

SERVICE STAFF

- ➔ If a customer asks if a product contains nuts or nut products and you do not know what is in the food it is important that you say so and check with the chef.
- ➔ If you guess and you are wrong it could prove fatal for your customer. You might lose your customer – permanently.
- ➔ Everyone in the food industry has a responsibility in order that people who suffer from this deadly allergy make the correct choice and are kept safe.

MAKE SURE YOU PLAY YOUR PART!

Supplies of this leaflet and further information on nuts, nut oils and other vegetable oils are available on request from the Environmental Health Area Offices listed in this guidance.

Environmental Health,
Planning & Environmental Services
Aberdeenshire Council



Environmental Health Area Offices

Buchan

60 Broad Street, PETERHEAD, AB43 6DA
Telephone 01779 483254

Banff & Buchan

5 Back Path, BANFF, AB45 1AR
Telephone 01261 813278

1 Kirk Brae, FRASERBURGH, AB43 9AJ
Telephone 01346 586322

Formartine

45 Bridge Street, ELLON, AB41 9AA
Telephone 01358 726435/6

Municipal Buildings, TURRIFF, AB53 7EN
Telephone 01888 563417

Garioch

Gordon House, INVERURIE, AB51 3WA
Telephone 01467 620981

Kincardine & Mearns

Viewmount, STONEHAVEN. AB39 2DQ
Telephone 01569 768232

Marr

Bellwood Road, ABOYNE, AB34 5HQ.
Telephone 013398 87373

The Square, High St, BANCHORY,
AB31 5RW

Telephone 01330 822878

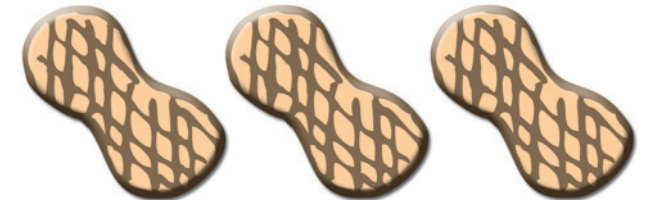
25 Gordon Street, HUNTLY, AB43 5AL
Telephone 01466 794121

Allergies to

NUTS



How you can help



A Guide for Manufacturers,
Catering Suppliers &
Retailers, Proprietors,
Managers, Chefs &
Service Staff

Aberdeenshire
COUNCIL



Allergies to particular foods are not uncommon. However, for a few people, their allergy can be fatal. In the past few years several people have died after unwittingly eating food which contained nuts, in most cases peanuts. These cases were particularly tragic because they could have been prevented.

Eating just a tiny amount of nut could cause a severe reaction in someone who has a nut allergy and some people are so sensitive that they can react just from being near nuts.

This leaflet is devised to explain how you can help prevent further needless tragedies.

Most sufferers are aware of their allergy and may carry an antidote. However the reaction is often immediate and very severe leaving little time to take action. Ideally sufferers need to be able to avoid foods which contain nuts, particularly peanuts (also called groundnuts) as well as products made from nuts such as nut oils.

Such foods could easily be identified if all manufacturers, suppliers, caterers and retailers clearly labelled their products to give information on food containing nuts or nut oil.



Manufacturers

- Ensure your products are labelled correctly and indicate where nuts, peanuts and nut products are used.
- You may wish to consider a separate easily identified part of the label for this information.
- It is vital that you make this information available to assist **all others** in the food chain to make the right choice.

Catering Suppliers & Retailers

- Make your customers aware which products contain nuts – ensure the products you supply are labelled properly.
- It is **vital** that you provide product information which will allow the caterer and the customer to make an informed choice.

Owners/Managers

- Ensure your staff are aware of this matter. You could start by giving them a copy of this leaflet or include its contents at staff induction and refresher training sessions.
- Check your recipes. Are you using nuts or nut oils at any stage? If so, consider labelling your menu that specific dishes offered for consumption contain or may contain nuts or nut oils.

- Labelling is especially important where the use of nuts is not obvious from the appearance of the food or from its name or menu description.

Chefs

- If you are using nuts, nut oils or nut products for cooking make sure staff and management are aware so that menus and products can be properly labelled and the customer can be notified.
- When making new recipes take care in choosing ingredients. Be aware of ingredients that are potentially hazardous and communicate use of nuts and nut products to staff and management.
- Remember any nut oil previously used to cook food can contain traces of nut protein. This will have the same effect as nut oil.
- Be aware that tools and equipment can carry traces of nuts enough to affect allergy sufferers.
- Read the labels of supplies carefully to establish whether nuts or nut products have been used.

