

Allergen Management for foods outside the Top #14

There are at least over 250 foods globally that are known to cause an allergic reaction. Many allergens are part of a wider food family and may well trigger an allergic reaction.

Hospitality businesses are only obliged to have detailed information if dishes contain one of the #14 allergens.

However, if working in hospitals, education or care home settings it is recommended to keep information on all ingredients to share with the Food Hypersensitive Customer (FHS).

Kiwi and Banana- these foods are part of the latex family.

Proteins in rubber trees that cause latex allergies are similar to proteins found in banana trees.

Peas, Lentils & Chickpeas - are all legumes, this family also includes other types of beans. Peanuts & soya are also a legume, and you may find that there is cross-sensitivity with other legumes.

Tomatoes - share similar allergy provoking proteins to those in birch pollen. They may be unable to be eaten raw, although possibly tolerated cooked.

Strawberries - the proteins that make birch pollen an allergen are similar to those found in strawberries.

Onion and Garlic- though it is possible to be allergic only to onion or garlic, there is strong cross-reactivity between the 2 foods. Others in this family include leeks, chives, and asparagus.

Citrus fruits- allergies to fruits such as lemons, limes, oranges, pineapples and melons are rare and are typically signified by mouth ulcers and/or a rash. Some sufferers find that peeling the fruit before eating can improve their tolerance.

Owens Law-

Owen Carey died in 2017 after eating chicken marinated in buttermilk during a birthday lunch celebration at a branch of Byron Burger. Owen had multiple allergies, including milk, and had relayed this information to the server at the restaurant. At the subsequent inquest the coroner found that "human error" had played a major role in his death as Owen had not been given the correct information about the ingredients used in the meal he ordered. - <https://owens-law.co.uk>

Following his death, Owen's family has campaigned for changes to legislation to ensure that improved allergen information be provided to customers in restaurants.

The primary campaign proposals are that restaurants will be required by Law:-

- To label the 14 major allergens on their menus with standardised symbols, numbers, or words, whether in paper or electronic format.
- To provide a full breakdown of ingredients for each dish in an allergen matrix.
- To ask each customer about their dietary requirements on every occasion. If the customer states that they have an allergy, then the duty manager is to supervise the food service process, with it being an offence if they fail to do so.

The FSA's Goal is to prevent avoidable deaths from foodborne disease and food-related anaphylaxis and senior officials from the FSA have met with the Carey family on several occasions.

The FSA have undertaken consultancy projects and there has been a discussion, at recent FSA boardroom meeting, for businesses to provide allergen information in both a written and as a verbal option available for customers and to have better availability to training for their staff from level 1 – 3. The timeline for this is under discussion but it could possibly be introduced as soon as 2024.

Later in the year the FSA will produce findings on more in-depth research to find the best way forward in achieving the outcomes needed towards the Owen Careys family's request.

We would recommend **BEST PRACTICE** is to keep all labels and document **ALL** ingredients in recipes, as standard.

<https://foodallergyaware.co.uk/resources/factsheets>

Food Allergy Aware