame seeds** and products thereof

12. **Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO_2 which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers

13. **Lupin** and products thereof

14. **Molluscs** and products thereof

Appendix 2

See Attached Examples of Food Allergen Charts at Pelsall Village School

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