

VOL. 1 ISSUE 1 · JULY 2021

# WELCOME

Parent Newsletter of Olive Dining Ltd

## All About Nutrition

By Chris-Ann Gayle

Hello and welcome to our newsletter which features and focuses on nutrition. In September, Olive will be making important changes to the way we manage allergens in conjunction with the new legislation (October '21) Natasha's Law.

Olive Dining Ltd are committed to ensuring that we have robust and fully compliant policies and procedures throughout our daily business.

We ensure that our staff are extensively trained, certificated and thoroughly aware of how to manage allergens on a daily basis.

We develop tailored menus to meet the needs of individual students, created directly by our team of Executive Chefs in conjunction with our company Nutritionist.



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Every year, the number of cases of allergies in the UK rises by 5%. According to Allergy UK (2021) the UK has one of the highest prevalence of allergies in the world, with an estimated 2 million people living with a diagnosed food allergy and 1 in 100 with coeliac disease (Food Standards Agency, 2017).

## WHAT IS AN ALLERGY ?

An allergy is a reaction the body has to a particular food or substance (NHS, 2018). The substance that causes the allergic reaction is called an allergen which can be found in food, drinks, or the environment. It affects 1 in 4 people in the UK and is particularly common in children.

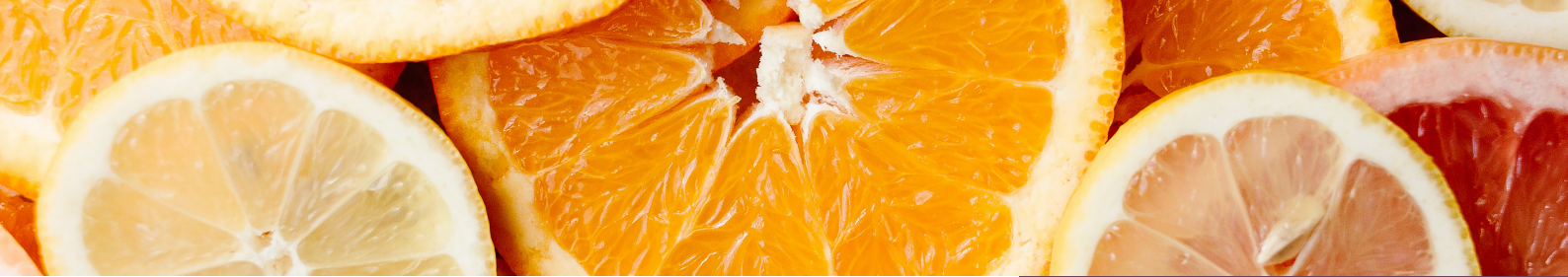
Currently, there is no cure for food allergies or intolerance. The best way to manage a food allergy is to avoid the allergen that causes the reaction.

**Food allergies affect between 1-2% of adults and 5-8% of children**

## WHAT IS NATASHA'S LAW?



Natasha's Law is new allergen legislation in force from October 2021. Natasha's Law requires all businesses to label all foods packed and produced on their premises with a full list of ingredients. Natasha's law was introduced in September 2019 to protect allergy sufferers. It is as a result of the tragic death of teenager Natasha Edan-Laperouse who suffered a fatal allergic reaction at just 15 years old after eating a baguette brought from Pret a Manger. The baguette which was prepared and packaged on site, did not include the allergen information and consequently Natasha was unaware that the baguette contained sesame.



## How Olive Have Been Preparing For Natasha's Law

### The Olive Hub-(an enhanced software packaged)

This will enable Olive to keep track of all allergens information with live time reporting and daily updates from suppliers. It will also allow us to keep a record of all the ingredients we use from our suppliers. Plus, food allergens and nutritional labels are printed on all our packaged foods to comply with Natasha's Law requirements.

### For Our Allergy Sufferers

Our Development Chefs will create a special diet for our allergy sufferers with the individual allergen information provided by parents. This information will be sent to an Olive Dining Development Chef who will create an allergen specific menu. The menus are then sent to the parents for approval and also to the school kitchen and school office. The Olive team are briefed daily on the special diets required by the Chef Manager.

### Allergen Champions

Olive have appointed allergy champions at each school, who is a member of the catering team. The champions are trained, competent and confident in dealing with allergens. This dedicated staff member will check and approve the special diet before it is given to the student. In addition, we hold a daily signed declaration by the Allergen Champion. The record of all approved and signed for special diets are collated and filed for reference.

### How will it affect our prepacked foods and non-prepacked foods?

All our Cold Deli items such as sandwiches, salads, wraps, baguettes, dessert pots and fruit pots are freshly made every day on the premises and are packed ready for each service. All our Olive packaging will include a full list of ingredients and the allergens are in bold or italics.

The food we serve on the hot counters will have the allergens displayed on the menus, menu boards and information notices at the counter with the relevant food item.

## The 14 Allergens



**Carrot Cake**

#### Ingredients:

Flour, Wholemeal (Wholemeal **Wheat Flour**, **Wheat** Gluten, Amylase); Sugar, Soft, Brown, Light; Oil, Sunflower, Premium; Carrots, Grated; Coconut, Deseeded, Medium (Coconut, Preservative (Sodium Metabisulphite)) (**Sulphur dioxide and/or sulphites**); Baking Powder (**Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate)); Sultanas (Sultanas (99.5%), Sunflower Oil); **Eggs**, Medium, Fresh; Spices, Cinnamon, Ground (Ground Cinnamon (Cassia)).

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