

CATERING FOR ALLERGENS

Posted on August 2, 2021



When welcoming a new resident into one of our Homes, we ask if they have any known allergies or intolerances to any foods.

Allergies have become more common place amongst the population over the last decade or two. There are several theories as to why. Some people think that it is because we are more **aware of allergens** now than ever before and there are some links to suggest it is due to the **over-farming of foods** and the use of **pesticides and GMOs**.

The more common allergens that we see in our **Homes** are **dairy and wheat or gluten**. Some people do present with allergies to **kiwi, mushrooms or strawberries** and very occasionally a resident will be **allergic to nuts**.

We support all residents' needs and **adjust our menus accordingly**, to always ensure safety.

In October 2021 there will be a new allergen law passed called **Natasha's Law**; Natasha Ednan Leperouse had a severe allergy to sesame seeds. She bought a baguette before boarding a plane that was not properly labelled with known allergens, and sadly went into a fatal anaphylactic shock.

Natasha's Law will mean that all businesses in the hospitality sector will need to keep a recipe database with all ingredients and follow these recipes. All countertop foods will also need to be

labelled with allergens.

Luckily **Nellsar** have been working on a recipe database in all **Homes** this year. Adrian Silaghi, our Head of Catering, and I will be coaching our **Homes** to ensure we are fully in line with Natasha's Law by October.

We will also be talking about allergens in our Chef and Catering Masterclass sessions over the coming months.