















# Advice to those who prepare and sell food

From 13 December 2014 new food laws come into force and these require you to declare the allergens in the food you prepare and sell. These are the allergens that must be declared:

	Allergen	Examples
	Celery	
	Crustaceans	Prawns, crab, lobster, crayfish
	Eggs	
	Fish	
	Gluten	Wheat, rye, barley, oats, spelt, kamut
	Lupin	Pizza bases
	Milk (Lactose)	Whey powder
	Molluscs	Clams, mussels, whelks, oysters, snails, squid
	Mustard	
	Sesame	Burger buns, prawn toast
	Soya beans	Tofu
	Sulphur Dioxide (Sulphites)	Preservative found in dried fruits and wine
	Peanuts	
	Nuts	Almonds, pecans, brazil, pistachio, cashew, macadamia, hazelnut, walnuts

## Ways to declare allergen information

- On the menu next to the food item
- On a warning notice telling people where to find it e.g. on a separate leaflet or chart
- A notice similar to below advising the information can be given verbally.

**Make sure your staff are trained and are aware of all your products which have allergens.**

**To comply, the minimum you are required to do is put a notice up.**

## Food allergies and intolerances

Some of our foods contain allergens; please speak to a member of staff for more information.