

THE FOOD INFORMATION REGULATIONS 2014

From 13 December 2014, all food businesses will need to provide information about the allergenic ingredients used in food sold or provided by them. The EU Food Information for Consumers Regulation (No.1169/2011) outlines the new requirements for businesses which are providing food sold prepacked and non-prepacked (loose) such as food sold in a restaurant or takeaway. There are 14 major allergens which need to be declared:

- **Cereals containing gluten** namely wheat (such as spelt and Khorasan wheat), barley, rye and oats
- **Crustaceans** like prawns, crabs, lobster and crayfish etc.
- **Eggs**
- **Fish**
- **Peanuts**
- **Soybeans**
- **Milk**
- **Nuts** namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, Macadamia or Queensland nut.
- **Celery**
- **Mustard**
- **Sesame**
- **Sulphur dioxide or sulphites** (where added and is >10mg/kg in the finished product. Often found in dried fruit and wine)
- **Lupin**
- **Molluscs** like clams, scallops, squid, mussels, oysters and snails etc.

More information:

- Advisory leaflet on non-prepacked food:
<http://www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/loosefoodsleaflet.pdf>
- Allergy e-learning training: <http://allergytraining.food.gov.uk/>
- What to consider when labelling food – A guide for small and medium businesses that make or sell prepacked food:
<http://www.food.gov.uk/multimedia/pdfs/publication/allergy-labelling-prepacked.pdf>