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| <b>Topic of choice:</b> | <u>Allergies and intolerances and the importance within the industry.</u> |
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The Food Standards Agency oversees allergen labelling and giving information to those who have food intolerances, such as food allergies, intolerances, and celiac disease.

Food establishments in the United Kingdom are required by law to notify the costumers if they use any of the 14 allergens as ingredients in the food and drink they serve. Food legislation has recognised this list as the most strong and common allergies.  
 ("Food allergy and intolerance | Food Standards Agency")

Celery, gluten-containing cereals (like barley and oats), crustaceans (like prawns, crabs, and lobsters), eggs, fish, lupin, milk, mollusks (like mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (at a concentration of more than ten parts per million), and tree nuts are among the 14 allergens (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)  
 ("Food allergy and intolerance | Food Standards Agency")

When customers dine out or order takeout, the restaurant or café must give clients with written allergy information. This may include allergy information on their menu, for example a notice describing how to access this information. This may mean asking a member of staff about the allergy content of a meal they wish to purchase.

When someone come across a company that is not keeping to allergy guideline rules, they will have all the rights to complaint.

Food companies may use terms like 'may contain' to alert consumers that a food product may contain elevated levels of an allergy. This is commonly referred to as 'precautionary allergen labelling.'

Allergen cross-contamination may occur accidentally when an allergen enters the product by accident during the manufacturing process.

There is no legal requirement to label food with the phrase "may contain." Food, on the other hand, must be safe to consume, and information to assist persons with allergies in making safe choices and managing their condition must be offered.

(Departament for environment, food and rural affairs. 27 April 2015)

Manufacturers may also opt to label their items as 'Not suited for.' This is an example of cautious allergen labelling. Where preventive allergy labelling is required.

When purchasing vegan meals, customers should not anticipate it to include any traces of milk, egg, fish, crustaceans, or mollusks. When vegan food is made in a factory or kitchen that also processes non-vegan food, trace quantities of cross contamination may occur. ("Advice for teenagers and young adults with a food allergy, 8 March 2022")

As a result, the packaging of certain vegan goods may feature precautionary allergy labelling such as 'may contain.' This indicates that the items may contain traces of allergens such as milk, eggs, fish, mollusks, and crustaceans, which may offer a risk of food allergy.

Even if a product is labelled as "vegan," it is critical to check the label to determine its safety. When ordering vegan cuisine, you should also be extremely explicit about your allergy/intolerance to ensure that the meal that is served is safe. ("Heather Hancock, Chairman of the Food Standards Agency 2020")

As a food business, under food hygiene regulations you must take steps to avoid food allergen ingredient contamination and inadvertent cross-contamination that would make your food unsafe for an allergic customer. You must also follow the allergen information rules set out in food information regulations. This means that you must:

- handle and manage food allergens adequately

- provide allergen information to the customer for both pre-packed and non-prepacked food or drink.

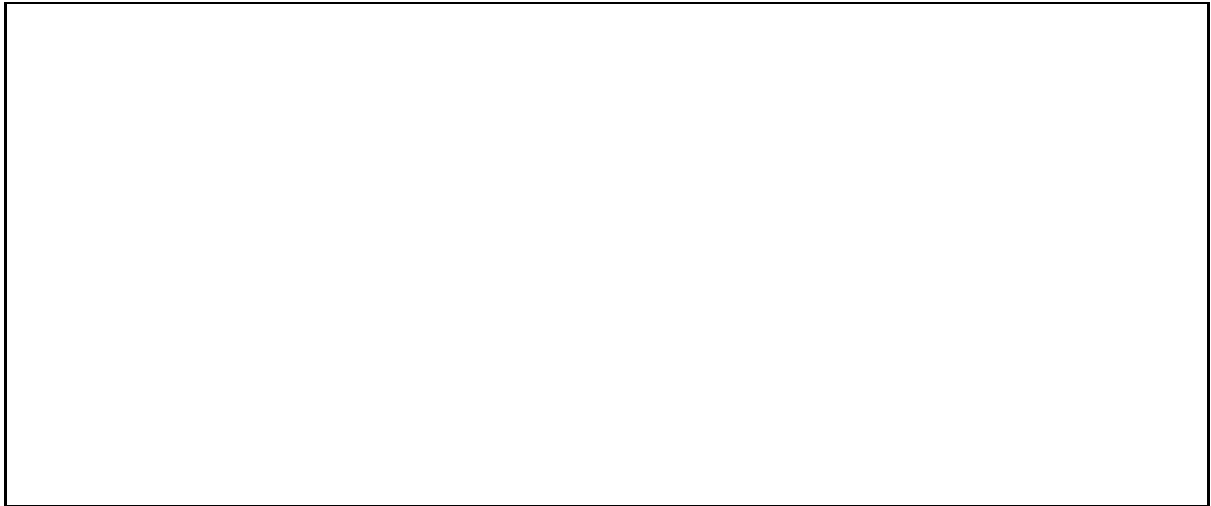
- require managers and staff be knowledgeable about the most common food allergens

Delegates also discussed the possibility of developing a food allergy safety scheme. Researchers considered what kind of allergen information would assist consumers with food hypersensitivities in making restaurant choices. Our Board is particularly interested in this topic.

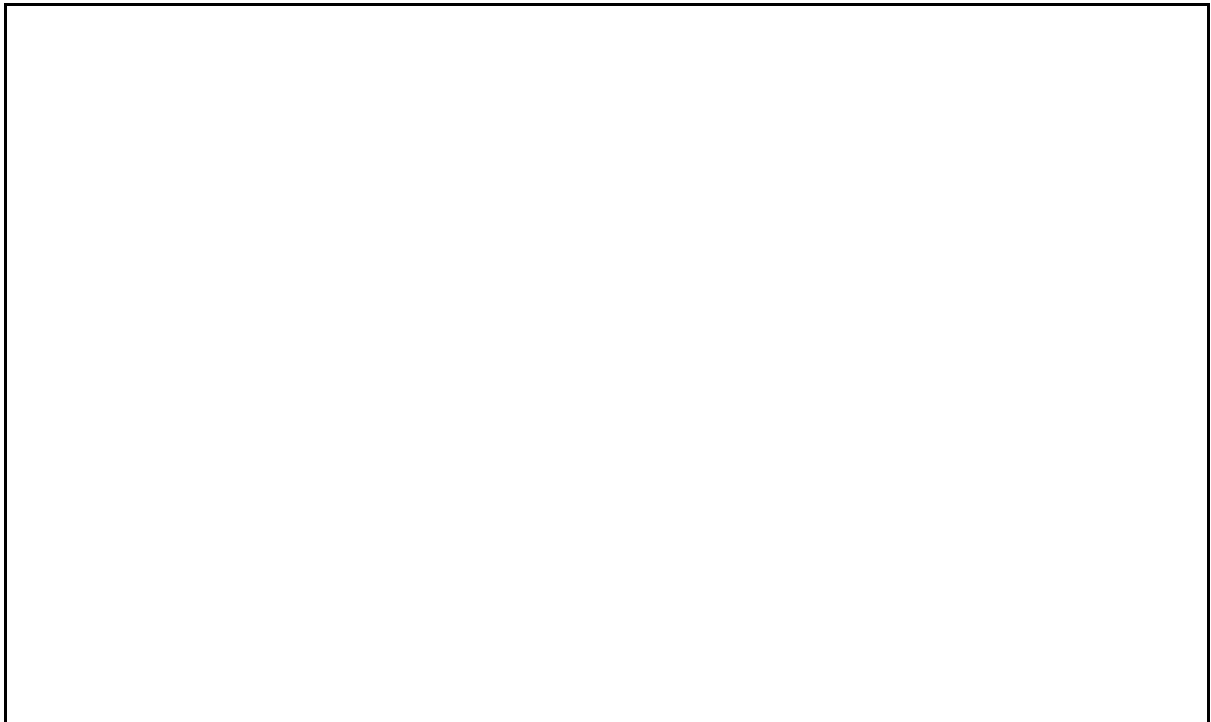
Researchers believe that the future lies in collaboration, in sharing evidence and expertise in order to improve the lives of food hypersensitive consumers.

We cannot eliminate the risks of food hypersensitivity, but we can work together to make them more manageable. (Emily Miles, 24 March 2021)

710 words.



## International Hotel Management



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| <b>REFERENCE LIST</b> |  |
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Heather Hancock, Chairman of the Food Standards Agency [2020]

("Advice for teenagers and young adults with a food allergy, 8 March 2022")

("Food allergy and intolerance | Food Standards Agency")

(Emily Miles, 24 March 2021)

(Department for environment, food and rural affairs. 27 April 2015)