

The Four Stones Multi Academy Trust

Food Allergy Policy

Version Control

Policy author: Chief Operating Officer
Policy approved by: Finance, Audit and Risk Committee
Next policy review date: Autumn 2023

Version	Date	Details
1.0	30 th Sept 2020	Re-written so that there is one policy for The Four Stones Multi Academy Trust
2.0	29 th Sept 2021	Updated with Natasha's Law

Overview

This policy will ensure that students at school with food allergies are wholly supported and that they are aware of what allergens are in the food that is prepared at the schools within The Four Stones Multi Academy Trust (MAT) by our caterers.

What is a food allergy?

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, diarrhea, 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.

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.

Rules

The Food Information Regulations 2014 requires all food businesses including school caterers to show the allergen ingredients' information for the food they serve. This makes it easier for schools to identify the food that pupils with allergies can and cannot eat.

Natasha's Law

From 1st October 2021, the Food Information Regulations will include new requirements for the labelling of allergens on PPDS foods. These are foods which are packaged on the premises before the consumer orders them. Read the Food Standards Agency advice for schools, colleges and nurseries. Pre-packed for direct sale (PPDS) foods will require to carry a full list of ingredients-known as 'Natasha's Law'. Further information can be found at [Natasha's legacy becomes law - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/natasha-s-law).

All schools in the MAT are following the above guidelines. Haybridge High School and The De Montfort School buy in their sandwiches in from an external supplier pre-packed. King Charles I School prepares their sandwiches on site and ensures that each item lists all the ingredients and allergens on the labels.

Loose foods

If caterers provide non-prepacked (loose) foods, they must supply allergen information for every item that contains any of the 14 allergens.

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

Free-from, gluten-free and vegan claims

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.

If our caterers processes cannot be guaranteed or controlled sufficiently, they will need to consider more factual statements, such as '**no gluten containing ingredients**' which is also known as **NGCI**.

Either way, they will need to prevent cross-contamination as much as they can.

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

Roles

Caterers

Please note that the MAT is not a nut-free environment as we believe this can lead to a false sense of security and we prefer that students and staff remain vigilant at all times.

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 relevant school's 3 weekly menu cycle. The weekly menu is also placed in the dining room in each school.

Students

Students 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 always contactable.

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.

Please see the 'Supporting Students with Medical Conditions' policy.