



Mount Carmel

R.C. HIGH SCHOOL



Food Allergen Policy

Last review date: July 2026 - Mr B Georgy

Next review date: July 2027 – Mr B Georgy

A Family of Faith & Learning

POLICY

Mount Carmel RC High School is committed to reducing the risk to pupils, staff and visitors with regard to the provision of food and the consumption of allergens in food that could lead to an allergic reaction.

This policy will be available on the Mount Carmel RC High School website and will be reviewed annually.

STATEMENT

Mount Carmel RC High School is unable to guarantee a completely allergen free environment. However, we aim to minimise the risk of exposure, encourage self-responsibility and play for an effective response to any possible emergencies.

COMMON CAUSES

The common causes of allergies relevant to this policy are the 14 major food allergens:

- **CEREALS** containing Gluten
- **CELERY** including stalks, leaves, seeds and celeriac in salads
- **CRUSTACEANS** for example prawns, crab, lobster, scampi, shrimp paste
- **EGGS** also food glazed with egg
- **FISH** including some salad dressings, relishes, fish sauce, some soy, Worcester sauce
- **SOYA** for example tofu, bean curd, soya flour
- **MILK** also food glazed with milk
- **NUTS** including almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queenlands) nuts, nut oils, marzipan
- **PEANUTS** including sauces, cakes, desserts, ground nut oil, peanut flour
- **MUSTARD** including liquid mustard, mustard powder, mustard seed
- **SESAME SEEDS** for example in bread, bread sticks, tahini, houmous, sesame oil
- **SULPHUR DIOXIDE/SULPHITES** found in dried fruit, fruit juice drinks, wine, beer
- **LUPIN** including seeds and flour, in some bread and pastries
- **MOLLUSES** including mussels, whelks, oyster sauce, land snails and squid

The allergy to nuts is the most common high-risk allergy and, as such, demands more rigorous controls. However, it is important to ensure that all allergies and intolerances are treated equally as the effect to the individual can be both life-threatening and uncomfortable, if suffered.

SCHOOL KITCHEN

Due to a recent audit and inspection of our kitchen, it has come to light that although we are working towards becoming a nut free school, some of our dishes MAY CONTAIN traces of the 14 allergens.

Whilst our dishes may not contain a specific allergen, due to the wide ranges of ingredients used within our kitchen, foods may be at risk of cross contamination by other ingredients. A number of items sold in the kitchen have may contain allergens due to their manufacturing process for example chicken burgers and paninis'.

A full allergen matrix is always available on the wall in the Twelve Star Diner on the Allergens Noticeboard for pupils and staff to review before selecting their meal or they can ask a member of our canteen staff.

EDUCATIONAL VISITS, SCHOOL EVENTS (for example packed lunch/BBQ etc)

All staff must check the requirements of all pupils they are taking off site. This is part of the offside risk assessment. All pupils' information is on SIMS. Where food intolerance has been identified, this must be relayed to the Catering Department if they are ordering packed lunches/refreshments/food. This also includes the request for any BBQ food.

CHARITY EVENTS

If the school hosts any 'staff/pupil coffee mornings' or 'bake sales' for charity it is important that no food poses a risk to the end user, however, this is difficult for the school to monitor. Where products are not made on site, but sold by the school, appropriate signage should be in place. This should state the following:

'This item was not produced at Mount Carmel RC High School therefore we cannot guarantee that it does not contain nuts or any other allergens.'

All products should be plated separately, and stored as such (wrapped where possible) to prevent cross contamination to other items for sale.

It should be left to the discretion of the person buying the food that they accept the risk that allergens may be present.