

Safeguarding Newsletter

March 2022



Natasha's Law Special

Health & Safety: Natasha's Law – What Schools Need to Know

- 1 in 5 children are affected by food allergies
- There are 14 food allergens covered under Food Safety Law in the UK

The UK Food Information Amendment, also known as Natasha's Law, came into effect on the 1st of October 2021. It requires food businesses to provide full ingredient lists and allergen labelling on foods pre-packaged for direct sale on the premises.

Under the new rules, food that is pre-packaged for direct sale (PPDS) must display the following clear information on its packaging:

- The food's name
- A full list of ingredients, emphasising any allergenic ingredients.

Anaphylaxis

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger such as an allergy. It usually develops suddenly and gets worse very quickly. The symptoms include:

- feeling lightheaded or faint
- breathing difficulties – such as fast, shallow breathing
- wheezing
- a fast heartbeat
- clammy skin
- confusion and anxiety
- collapsing or losing consciousness

There may also be other allergy symptoms, including an itchy, raised rash (hives); feeling or being sick; swelling (angioedema) or stomach pain.

What to do if someone has anaphylaxis:

Anaphylaxis is a medical emergency. It can be very serious if not treated quickly. If someone has symptoms of anaphylaxis, you should:

- Use an adrenaline auto-injector if the person has one – but make sure you know how to use it correctly first.
- Call 999 for an ambulance immediately (even if they start to feel better) – mention that you think the person has anaphylaxis.
- Remove any trigger if possible – for example, carefully remove any stinger stuck in the skin.
- Lie the person down flat – unless they're unconscious, pregnant or having breathing difficulties.
- Give another injection after 5 to 15 minutes if the symptoms do not improve and a second auto-injector is available.

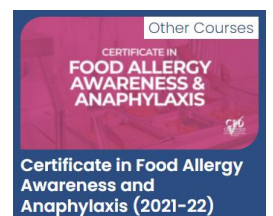
People with potentially serious allergies are often prescribed adrenaline auto-injectors to carry at all times. These can help stop an anaphylactic reaction becoming life threatening. They should be used as soon as a serious reaction is suspected, either by the person experiencing anaphylaxis or someone helping them.

What do I need to do:

- Know who has allergies and intolerances in school and be aware of their care plan
- If you are cooking or food tasting, consider allergies and intolerances
- Be 'Allergen Aware' by completing a certificate in Food Allergy

Awareness and Anaphylaxis (National Online Safety)

- If you are cooking or preparing food, it is good practice to list all the ingredients and bold any allergens
- If you prepare any food off site for others to consume, it is good practice to list all the ingredients and bold any allergens
- If you have any allergies or intolerances, please let us know



Please find attached a list of the 14 allergens covered under Food Safety Law.

These will be displayed in all kitchen areas.

ARE YOU READY FOR NATASHA'S LAW?

It is important to have an up to date and current Food Allergen Matrix for all dishes prepared and sold within the school (this should include pre-packed items and those made in house). Be aware of the 14 Food Allergens!



MOLLUSCS

Including land snails, whelks and squid.



EGGS

Can be found in cakes, sauces and pastries.



FISH

Found in pizza, dressings and Worcestershire sauce.



LUPIN

Lupin can be found in bread, pastries and pasta.



SOYA

Various beans including edamame and tofu.



MILK

Butter, cheese, cream and milk powders contain milk.



PEANUTS

Can be found in cakes, biscuits and sauces.



GLUTEN

In food made with flour such as pasta and bread.



CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



MUSTARD

Can be in liquid or powder form as well as seeds.



NUTS

Including cashews, almonds and hazelnuts.



SESAME

Found on burgers, bread sticks and salads.



CELERY

Including stalks, leaves, seeds and celeriac.



SULPHITES

Found in dried fruit like raisins and some drinks.

IF YOU NEED ANY HELP WITH YOUR HEALTH AND SAFETY PLEASE CONTACT JUDICIUM ON:
Tel: 0207 336 8403
EMAIL: ENQUIRIES@JUDICIUM.COM

Remember: There are other food allergens and intolerances that children and staff may have, it is important to collate this information via the Medical Health Questionnaire