

## **How to label recipes 'gluten free'**

### What Are Gluten Free Foods?

The term 'Gluten free' is covered by legislation for the labelling of gluten free foods. The law applies to packaged foods and to foods sold in catering outlets.

To label a food as 'gluten free' it must contain no more than 20 parts per million (ppm) of gluten. Therefore to label dishes we make in our catering outlets 'gluten free' we would need to ensure that they contain less than 20 ppm of gluten. Every single dish would not require testing but ad hoc testing should be routinely carried out to ensure the 'gluten free' dishes are exactly that.

### So can my unit label dishes made in house as 'gluten free' or 'GF'?

No. We currently don't have approved controls, testing and training in place to allow for us to confidently provide gluten free dishes to customers.

### Is there anything at all my unit can do to help customers who need to avoid gluten?

Provide allergen Reports - these should be printed daily from The Source and made available to our customers. These reports detail which out of the 14 main allergens our recipes contain. These reports are available to our customers in the allergen folders to help them to choose dishes which do not contain gluten.

Create a separate list of dishes which have 'No Gluten Containing Ingredients' (NGCI) on your menu - NGCI is a statement that can be used when it cannot be guaranteed that dishes are gluten free, but contain no gluten containing ingredients.

You can review your daily allergen reports and write up a separate menu to list all of the 'No Gluten Containing Ingredient (NGCI)' dishes you have on the menu that day. This list must be updated daily to reflect the changing menu and any potential ingredient switches.

An example of what this could look like is:

#### **TODAY'S NO GLUTEN CONTAINING INGREDIENTS DISHES**

Carrot and Coriander Soup

Jacket Potato with Tuna / Baked Beans / Cheese / Chilli con Carne

Grilled Salmon

New Potatoes

Mixed Green Vegetables

Rice Pudding

The below disclaimer must be used on any NGCI menu that is created.

*DISCLAIMER: THIS DOES NOT MEAN THAT THESE DISHES ARE GLUTEN FREE.*

*Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.*

*Compass Group 2018.*

#### Why can't I just label NGCI next to items on the menu or highlight them on food labels?

No Gluten Containing Ingredients (NGCI) is also a legal definition and can only be used to head up a list of menu items/products, it cannot be used on food labels or alongside a dish on a menu.

#### Do I need to display a no gluten containing ingredients menu?

No. We have the daily allergen reports which provides this information to our customers when they request it. If you feel the NGCI menu would benefit your customers then you can utilise it. But you must ensure you update the menu daily as you do with the allergen reports so that you are providing your customers with correct information, and the disclaimer is included on the menu.

#### Can We Still Sell Gluten Free Products?

Yes. Where a gluten free product is bought in and sold still within its wrapper or container- this food has been tested to be below 20ppm and legally classified as gluten free. Where this product has been removed from its packaging to be sold or used in a recipe this cannot be labelled as gluten free. It can however listed under the NGCI section of your menu.

#### What about cross contamination when using a gluten free product that is unpackaged before the consumer chooses it e.g. gluten free bread or pasta?

Cross contamination can happen when open foods are next to each other on display or in storage, or during the production and cooking process if for example the same equipment or utensils have been used. Requirements under FIR regulations do not cover allergens present during accidental cross contamination but it is an important part of our food safety procedures to ensure they are minimised wherever possible.

- Use separate kitchen equipment when using a gluten free product, e.g. separate saucepan to boil gluten free pasta, separate chopping boards and knives when making sandwiches using gluten free bread, separate toaster for gluten free bread.
- Clean down and sanitise work surfaces, equipment and your hands between preparing known allergen foodstuffs.
- Try and use separate fryers for known allergen foods (scampi / battered fish etc.) and non-allergen foods (e.g. chips)