



## **Food Allergy, Intolerance (or other relevant condition) Policy**

### **Policy statement**

*Get Cooking* is committed to the health and safety of everyone participating in a course, workshop or event with regard to use of ingredients containing allergens. Our policy is designed to make it clear what we expect from customers as well as what we do to reduce the risk of anyone suffering a reaction to food ingredients, from mild intolerance to more severe allergy symptoms. We strongly advise all those who have experienced, or could potentially experience, a reaction, to read this policy.

### **Get Cooking responsibilities**

We endeavour to identify customers at potential risk by:

- Asking customers (or persons acting on their behalf) to inform us of any food allergy, intolerance or other relevant condition at the time of booking a course/workshop/event place.
- Upon arrival at the session, workshop or event, asking customers to clarify details of any food allergy, intolerance or other relevant condition.

We recognise the 14 most common food allergens:

1. Cereals containing gluten: wheat (including spelt, khorasan), rye, barley, oats
2. Crustaceans, eg prawns, crabs, lobster, crayfish
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk (including lactose)
8. Nuts; almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
9. Celery (including celeriac)
10. Mustard
11. Sesame
12. Sulphur dioxide/sulphites, added above 10mg/kg or 10mg/L as a preservative to eg dried fruit
13. Lupin, including seeds/flour in bread, pastries & pasta
14. Molluscs, eg mussels, whelks, oysters, snails, squid

We try to ensure that any of the above listed allergens can be easily recognised in the kitchen. We leave almost all of our purchased food in its original packaging to show itemised ingredients/constituents.

We group some of the main food items containing the more common allergen such as nuts, seeds and gluten separately.

We keep work surfaces, kitchen equipment, utensils and cloths as clean as possible to minimise traces of allergens.

However, we ask all customers to be mindful of the implications of a shared kitchen environment used by other customers, groups and outside agencies. We are therefore unable to guarantee allergen free cooking spaces.

### **What we expect from customers**

- To take responsibility for making us aware of any food allergy, intolerance or other relevant condition at the point of booking, and again when starting the course, workshop or event, which may affect an individual's suitability for participation. We advise that we are contacted in advance to discuss anything they are unsure about.
- To sign a document to show that they are aware of this policy and that it is not possible for us to guarantee a complete absence of any specific ingredient/s in the shared kitchen.
- To take overall responsibility for checking specific ingredients that need to be avoided, together with the support of *Get Cooking* workers as appropriate.
- To ensure that they have with them any medication used either regularly or occasionally (eg EpiPen) as we are unable to provide or administer such.