



Hospitality and Catering

Allergens in Hospitality and Catering

Lesson 3

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.





The way allergen information is shown on non-prepacked foods can be highlighted in three main ways:

1. The information can be written on a menu or menu board
2. Signposting the customer to ask a member of staff
3. Signposting the customer to where the written information can be found



If allergen information is given verbally by a member of staff then there must also be a label next to the product displayed to inform of the allergen present.



All staff should be made aware of what products contain which allergens. An allergen chart listing all the products and dishes for staff to use is essential.





The allergen chart should be updated when any product or recipe changes are made.





Allergen Labelling

All prepacked products require by law that certain information is present on the products label.





The information required on the label is:

- Products name
- Ingredients list
- Any of the 14 main allergens should be identified
- Quantity and categories of ingredients
- Net quantity of the product
- Used by or best before date
- Storage conditions
- Conditions of use
- Business name and address of the company which the product is from
- Country of origin
- Instructions for use (if required)
- Alcohol strength volume (if greater than 1.2%)
- Nutritional declaration



There is a minimum font size which will be used on the required information on a label. A lowercase letter will be a minimum of 1.2mm tall.





If the packaging's largest surface area is smaller than 80cm squared then the lowercase letters will be a minimum of 0.9mm tall.



The required information on the label will be easily visible, clearly comprehensible and unable to be erased.

No pictures or other writing will hide or cover this information.





Allergens identified on the ingredients list will be highlighted so they stand out by a bold font or use of a background colour.

The allergen will be identified next to the ingredient e.g. haddock (fish).



Certain foods don't require an ingredient list e.g. alcoholic drinks with a strength of more than 1.2%. If allergens are present in this type of product it must state on the label 'contains' and then the allergen name.





Precautionary allergen labelling is only used when a risk assessment has been performed and there is an unintentional significant risk of cross contamination which could affect people with allergies or intolerances.



If the labelling on a product states a claim regarding the suitability of a food for allergy or food sensitivity suffers then validation will be performed and documented to prove this.





Revision Activity 3

Name 3 pieces of information which is required on the product label?