Jordanhill School

# Food Allergies at Jordanhill School

The quality and delivery of the food provided by Jordanhill School meets the Scottish Government nutritional and dietary requirements (The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020) and the school abides by all relevant legislation regarding food preparation, labelling and handling.

The Food Information Regulations 2014 place additional requirements on the school, in relation to allergens. Food may be provided or prepared in a range of formal or informal settings in a school, and it is important that all members of the school community understand what does or does not fall within the scope of these regulations.

This leaflet is designed to provide parents with a simple overview of our arrangements and the role that parents play in their implementation.

## Within Scope

- **Food service** provided food, irrespective of supply to children, staff, parents or visitors and whether it is lunch service or hospitality or function.
- **Health and Food Technology** provided food irrespective of supply to children, staff, parents or visitors.
- Food preparation in **Primary** (e.g. in Playroom).
- Staff/parents who buy unlabeled foodstuffs for pupils. Staff/parents are therefore not permitted to do this.

It is our policy to take all reasonable steps to manage the health and safety of those staff and pupils who prepare, handle and serve food and those for whom the food is prepared as part of school activities or events.

Schools are responsible for the overall safety of pupils whilst in their care. Special precautions must be exercised by all adults and children when preparing, handling, cooking and storing food at school.

Primary pupils will be offered guidance and advice appropriate to their age. School staff and parent helpers must operate within the terms of regulations and guidance.

Our policies on the handling of food and its preparation do not cover the preparation or handling of food for private consumption by a pupil or member of staff, even where this may occur on school property.

### Health and Food Technology

Pupils are provided with detailed advice and supervision on

- Personal hygiene
- Food preparation
  - **Clean**
  - **Cook**
  - **Chill**
  - **Cross contamination**
- Food hygiene
- Common food risks
- Kitchen safety
- Food allergens

## Food Allergies

The handling of food allergies and intolerances is governed by Food Information Regulations 2014. Information is available from the Food Standards Agency. This identifies 14 allergens as shown in the appendix.

Benedict's Law is a set of statutory allergy safety requirements for schools in England, enacted through the Children's Wellbeing and Schools Act 2026 (part of Section 72). Benedict's Law is not currently law or a statutory requirement in Scotland, however Jordanhill School aims to evolve allergy safety to develop a sustainable culture of understanding, openness and adaptability in how it approaches young people in school with allergies.

## How Jordanhill School provides Allergen Information (Loose Foods)

Allergen information is updated regularly and any questions regarding guidance should be directed to the Catering Manager and/or relevant Head of House/Depute Headteacher. Written allergen information for food is held in Jordanhill School in allergen menu folders and/or on menu boards and signage. Pre-packaged food or drink items are labelled with allergen information by the appropriate supplier/producer. If Jordanhill School packages any food items a label will be provided by Jordanhill School.

Anyone who consumes food and drinks in Jordanhill School has a responsibility to ask for information and relay dietary needs to the person providing the food.

## Duties on Parents and Pupils

Parents must notify the school of any pupil allergies (to food or other substances) and work within the terms of our Medical and Accident Policy particularly in relation to the management and administering of any medicines to be held by the school.

If a parent is providing a significant quantity of food for their child, then they should consider the list of allergens appended and provide relevant information to the school. For example, in preparing food for a cultural event such as Chinese New Year, Diwali etc. This helps ensure the safety of others.

Pupils with allergies must exercise due caution and appropriate judgement in what they eat.

### Parents

Parents must

- Notify the school of any allergy
- Cooperate with the school in managing and administering medicines
- Provide appropriate age guidance for their child as to what they can eat
- Comply with any restrictions the school may deem appropriate to manage the allergy or other condition of another child

## Key Staff Trained and Informed

Appropriate training is given to all catering staff (and other relevant personnel) on allergens and is a compulsory aspect of induction. The Catering Manager and Supervisor are responsible for ensuring catering staff are aware of procedures and policies when handling allergen information and must ensure allergen information is accessible.

## Appendix: The 14 Allergens

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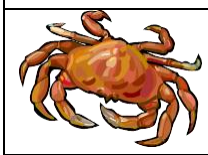
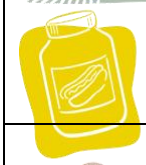
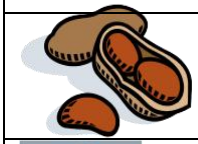
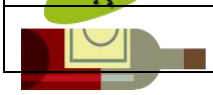
|---|---|---|
| | **Celery** | This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes. |
| | **Cereals containing gluten** | This includes wheat, rye, barley and oats. Often found in foods that contain flour such as baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared; however, gluten declaration is optional. |
|  | **Crustaceans** | This includes crabs, lobsters, prawns and scampi. It is often found in shrimp paste and used in Thai curries and salads. |
| | **Eggs** | These are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg. |
| | **Fish** | This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce. |
| | **Lupin** | This includes lupin seeds and flour and can be found in some types of bread, pastries and pasta. |
| | **Milk** | This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powered soups and sauces. |
| | **Molluscs** | This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews. |
|  | **Mustard** | This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups. |
| | **Nuts** | These includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan, (almond paste), nut oils and sauces. Ground, crushed, or flaked almonds, are often used in Asian dishes such as curries or stir fries. |
|  | **Peanuts** | These can be found in biscuits, cakes, curries, desserts and sauce such as for satay. It is also found in groundnut oil and peanut flour. |
| | **Sesame seeds** | These can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste). |
| | **Soya** | This can be found in bean curd, edame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products. |
|  | **Sulphur dioxide** | This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer. |