



Allergen Labelling

Changes to the law: 13 December 2014

Why is the law on allergen labelling changing?

The number of consumers with food allergies/intolerances has increased significantly over recent years. Some allergies are fatal and there have been a number of avoidable deaths. To enable consumers to manage their allergies/intolerances, the law is changing so allergens in food are more clearly labelled.

What is the new law and when does it come into force?

The new European legislation is called **Regulation (EU) No 1169/2011 (FIC)** (Food Information to Consumers Regulation). It comes into force on **13 December 2014**.

What does this mean for caterers?

From this date, caterers must hold allergen information for all foods (including drinks) provided for consumers, including loose, non pre-packed and pre-packed on the premises. This information must be made available to the consumer on request, either verbally or in written format. It must be accurate and consistent, and available to hand so consumers are not left waiting whilst caterers search for the information.

Every ingredient used in a recipe must be checked and any allergens present listed. Caterers must ensure they consider and **include any potential cross-contamination of foods/drinks** with allergenic foods/ingredients, too.

Which allergens must be listed?

There are 14 major allergens, which must be made known to consumers:

Celery (includes leaves, stalks, seeds and the root, known as celeriac)	Cereals containing gluten (such as wheat, rye, barley, oats, spelt, Kamut®, triticale)
Crustaceans (shellfish)	Eggs (whole, liquid or powdered)
Fish	Lupin (found in some flour)
Milk (found in butter, ghee, cheese, cream and yogurt, also includes lactose)	Molluscs (includes mussels, clams, oysters, squid, snails and whelks)
Mustard (liquid, powder and seeds)	Peanuts (also known as ground nuts)
Sesame Seeds (whole or ground (houmous, tahini) and oil)	Soya
Sulphur Dioxide (also known as sulphites)	Tree Nuts (such as almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia (or Queensland) nuts)

What happens if allergen information cannot be provided?

The new law will be enforced by local EHOs. Caterers may face heavy fines in the event of non-compliance.

Staff training is essential and ignorance will not be a defence for non-compliance.

Where can allergen information be found?

Manufacturers and suppliers must ensure this information is available to caterers.

It can be found in ingredients lists on packaging and from supplier product specifications.

Where can I find out more?

Visit <http://www.food.gov.uk/business-industry/allergy-guide>

