



Empowering Young People

Allergens and Dietary Requirements Policy

September 2020

1.0 POLICY STATEMENT

HYP is committed to reducing the risk to staff, volunteers, customers and visitors with regard to the provision of food and the consumption of allergens in food which could lead to an allergic reaction.

HYP reserve the right to amend this policy and the procedures contained within it as it sees fit or apply a different policy as appropriate.

All members of the HYP community should be mindful of our policies. Policies will be accessible from the HYP office and online.

The HYP community includes all staff members, trustees, members of the management committee, young people, parents/carers and visitors.

1.1 MANAGEMENT OF HARMFUL ALLERGENS

The following foods are recognised as potentially harmful allergens to some:

- cereals containing gluten – wheat, rye, barley and oat
- crustaceans
- egg
- fish
- peanuts/nuts
- milk
- soya
- sesame
- celery
- mustard





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- Sulphur dioxide/sulphate
- Lupin
- Molluscs
- Coconut

HYP monitors five key factors towards the successful management of harmful allergens:

1. **Supplier product information**

Working closely with suppliers to enable up to date and clear labelling of all products that may contain potentially harmful allergens.

Any new products supplied are routinely checked for allergen information.

2. **Good kitchen and service practice.**

Working closely with the local environmental health officer (EHO) to ensure all current legislation is being adhered to.

3. **Managing cross contamination**

Maintaining rigid food hygiene standards throughout food handling areas.

Where allergenic ingredients are packaged openly/loosely, they are stored separately to reduce the risk of cross contamination.

Supplier questionnaires to check the allergenic status of ingredients are used particularly with new suppliers.

Physical segregation within the production area is sought at all times.

All food handlers employed are trained in all areas of good food hygiene practice.

HYP operates a 'NO Nut Policy' across its food preparation areas with particular focus upon all control measures upon occasions when clients with known allergies are upon site.

- HYP Staff will not use nut products in any client related catering on site.
- All Clients are encouraged not to bring Nut related products upon site.
- The kitchen is designated as a No Nut area and all clients are asked to not bring any nut related product into this area.

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- Prior to any HYP-led group catering (or client catering with a known Nut sensitive client) a full check of the food preparation area will be conducted to ensure no nut items have been brought onsite by other users.

4. Effective training

Working with both the local EHO and the Food Standards Agency. All food handlers and preparers hold a basic Level 2 food hygiene certificate.

The HYP team is committed to ensuring that staff have access to regular and appropriate training to support the health & welfare of the children, young people and their colleagues.

5. Good communication

Staff are trained to escalate any concerns a person may have regarding food intolerance to a project manager or deputy manager if they are unsure of product content. Where dishes contain potentially dangerous allergens, they are clearly labelled at point of service. This labelling is also carried through onto menus and labelling.

It is a requirement of HYP that all known allergen and dietary requirements for all services users are stated on a parental consent form prior to the child/ young person attending any of our activities.

Specific allergy and food intolerance product information:

Nut allergy - Items known to contain nuts are avoided and if necessary (items which may be factory prepared in a nut risk environment) directly labelled or labelled on menus.

HYP and their suppliers are unable to fully guarantee that all products do not contain nut derivatives, due to the potential of airborne contamination.

This policy is in line with the industry standard and following advice from the food standard agency.



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Lactose-Free Diet – Almond milk for drinks is available on request (if notified in advance).

Lactose-free cheese sandwiches are available on request.

Gluten-Free Diet - Gluten-free bread is available with any sandwich filling on request.

Gluten free biscuits and cakes and biscuits are available on request.

Low-Fat Diet - Semi-skimmed milk is used as standard for all hot drinks. Skimmed milk is available on request.

Vegetarian/vegan diets - Items suitable for a vegetarian or vegan diet are included as standard throughout our menus and labelled where necessary.

In the case of an allergic reaction or emergency situation all HYP staff will follow the emergency response plan in accordance to the HYP health & safety policy.



