

ARE YOU FOOD ALLERGEN AWARE?

A food allergy is an abnormal, exaggerated reaction of the immune system to certain foods

When someone has a food allergy, their immune system wrongly sees the food as hostile and the body's defence mechanism springs into action. This produces a range of symptoms, which can vary from mild itching to severe breathing difficulties or even shock. These symptoms usually happen immediately after eating the food.

Food allergens are almost always proteins, although other food ingredients, such as some additives, are known to cause allergic reactions.

THESE ARE THE 14 COMMON ALLERGENS



GLUTEN



LUPIN



CELERY



CRUSTACEANS



MILK



SULPHUR DIOXIDE



SESAME



MOLLUSCS



MUSTARD



TREE NUTS



EGGS



FISH



PEANUTS



SOYABEANS

FOOD SAFETY
It Starts with Me

THE CONTROL AND LABELLING OF ALLERGENS IN FOODS

The control and labelling of allergens in foods is a critical area for all food businesses. The consequences of undeclared allergens in food can lead to critical illness or even death for those consumers with food allergies.

Five steps to help you comply with **the law** on declaring the use of food allergens in non-prepacked food for your customers:

- 1 Declare the use of the 14 food allergens in writing
- 2 Ensure the allergen information is legible and clear
- 3 Ensure the allergen information is easily accessible to your customers
- 4 Ensure the allergen information is up to date
- 5 Monitor your suppliers' allergen information

For Retail Allergen compliance please refer to the Musgrave Food Safety Manual: Allergen Control Procedure RFS 2.13.1 / In Store Allergen Compliance Guide RFS 2.13.2 / FIR Database SOP RFS 2.13.3.



For further information on Allergens reference <https://www.fsai.ie/allergens>

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FOOD SAFETY AND QUALITY TEAM - Improving Food Safety Awareness

