



Hospitality and Catering

Allergens in Hospitality and Catering

Lesson 2

This course is ideal for all people working in hospitality and catering or wanting to work in the industry as it gives the learner in depth knowledge of allergens and how to control them.





There are 14 main allergens which by law food businesses must tell the customers about if they are present in a product.





The 14 main allergens are:

1. Peanuts
2. Egg
3. Fish
4. Crustaceans
5. Cereal which contains gluten e.g. wheat, rye, barley and oats
6. Milk
7. Soybeans
8. Mustard
9. Celery
10. Sesame seeds
11. Nuts e.g. hazelnut, almond, cashew, pecan, walnut and brazil nut
12. Lupin
13. Molluscs
14. Sulphur dioxide/sulphites



Even if any of the 14 allergens are used as an additive or a processing aid in a product it should still be identified to the customer.





There are different ways in which allergens should be communicated to the customer these depend on if the product is prepacked or non-prepacked.



A prepacked product is usually sold in a supermarket and is placed in packaging before it goes for sale e.g. a ready meal.





A prepacked product will have any allergens wrote in bold on the ingredient list on the packaging.



Non-prepacked foods are:

- Foods sold loose e.g. cheese on a deli counter
- Any food sold which is not in a prepack form e.g. restaurants
- Prepacked for direct sale e.g. sandwiches packed in a wrapper from a shop who is selling it
- Food which is packed specifically for the customer on the sale premises e.g. a sandwich bar





Allergen information for non-prepacked foods can be communicated to the customer verbally or in writing. There will be a clear signpost to inform the customer where to get this information. An example would be the allergens clearly stated on a menu or a sign outlining the allergens used.



Allergen Identification

From 1st October 2021 all prepacked for direct sale products will also have to identify allergens on their packaging or label.

It will state the name of the product, an ingredient list and the allergens present in bold.



Allergen information will also be communicated to the customer on any food sold by distance selling e.g. online or phone selling. This is communicated verbally or in writing e.g. takeaway meals should clearly label allergens so that customers can see what allergens are present.





Revision Activity 2

Name 7 of the 14 main allergens?