Allergen Control Procedure

Allergen control in a kitchen is essential to ensure the safety of individuals with food allergies. Here's a step-by-step procedure to help manage allergens effectively:

Allergen Control Procedure:

1. Identify Allergens:
   - List all potential allergens present in the kitchen (e.g., nuts, dairy, gluten, shellfish, soy, eggs).
   - Ensure all staff are aware of common allergens.

2. Staff Training:
   - Train kitchen staff on allergen awareness and cross-contamination prevention.
   - Provide regular updates and refreshers on allergen management.

3. Menu Management:
   - Clearly label all menu items with allergen information.
   - Offer allergen-free alternatives when possible.

4. Separate Storage:
   - Store allergenic ingredients separately from non-allergenic ones.
   - Use clearly labelled containers for all ingredients.

5. Designated Equipment:
   - Use separate utensils, cutting boards, and preparation areas for allergenic foods.
   - Colour-code equipment to easily identify tools used for allergenic ingredients.
     - All allergen meals are to be served in a red bowl/plate/cup and be covered and labelled with the children's name.

6. Cleaning Protocols:
   - Implement strict cleaning procedures for surfaces and equipment after preparing allergenic foods.
   - Use separate cleaning cloths and equipment for allergen areas.

7. Preparation Guidelines:
   - Prepare allergen-free foods first, followed by allergenic items to minimize cross-contact.
   - Wash hands thoroughly between handling different ingredients.

8. Communication:
   - Encourage open communication between staff regarding food allergies.
9. Emergency Procedures:
   - Have a plan in place for dealing with allergic reactions, including access to first aid and emergency contacts.
   - Keep emergency medications, such as epinephrine auto-injectors, readily accessible.

10. Regular Review:
   - Conduct regular reviews of allergen control practices and update them as necessary.
   - Gather feedback from staff and customers to improve procedures.

By following these steps, kitchens can create a safer dining experience for individuals with food allergies, minimising the risk of cross-contact.

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Date: May 2026

Approved By: N Collins

Review Date: April 2027