

Food Allergen Policy for Aretsi Event Catering Ltd

Policy for Allergen Awareness and Food Safety at Aretsi Event Catering Ltd

1. **Commitment:** Aretsi Event Catering Ltd is dedicated to reducing the risk associated with allergens in food, aiming to prioritize the safety of customers, staff, and visitors to mitigate allergic reactions.
2. **Accessibility and Review:** This policy is readily available for reference on the Aretsi Event Catering Ltd website (www.aretzi.co.uk) and is subject to an annual review to ensure its effectiveness.
3. **Risk Reduction:** While it is acknowledged that achieving a completely allergen-free environment is not guaranteed, Aretsi Event Catering Ltd will endeavour to minimize exposure risks, encourage self-responsibility, and prepare for effective responses during potential allergic emergencies.

Objectives of this Policy:

4. **Allergen Awareness:** To actively promote food allergen awareness among all staff, customers, and visitors at Aretsi Ltd.
5. **Clear Guidance:** To provide transparent and comprehensive directives to all staff concerning their responsibilities in the provision of food to individuals consuming on-premises or for later consumption.
6. **Staff Training:** To ensure that all staff members receive relevant training in food allergen management and food hygiene, thereby enhancing their capability to handle allergen-related issues effectively.
7. **Information and Support:** To guarantee the availability of appropriate information and support for both customers and staff, fostering a safe and informed environment regarding food allergens. Important Information: [Enter any specific allergens to be highlighted, unique procedures at Aretsi Event Catering Ltd, or additional customer/staff support methods.]

1. **Food Allergy:** A food allergy involves the body's immune system reacting to specific allergens in food by producing antibodies. This immune response can lead to immediate and severe symptoms. In some cases, it can cause itching, swelling of the throat and tongue, abdominal cramps, hives, and in extreme cases, anaphylactic shock, which can be life-threatening.
2. **Symptoms of Food Allergies:** Food allergy symptoms can range from mild to severe and may include itching or metallic taste in the mouth, difficulty in swallowing or speaking, nausea, vomiting, skin hives, breathing difficulties, and a severe drop in blood pressure.
3. **Food Intolerance:** Unlike food allergies, food intolerance does not typically involve the immune system in the same way and the symptoms are generally less severe. Symptoms of food intolerance, such as headaches, fatigue, and digestive issues, tend to appear over a longer period of time.
4. **Diagnosing Challenges:** Diagnosing food intolerance is more complex than diagnosing food allergies. Unlike food allergies where the trigger is often known, food intolerance can be harder to pinpoint. Additionally, individuals with food intolerance may have previously consumed the food without any adverse reactions.
5. **Examples:** A classic illustration of a food allergy is a severe peanut allergy where even a small exposure can trigger a rapid and severe immune response. In contrast, lactose intolerance is an example of a food intolerance where the body is unable to digest lactose, leading to digestive discomfort, but not involving the immune system in the same way as a food allergy.

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Who is at Risk ?

1. Food allergies and intolerances are a serious concern that can affect anyone, regardless of previous food consumption. Even a small amount of an allergen can pose a risk to those with allergies. In the UK, around 8% of children and 2% of adults are impacted by food allergies and intolerances, highlighting the widespread nature of this issue. At Slattery Ltd, we are dedicated to providing comprehensive information to all our customers with food allergies or intolerances, empowering them to make informed choices whether dining in or purchasing takeaway products.
2. It's essential to be aware of the 14 common allergens that must be clearly stated in food offerings. These include cereals containing gluten, crustaceans, eggs, fish, peanuts, soybeans, milk, nuts, celery, mustard, sesame seeds, sulphur dioxide/sulphites, lupin, and mollusks. It's important to note that people may have allergies to foods not on this list, such as kiwi, peas, other legumes, seeds, fruits, and vegetables. Being mindful of these allergens is crucial to ensuring the safety and well-being of all individuals. Important Information: [Enter any additional allergens not listed in the common allergens, specific dietary requirements, or details about Slattery Ltd's practices in providing allergen information.]

	
	
	
	
	
	
	

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1. Responsibilities:
 - Management team and packing staff: Ensure all food products for sale have accurate allergen labels.
 - Head Chef/dining room manager: Maintain accurate allergen information in recipes and notify departments of any changes.
 - Production staff: Follow exact recipes, informing management of any substitutions.
 - Front of house staff: Double-check labels, provide correct allergen information to customers.
2. Mandatory training:
 - All staff must complete Food Hygiene and Food Allergy Awareness courses.
 - Training records will be maintained by the management team.
3. Kitchen practices:
 - Use standard ingredients from approved suppliers.
 - Store allergenic ingredients separately to prevent contamination.
 - Clean equipment according to standard procedures.
 - Prepare special diet foods in sanitized areas with separate equipment and chopping boards.
 - Cook allergen-specific dishes separately to avoid cross-contamination.
4. Communicating allergen information:
 - Clearly identify dishes with allergens to customers, either verbally or through an allergen matrix.
5. The guide is designed to ensure staff understand their responsibilities, receive mandatory training, follow good kitchen practices, and effectively communicate allergen information to customers. Important Information: [Enter any specific allergens your restaurant deals with, unique kitchen practices, or customer communication strategies.]

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1. These guidelines are important for ensuring a safe and accommodating dining experience. Staff should be knowledgeable about food products and allergens, and if unsure, they should consult chefs or managers when customers inquire about allergens. When dealing with specific dietary requirements, it's crucial to be transparent about the products used and the inability to guarantee complete allergen absence due to risk assessment. Using separate utensils during service helps prevent cross-contamination.
2. Effective communication is key. Staff and managers should engage with customers who have dietary needs to help them find suitable, safe options. Providing detailed information on websites, shop signs, and menus is essential. Customers needing further details should be encouraged to meet with managers to address specific requests.

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1. The policy will undergo an annual review, ensuring its relevance and effectiveness for the upcoming year.