

## Allergen management

Allergies and intolerances are a present topic in the public domain. The number of those affected is increasing. Public catering and the gastronomy sector have also noticed this. Where the diet chef/cook formally only had to prepare an occasional gluten-free meal or dishes without milk and eggs, this is now part of everyday life.

Appropriate measures are required so that suitable food can be offered to the patients. Allergen management according to the Codex Alimentarius HACCP concept is very well suited for carrying out a risk analysis and then defining the necessary measures. It is helpful to define a responsible person for allergen management. The following processes form part of the allergen management:

- Purchasing and raw materials management
- Warehousing
- Recipe management
- Preparation
- Acquisition of information and transfer in operation / communication
- Food distribution

A unified approach to the detection of allergies and intolerances of residents and regular guests is the first step. Maintaining complete records of all goods used is another important basis. This means that information about the allergens in the food can be provided at any time. This data must be maintained and updated regularly, as a product manufacturer can change its recipe at any time. For example, it may then be the case that the bouillon is no longer suitable for everyone, as it contains the allergen celery as an ingredient. Those who set criteria for allergenic ingredients when procuring goods save time on revising the recipes and data. This may, for example, be the decision to use only bouillon and sauce powders which are gluten and lactose free.

Careful preparation of allergen-free food is ensured using suitable recipes, suitable foods or special products, a clean workplace and clean kitchen utensils. This also reduces the risk of contamination.

The staff working in service and food distribution must ensure that the specially prepared food is given to the right person. They are also the first points of contact for day visitors who have questions about any allergy or intolerance triggers in the food and they are also important people in the guest care service. To ensure safe allergen management, it is very important to provide regular training for the entire staff, from purchasing to service

A certification with the Swiss Allergy Label makes your service visible and offers you the opportunity to position yourself on the market. Further information can be found at [www.service-allergie-suisse.ch](http://www.service-allergie-suisse.ch).