

ALLERGENS, FOOD ALLERGIES & INTOLERANCES

Please look at the Food Standards Agency leaflet describing major allergens.

When people who have special dietary needs book a camp, we advise them that we will try to accommodate them, but this may not always be possible and they may find they have less choice than other campers. We have been trying to make some of our recipes gluten free or vegan, but usually, a bit of juggling will be needed. Suggestions are often shown with the day's menu. Cooks of the Day will also need to check the detailed list of ingredients on prepared products (beware these 'hidden' ingredients). We are now supplying stock that is either vegan or gluten-free, which means many recipes are already suitable for many of the special diets. The best source of information about a dietary need is the person involved, but here is a brief summary of some common diets, both medical and of choice. **Please check precise accuracy with the camper** and refer to the information provided on **Allergens**.

Nut allergies. These can range from the person simply needing to avoid eating one type of nuts to a life-threatening condition where just the smell of peanuts could trigger an attack. If the latter is really the case, then nuts should not be used in cooking in the kitchen for the duration of that person's stay. Substitute choices for the menus are available. All staff should be aware of the problem and with the parent's agreement (this is more common in children) may even tell the camp: follow the parent's lead on this. Unfortunately, where it is a severe allergy, it will be necessary to restrict access to peanut butter, i.e. it should **NOT** be put out with bread & spreads. Usually, the best thing is to put all of these products into one of the large blue boxes and mark it as not for use that week (remember that you will not always be in the kitchen with the cooks of the day). When in doubt about a product, ask the person concerned. **You must carry out the serious allergy risk assessment as described further into this section.**

Other serious allergies. Some people have serious allergic reactions when in contact or eating items such as honey, melon, etc. They are usually quite simple to accommodate in terms of the menus and will be able to explain the level of care needed.

Gluten intolerance, wheat intolerance, wheat allergy, etc. This section covers problems that range from mild IBS and non-coeliac gluten intolerance to Coeliac disease (which is a potentially very serious autoimmune condition), so it's worth being accurate. It can be especially tricky where recipes use pre-prepared packets, which very often contain gluten. Since 2013 we have provided Marigold stock which is gluten-free & vegan, which will make many meals simpler. Gluten is found in wheat, barley, rye and some oats, so generally speaking, **to be avoided are:** normal breads and pasta, cakes, pre-prepared pizza bases, pastry, malt vinegar (from barley) etc. **Suitable to use are:** rice, potatoes, corn products, buckwheat, quinoa, tapioca, rice crispies breakfast cereal, beans, seeds and nuts. We often provide a small quantity of gluten-free pasta or flour for use in the kitchen. Frequently the camper will themselves have brought specialist products and it is a good idea to provide space for these in the kitchen. Use cornflour to thicken any sauces. Rice cakes are good substitutes for cheese biscuits and may be purchased.

Lactose intolerance. This includes all dairy produce. Soya milk is normally provided and if the person is a vegetarian, then a vegan version of the meal is suitable. Be aware of 'hidden' dairy produce in some prepared products.

Vegan. Frequently, any cheese topping can be replaced with a breadcrumbs mix, but check any pre-prepared items for ingredients. Linda McCartney 6 Vegetarian Red Onion and Rosemary Sausages 300G are vegan and possibly gluten-free (but contain soya). Their normal veggie sausages are also vegan, but not gluten-free. If we have not been able to source vegan sausages, you can offer baked beans or mushrooms for breakfast even when not on the menu. See the cakes section for a good vegan banana dessert.

14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, some examples of where they can be found:



1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used Thai and south-east Asian curries or salads, is an ingredient to look out for



5 Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



5 Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in broods, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
Sign up to our allergy alerts on food.gov.uk/email, or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and Facebook
Let's keep connected at food.gov.uk/facebook
Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk/twitter)
Watch us on food.gov.uk/youtube

Caterer risk assessment procedure for Catered Camps

Extreme food allergies

We sometimes have a camper who has a potentially life-threatening allergic reaction to certain foodstuffs. They – or the person who booked their holiday – should have had prior discussion with the Admin Manager at the time of booking, to ensure they understand what we can and cannot do for them. Sometimes it can be a challenge, but by using the following procedure, we can help **reduce the risk** of them coming into contact with the offending substance. ***However, they (or their parents if a child) should be told that it is impossible for us to guarantee that any meal will be safe.***

RECOMMENDED PROCEDURE

1. Prior to camp:

We advise all caterers to contact campers with special dietary needs personally by email or phone prior to camp. Where appropriate, you can send them a link to the menus section of our website. In addition, you should ask at the initial camp meeting if there is anyone with undeclared allergies.

2. At camp:

The caterer must draw attention of all people working in the kitchen to the various allergies on camp, briefly explain procedures and show them where more information is available. There should also be a written reminder for them to refer to (printed sheet of recommendations, handwritten reference or list on whiteboard).

Where the foodstuff in question is a single, uncommon item, such as melon or honey, and the person with the allergy is an adult, it is usually sufficient to ensure good kitchen hygiene by keeping the relevant items separate in a plastic box or covered in cling film. Cooks of the Day should also be reminded not to add this ingredient to any recipe without prior consultation.

Where the foodstuff in question is a type of nut, it is essential to identify which products contain or may contain nuts and to collaborate extensively with the person (or parent) at risk, who will already understand the level of precaution necessary. Substitute recipes may be used where appropriate, as it will be impossible to guarantee no cross-contamination in the kitchen. It is suggested that all nuts, peanut butter, etc. be placed inside one of the large blue plastic boxes for the week.

Muesli: Can still be offered, with a warning to the person (or parent) at risk.

Who is at risk?	What is the severity of the hazard?	What steps can be taken to decrease the risk?
Adult or child over 7	May be from mild discomfort to serious risk to life requiring immediate A&E trip.	<ol style="list-style-type: none"> 1. Communicate with person prior to camp by email or phone to identify allergen. 2. If life-threatening severe allergy, eliminate item from use and provide alternative menus. 3. Place items into large blue plastic box with explanatory note. 4. Ensure full briefing of all kitchen workers. 5. With agreement, mention at Camp meeting. 6. Ensure warden & other staff, and any medically trained people are informed. 7. Where appropriate, allow use of packaged items such as muesli.
Child under 7	May be from mild discomfort to serious risk to life requiring immediate A&E trip.	All items above, but in addition with agreement of parents, ensure all children on camp have understood the need to avoid leaving certain foodstuffs lying around.
Toddler or younger	May be from mild discomfort to serious risk to life requiring immediate A&E trip.	As above, but with special need for all adults to be fully aware of the situation, whilst not actually taking responsibility away from the parent/carer.

SERIOUS ALLERGY PROCEDURE:

What is the hazard/allergen?.....

Name of person affected:.....(age if under 18).....

Name of responsible adult (where appropriate).....

Checklist

1. Do they have appropriate medication/EpiPen with them?.....
2. Do they know location of the nearest A&E?.....
(...and how to get there quickly? This info is on display in marque/hall & in the warden pack)
3. What is the agreed procedure if an allergic reaction occurs?.....
.....
4. Have they understood that Folk Camps Society can follow the guidance detailed in this Allergies Risk Assessment but can never **guarantee** an environment free of the allergen?.....

Signed:..... (Caterer or Warden)

Signed:..... (for person with allergy)

Name and date of camp:.....