

St Margaret's
Hospice Care

Food Allergen Risk

Information for patients and carers



This leaflet outlines the hospice's legal obligation to supply information to consumers on the allergens that are in the food that we produce, offer or sell. The information in this leaflet helps identify those allergens.

A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, in some cases they can be very serious.

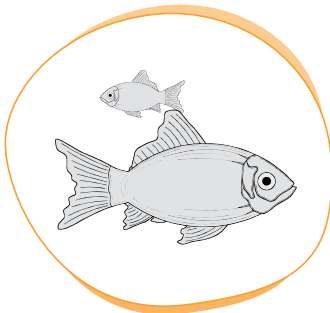
Symptoms

The symptoms of a food allergy almost always develop a few seconds or minutes after eating the food.

Some people may develop a severe allergic reaction (anaphylaxis), which can be life threatening.

The most common type of allergic reaction to food is known as IgE-mediated food allergy. Symptoms include:

- Tingling or itching in the mouth
- A raised, itchy red rash (urticarial) - in some cases, the skin can turn red and itchy, but without a raised rash
- Swelling of the face, mouth, (angioedema), throat or other areas of the body
- Difficulty swallowing
- Wheezing or shortness of breath
- Feeling dizzy and lightheaded
- Feeling sick (nausea) or vomiting
- Abdominal pain or diarrhoea
- Hayfever-like symptoms, such as sneezing or itchy eyes (allergic conjunctivitis)



Anaphylaxis

In the most serious cases, a person has a severe allergic reaction (anaphylaxis), which can be life threatening. Symptoms include:

- Increased breathing difficulties - such as wheezing and a cough
- A sudden and intense feeling of anxiety and fear
- A rapid heartbeat (tachycardia)
- A sharp and sudden drop in blood pressure which can make the person light-headed and confused
- Unconsciousness

Anaphylaxis is a medical emergency, without quick treatment it can be life threatening.

Call 999.

Ask for an ambulance and tell the operator you think the person has anaphylaxis or 'anaphylactic shock'.

What causes food allergies?

Food allergies happen when the immune system - the body's defence against infection - mistakenly treats proteins found in food as a threat. People with food allergies and intolerances have to take great care when eating out.

As a result, a number of chemicals are released. It's these chemicals that cause the symptoms of an allergic reaction.

Almost any food can cause an allergic reaction, but there are certain foods that are responsible for most food allergies.

As an organisation we have a legal obligation to ensure that any food we produce is safe.

Labelling

When using pre-packed foods in preparation of meals, any ingredients containing any of the 14 allergens will be included on the ingredient list. The name of the allergen will be emphasised within the ingredient list. If the name of the allergen is not within the name of the ingredient, the allergen will appear in brackets. Emphasis can be bold, upper case, colour, underlined, italics or in a different font. For example:

- Skimmed *milk*
- Goats cheese (**MILK**)
- **Wheat** flour
- Prawns (crustaceans)
- Lactose (**pink**)
- **Wheat** gluten

14 allergens listed in the legislation namely:

- Cereals containing gluten - Wheat, Rye, Barley, Spelt, Kamu or Khorasan wheat, Oats
- Crustaceans - e.g. Prawns, Crabs, Lobster and Crayfish
- Egg
- Fish
- Lupin (sometimes used crushed as a flour for pastries)
- Milk (including lactose)
- Molluscs - e.g. Clams, Squid, Oysters, Scallops
- Nuts - Almonds, Hazelnut, Walnut, Cashew, Pecan, Brazil Nut, Macadamia, Pistachio
- Peanuts
- Celery and Celeriac
- Mustard
- Sesame
- Sulphur Dioxide (where added at >10mg/kg or 10ml/l in the finished product)
- Soybeans includes Tofu, Miso, Edamame, Okra, most vegetable oils and Soya products

A number of other foods can cause allergic reactions but are not considered to be common allergens in Europe and therefore have not been included on the EU list. Examples are:

- Garlic and Onion
- Yeast
- Chestnut, Pine nuts, Coconut

How the hospice supplies information

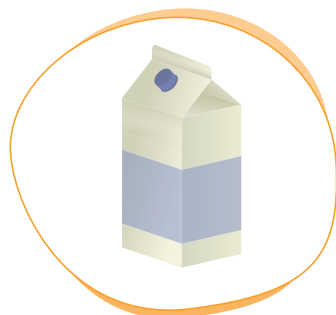
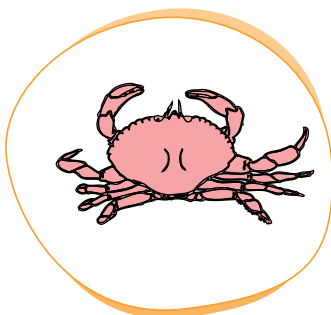
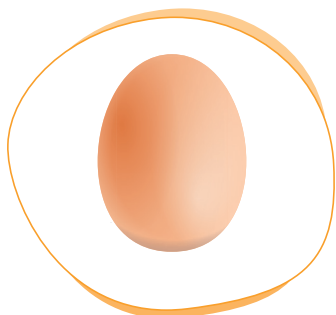
We provide menus in patient's menu folders or on menu boards and labels. It must be clear, visible and legible and must be specific to the food, complete and accurate.

The catering team are happy to discuss any food allergies with you.

Although there is a legal requirement to give all information about the allergens that are within the food that is produced or sold by the hospice, there is no legal requirement to give details of any cross contamination of allergenic ingredients.

Food brought in by visitors for patients

The hospice is not responsible for any food brought in for patients by families or other visitors in relation to allergens.



Notes

Notes

St Margaret's Hospice Care Taunton Hospice,

Heron Drive, Bishops Hull, Taunton, TA1 5HA

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St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via info@st-margarets-hospice.org.uk

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

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