Introduction

This document has been designed for customers of Booker Wholesale, Makro, Chef Direct, Classic Drinks and Booker Direct to help them deal with the allergen requirements set out in the EU Food Information for Consumers Regulation. We have added additional resources following customer feedback.

Legislation changes

Since 13th December 2014 the EU Food Information for Consumers Regulation has required all food premises to provide allergy information to their customers.

For unpackaged food the allergen information must be available either in writing or verbally.

For packaged food the allergens must be clearly visible on the label.

It is no longer enough to state that the product ‘May Contain’ an allergen, the specific allergen/allergens per dish or product must be available to the consumer.

Failure to meet the allergen requirements is a criminal offence and fines may be imposed.
Caterers’ requirements

Information on any of the allergens that may be present in any product sold must be made available to your customers. The information can be made available in a number of ways, either on packet, on the menu, on a chalkboard, verbally by a member of staff, or on the web if you sell online.

The information must be easily obtainable; if not available on a visible document or sign, a notice is required to let customers know that the information is available.

It is your responsibility to ensure the allergen information you communicate is accurate. Wherever possible we will endeavour to ensure that product allergen information is available on our website. Whilst we have taken every care to ensure that this information is accurate, products and their ingredients are subject to change and therefore you should always check the product label.

Consumer behaviour

Consumers should inform you if they have an allergy and how severe the allergy is.

The new allergen labelling rules do not cover accidental presence due to cross contamination although care should be taken to avoid this risk. (e.g. nuts from one product touching another in a deli counter). Customers will still need to be careful when buying such foods.
The Allergens

The 14 allergens are:

- **Cereals containing gluten**
- **Crustaceans** (e.g. Prawn, Lobster, Crayfish)
- **Eggs**
- **Fish**
- **Peanuts**
- **Soybeans**
- **Milk**
- **Nuts**
- **Celery & Celeriac**
- **Mustard**
- **Sesame seeds**
- **Sulphur Dioxide & Sulphites** (>10mg per kg or >10mg per ltr)
  (Commonly used as a preservative in a wide variety of products)
- **Lupin** (Seeds from the popular garden flower are crushed to make Lupin flour)
- **Molluscs** (e.g. Mussels, Oysters, Snails, Squid)
Allergen information

The new format for label presentation, with allergens printed in bold, will appear over time as products that were produced before 13th December sell through. The old labels still show the allergens present in the product, just in a slightly different format.

We endeavour to ensure that allergen information for all products is available on our website www.booker.co.uk - just log in and click on the product details to see the information.

A list of the top selling 'own brand' Chef's Essentials and Chef's Larder products and the allergens contained within them appears on the website.

Where you buy Branded Products from us (those which are not manufactured on our behalf), the allergen information is available in the same way. Please note in respect of those Branded Products, we are passing on the information provided to us by the manufacturer. Whilst we have taken every care to ensure this information is accurate, products and their ingredients are subject to change or there may be more than one product recipe in the supply chain. Therefore we strongly advise that you should always check the product label to ensure you have the correct information for that specific product. Booker cannot accept liability regarding the allergen information in relation to Branded Products.

Labelling kits

To help you record what allergens are contained in every dish you prepare and sell, we stock a number of allergen labelling kits you can purchase. The kits can be found either in branch or on our website in the non food section with the other food labelling kits that we sell.

Further advice

If you require any additional advice or information then please speak to your Area Manager or Catering Development Manager in branch. They have access to a Booker Allergens Hotline from which they will be able to get the answer to any further queries that you may have.
The Food Standards Agency (FSA) has published excellent guidance and resources to help you manage your allergen data. The resources can be found at www.food.gov.uk/business-industry/allergy-guide/allergen-resources.

We have used the FSA’s Chef’s Allergen Menu Matrix below, to provide you with an example of what it could look like based on the top 10 dishes sold by caterers,* using the recipes from the Booker/Makro Menu Guide Spring 2015. The following pages show how the recipes have been broken down to identify the allergens.

### FSA guidance

The Food Standards Agency (FSA) has published excellent guidance and resources to help you manage your allergen data. The resources can be found at www.food.gov.uk/business-industry/allergy-guide/allergen-resources.

We have used the FSA’s Chef’s Allergen Menu Matrix below, to provide you with an example of what it could look like based on the top 10 dishes sold by caterers,* using the recipes from the Booker/Makro Menu Guide Spring 2015. The following pages show how the recipes have been broken down to identify the allergens.

### How the FSA Allergens Checklist would look

#### DISHES AND THEIR ALLERGEN CONTENT

<table>
<thead>
<tr>
<th>DISHES</th>
<th>Celery</th>
<th>Cereals containing gluten</th>
<th>Crustaceans</th>
<th>Eggs</th>
<th>Fish</th>
<th>Lupin</th>
<th>Milk</th>
<th>Molluscs</th>
<th>Mustard</th>
<th>Nuts</th>
<th>Peanuts</th>
<th>Sesame seeds</th>
<th>Soya</th>
<th>Sulphur Dioxide &amp; Sulphites</th>
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<tbody>
<tr>
<td>Beefburger &amp; Chips</td>
<td>Y</td>
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<td>Pizza</td>
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<td>Chicken Burger</td>
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<td>Fish &amp; Chips</td>
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<td>Rump Steak &amp; Chips</td>
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<td>Roast Chicken Dinner</td>
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<td>Rib Eye Steak &amp; Chips</td>
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<td>Chicken Curry (Korma)</td>
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<td>Sirloin Steak &amp; Chips</td>
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<tr>
<td>Sunday Lunch (Roast Beef Dinner)</td>
<td>May</td>
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**Review Date:** 28/01/15  
**Reviewed By:** A. N. Other  

*Source: Horizons Menurama Sept 2014.*
Allergen content of the Top 10 main courses* served by caterers

The allergen contents shown are only relevant if using the recipes from the Booker/Makro Menu Guide Spring 2015

**EXAMPLE:** Beefburger & Chips recipe from the Booker/Makro Menu Guide.

### BEEFBURGER & CHIPS

**Ingredients**

- **CL American 80% Beefburger 48’s**
  - Midas: M084626
  - Pack Price: £17.99
  - Portion Size: 1 burger
  - Portion Price: 37p

- **CL Sliced & Floured Bap 48’s**
  - Midas: M490310
  - Pack Price: £7.69
  - Portion Size: 1 bun
  - Portion Price: 16p

- **Florette Crispy Salad 500g**
  - Midas: M629340
  - Pack Price: £2.99
  - Portion Size: 25g
  - Portion Price: 15p

- **CL Steak Cut Chips 2.27kg**
  - Midas: M045297
  - Pack Price: £1.59
  - Portion Size: 150g
  - Portion Price: 11p

- **CL Garden Peas 2.5kg**
  - Midas: M426330
  - Pack Price: £3.39
  - Portion Size: 100g
  - Portion Price: 14p

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<table>
<thead>
<tr>
<th>Midas Code</th>
<th>Ingredient</th>
<th>Celery and celeriac</th>
<th>Cereals containing gluten</th>
<th>Crustaceans</th>
<th>Egg</th>
<th>Fish</th>
<th>Lupin</th>
<th>Milk</th>
<th>Molluscs</th>
<th>Mustard</th>
<th>Nuts</th>
<th>Peanut</th>
<th>Sesame</th>
<th>Soya</th>
<th>Sulphur dioxide and sulphites</th>
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<tr>
<td>M084626</td>
<td>Chef's Larder Quick Cook 80% Beefburger</td>
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</table>

<p>| Mitas Code | Ingredient | Quinoa and quinoa products | Cereals containing gluten | Crustaceans | Egg | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanut | Sesame | Soya | Sulphur dioxide and sulphites |
|-----------|------------|---------------------------|-------------------------|-----------|------|------|------|------|---------|---------|------|-------|-------|------|------|----------------------------|
| PIZZA     |            | Y                         |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M184870   | Pizza Mia Chs/Tom Pizza | Y                          |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| CHICKEN BURGER &amp; CHIPS |            | Y                          |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M131717   | Florette Crispy Salad   |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M160355   | Chef's Larder Garden Peas |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M001874   | Chef's Larder Chips Steak Cut |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M138804   | Chef's Larder Fiery Chicken Fillets | Y                          |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M490310   | Chef's Larder Baps Floured &amp; Sliced | Y                        |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| FISH &amp; CHIPS |            | Y                          | Y                       | Y         |      |      |      |      |          |         |      |       |       |      |      |                            |
| M106097   | Greene King Greene King IPA NRB | Y                       |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M001874   | Chef's Larder Chips Steak Cut |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M271390   | Chef's Larder Small Cod Fillets 1.5kg | Y                      |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M181266   | Farm Fresh Lemons       |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M023184   | McDougalls Fish Batter Mix 3.5kg |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M222968   | Batchelors Mushy Peas   |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M129873   | Chef's Larder CL Tartare Sauce |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| RUMP STEAK &amp; CHIPS |            |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M094955   | Chef's Larder Whole Scotch Top Rump |                         |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M160355   | Chef's Larder Garden Peas |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M001874   | Chef's Larder Chips Steak Cut |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| ROAST CHICKEN DINNER |            | Y                          | Y                       | Y         |      |      | May  | May  |          |         |      |       |       |      |      |                            |
| M131296   | Farm Fresh Chantenay Carrots |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M131579   | Farm Fresh Maris Piper   |                             |                         |            |      |      | May  |       |          |         |      |       |       |      |      |                            |
| M187947   | Chef's Essentials Broccoli 6kg |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M507533   | Chef's Larder Sage/Onion Stuffing | Y                       |                         |            |      |      | May  | May  |          |         |      |       |       |      |      |                            |
| M069714   | Chef's Larder Chicken Gravy Granules | Y                      |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |
| M310991   | Chef's Larder Norfolk Chicken 1.4kg |                             |                         |            |      |      |      |      |          |         |      |       |       |      |      |                            |</p>
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Celery and celery derivatives</th>
<th>Cereals containing gluten</th>
<th>Crustaceans</th>
<th>Egg</th>
<th>Fish</th>
<th>Lupin</th>
<th>Milk</th>
<th>Molluscs</th>
<th>Mustard</th>
<th>Nuts</th>
<th>Peanut</th>
<th>Sesame</th>
<th>Soya</th>
<th>Sulphur dioxide and sulphites</th>
</tr>
</thead>
</table>

**RIB EYE STEAK & CHIPS**

- **M094974** Chef’s Larder Whole Scotch Rib Eye
- **M163537** Chef’s Larder Battered Onion Rings
- **M123396** Farm Fresh Closed Cup Mushrooms
- **M097165** Farm Fresh Salad Tomatoes
- **M103062** Farm Fresh Maris Piper White Washed

**CHICKEN KORMA**

- **M106935** Kohinoor Silver Basmati Rice
- **M135742** Currymate Plain Naan
- **M135912** Chef’s Larder Korma Curry RTU Sauce
- **M138077** Farm Fresh Coriander
- **M147179** Chef’s Essentials Chicken Fillet

**SIRLOIN STEAK**

- **M160355** Chef’s Larder Garden Peas
- **M001874** Chef’s Larder Chips Steak Cut
- **M095866** Rolled Sirloin
- **M123396** Farm Fresh Closed Cup Mushrooms
- **M097165** Farm Fresh Salad Tomatoes

**ROAST BEEF DINNER**

- **M131296** Farm Fresh Chantenay Carrots
- **M131579** Farm Fresh Maris Piper
- **M094969** Chef’s Larder Carvery Rib UK
- **M175499** Chef’s Larder 3inch Yorkshire Puddings
- **M097941** Maggi Original Gravy Mix
- **M187947** Chef’s Essentials Broccoli 6kg
- **M189281** Chef’s Larder Fine Whole Green Beans
Frequently asked questions

**Q: What are The Food Information to Consumers Regulations?**
A: This is Regulation (EU) No. 1169/2011 (sometimes referred to as FIC) and it has been introduced to harmonise the way in which critical information about food is passed to consumers to ensure that they have a clear understanding of what they are consuming.

**Q: How does The Food Information Regulations 2014 differ from FIC?**
A: This is a UK statutory instrument (sometimes referred to as FIR) that enables the enforcement of FIC in the UK.

**Q: Where can I get authoritative advice on my responsibilities under this legislation?**
A: The FSA has published excellent guidance and resources to help you manage your allergen data. The resources can be found at www.food.gov.uk/business-industry/allergy-guide/allergen-resources. The legislation concerns labelling and will be enforced by local authority Trading Standards Officers (although in some authorities this may be shared with Environmental Health Officers.) If you are in doubt about your responsibilities it is always best to consult the authority that will enforce the law in your area. The Association of Chief Trading Standards Officers has published guidance for officers which recognises the need for ‘a proportionate and pragmatic approach when dealing with a food business’s approach.’

**Q: Why is it important that I know which allergens are present in the food I serve?**
A: Some consumers suffer very serious reactions to allergenic substances at very low levels of exposure. Most are mild but some are fatal. The consumer will normally be aware that they suffer from an allergy and will seek your advice on whether your food contains a specific ingredient. The new law now says that you must be able to provide that information.

**Q: Where can I find details of the allergens that are present in the ingredients I am using?**
A: FIC requires that all pre-packed foods are labelled with an ingredient list and that any allergenic ingredients are highlighted in that list by bolding or colour contrast etc. Foods that do not have an ingredient list must still be labelled with any allergen that is present.
Frequently asked questions

**Q: Where can I find the allergen information for foods that are not pre-packed?**

A: The law allows for mandatory information to accompany the goods. It can be included on delivery documentation or in data sheets at the time of delivery.

**Q: Can I access allergen information from a central database?**

A: There is no national product database for allergen information but all ‘business to consumer’ websites that sell food are required to publish the allergen information alongside the product. ‘Business to business’ websites are not required to publish the allergen information. However, we are making allergen information available on our website to assist our catering customers with their recipe and menu planning. Whilst we have taken every care to ensure this information is accurate, products and their ingredients are subject to change or there may be more than one product recipe in the supply chain. Therefore we strongly advise that you should always check the product label to ensure you have the correct information for that specific product.

**Q: How reliable is allergen information I find on a website or in a spreadsheet?**

A: Information on allergens in any food product is controlled by the manufacturer of the food. Many manufacturers make the information available on their websites and may also offer information in spreadsheet format. Manufacturers’ website information can normally be relied on to be up to date. Spreadsheets have a limited time during which they can be considered to be up to date. In both cases it is possible that the product you have in your kitchen has been manufactured at a time different to the time the information was updated. For this reason it is always best to check the label.

**Q: Are there any other allergens I should be concerned with?**

A: Consumers in general are allergic to a very wide range of allergenic substances but the fourteen listed in FIC are the worst in food. You do not have a legal obligation to inform your customer of any other than the fourteen listed.

While every effort has been made to ensure that the information in this document is accurate, we and our editors, publishers and printers take no responsibility for any loss or damage suffered by any person as a result of their reliance upon the information contained therein. Customers should always rely on the label on the product. This document should not be seen as a definitive guide and has been prepared to the best of our knowledge, information and belief based on our interpretation of the allergen requirements as at 06.02.2015. The interpretation and enforcement of these regulations may alter between local areas. More detailed advice should be sought from either the Food Standards Agency or Trading Standards.