



# Food Allergy Policy

St Christopher's Church of England High School

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<b>Approved by:</b>	Full Governing Body		
<b>Last reviewed on:</b>	December 2025	<b>Next review due by:</b>	December 2026

# St Christopher's CE High School Mission Statement

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**St Christopher's is a Church of England Academy where pupils and staff work together, in the knowledge and love of God. We try to act out our faith in daily life, with Christ as our example.**

Within our strong Christian, Anglican context, we seek to promote the spiritual, moral, cultural, intellectual and physical development of our pupils, growing together as a caring and supportive community whilst preparing them for the opportunities, responsibilities and experiences of their adult lives.

We aim to achieve our mission by providing an environment which

- recognises that each member of the school community is an individual with specific needs and strengths
- fosters mutual respect and concern for others
- values the contribution made by each member of the school community
- encourages and celebrates positive achievement
- actively supports those in need.

# The Policy

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St Christopher's CE High School is committed to reducing the risk to students, staff and visitors with regard to the provision of food and the consumption of allergens in food, which could lead to an allergic reaction.

This policy will be available on the St Christopher's CE High School website and will be reviewed annually.

## Policy Statement

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St Christopher's CE High School is unable to guarantee a completely free environment.

However, we will aim to minimise the risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.

## Objectives of this Policy

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- To promote food allergy awareness to parents, staff, pupils and visitors to St Christopher's CE High School and our commitment to that.
- To provide clear guidance to all catering staff on their responsibilities for the provision of food to anyone using the catering facilities who may have a food allergy, food intolerance or coeliac disease.
- To ensure that the relevant food allergy training and food hygiene training are provided for all catering staff.
- To ensure appropriate information and support is available for parent, pupils and staff.

## Allergy Labelling Legislation

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From 13 December 2014, legislation (the EU Food information for Consumer Regulation 1169/2011) requires food businesses to provide allergy information on food sold unpackaged.

From 1 October 2021, the requirements for prepacked for direct sale (PPDS) food labelling changed in Wales, England, and Northern Ireland. This labelling helps consumers by providing potentially life-saving allergen information on the packaging. Any business that produces PPDS food is required to label it with the name of the food and a full ingredients list, with allergenic ingredients emphasised within the list.

## What is a Food Allergy?

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Food allergies affect the body's immune system. The body reacts to certain allergens in food by producing antibodies which can cause immediate and sometimes severe symptoms, such as itching or strange metallic taste in the mouth, swelling of the throat and tongue; difficulty in swallowing or speaking; abdominal cramps, nausea and vomiting; skin hives (nettle rash) anywhere on the body. In most extreme cases, difficulties in breathing and a severe fall in blood pressure (anaphylactic shock) can prove fatal.

## What is Food Intolerance?

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This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer to appear and may include headaches, fatigue and digestive problems.

Food intolerance is harder to diagnose than a food allergy. The person with a known allergen trigger may know what food ingredient will provoke a reaction. However, they may well have eaten this food or a specific dish previously and had no adverse reaction.

## Coeliac Disease

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Coeliac disease is a lifelong autoimmune disease caused by a reaction to gluten. 1 in 100 people have the condition. Symptoms include bloating, diarrhoea, nausea, wind, constipation, tiredness, sudden or unexpected weight loss, hair loss and anaemia. Once diagnosed, it is treated by following a gluten free diet for life.

## Common Food Allergens

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Anybody can develop a food allergen or intolerance at any time in their life, irrespective of whether they have consumed the food previously. A person with an allergy is at risk even if they consume a small amount of the food allergen.

Food allergies and intolerances are life changing. In the UK they affect around 8% of children and 2% of adults. In December 2012, the law on how allergen information is provided by food businesses changed to make it easier when buying food or eating out with an allergy or intolerance.

Pupils and students are a vulnerable group who may be at higher risk if they have allergies. Teenage years are a potentially high-risk group because of their age changes can happen and possible food allergens or intolerance can start at any time.

The 14 allergens are: **celery, cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites** (at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts). This list has been identified by food law as the most potent and prevalent allergens. People may report allergies to other foods not on the above list. Most common in the UK are kiwi, peas, other legumes (beans etc.) other seeds and other fruits and vegetables.

## Responsibilities

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St Christopher's CE High School are responsible for ensuring all food provided by the Catering Department has the relevant allergy information available for pupils to be able to see what is included in their food.

The Catering manager will ensure that all recipes and associated allergen information is accurate and up to date at the time of consumption and that allergen information is available for all 'Common Food Allergens' listed above. This information is readily available and weekly menus will be available on the website for parents and pupils to view.

### All the Catering staff have completed:

- Food Hygiene Certificate and CIEH Level 2 Food Safety: Basic Food Hygiene Certificate.
- Training has also been completed for allergens from the Local Authority Environmental Health Department.
- Casual and agency service staff will also be trained on food allergy awareness by school or an online allergy awareness course will be undertaken.

# Awareness

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## Good Kitchen and service practices:

- All dishes which are produced in house will be from standard ingredients from approved suppliers. Any ingredient changes/supplier changes affecting standard ingredients will be detailed.
- Where allergenic ingredients are packaged openly loosely, they are stored separately to reduce risk of contamination.
- Equipment/utensils used in the preparation of food for people with a food allergy are cleaned according to standard procedures (see HACCP) manual which under normal circumstances should be sufficient.
- All foods which are prepared for special diets will be prepared in an area which is sanitised and free from cross contamination. Separate colour coded chopping boards and equipment will be used for this purpose.
- When cooking food for pupils with a food allergy or intolerance this will be prepared before other food to avoid cross contamination. The area will be thoroughly cleaned before preparation of food before and after use. The food once prepared will be stored with cling film and labelled as required.
- Where dishes contain any of the 14 allergens this will be clearly identified to the customers.
- The Catering Manager will provide a pre service brief to all catering staff prior to the lunchtime service. This will include menu familiarisation and information relating to menu items containing allergens.

## Kitchen

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All catering staff will be included in the pre service brief.

The staff must be aware of any dishes which contain allergens and if in doubt must check with the Catering Manager if a customer has requested further information on the presence of allergens.

## Events and Third Party Providers

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If there is an event, the Catering Manager will provide a pre-service brief to the event organisers to inform them of the menu and its content. If there are specific dietary requirements from the visitors, then it must be made absolutely clear which items have been prepared for their meal.

Other providers of food within school i.e. Food Technology Department and Friends of St Christopher's and any pupil bringing food into school must abide by this policy at all times. Information and training will be carried out as appropriate.

Parents are asked to consider packed lunch provision and information may be forthcoming about a particular food that isn't permissible in packed lunches similar to the flight announcement that no nuts should be eaten on the plane because someone would be severely affected by contamination with this allergen.

Separate utensils must be used during service to avoid cross contamination of allergens.

## Food Service

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All staff are encouraged to communicate with pupils who have specific dietary requirements and to help them find a suitable product which is safe for them to eat.

The Catering department will endeavour to provide as much information as possible on the website and on daily menus.

If customers need further information, they are encouraged to meet with the Catering Manager to identify specific requests.







**That person is like a tree planted by streams of water,  
which yields its fruit in season and whose leaf does not wither-  
whatever they do prospers.**

Psalm 1:3



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