

Food Allergy Regulations – Natasha’s Law

From **1 October 2021**, the requirements for prepacked for direct sale (PPDS) food labelling will change in Wales, England, and Northern Ireland. The new labelling will help protect you child by providing potentially life-saving allergen information on the packaging.

We have fully implemented these requirements through providing comprehensive labels for all pre-packed products. These regulations do not apply to non-prepacked products such as the main meal where individual portion labelling cannot be achieved so please ask your child to also look at the main allergen signs and if in doubt ask a member of the café staff.

Prepacked for direct sale (PPDS) food can include the following:

- Sandwiches and bakery products which are packed on site before a consumer selects or orders them
- Fast food packed before it is ordered, such as a burger under a hot lamp where the food cannot be altered without opening the packaging
- Products which are prepackaged on site ready for sale, such as pizzas, rotisserie chicken, salads and pasta pots
- Burgers and sausages prepackaged by a butcher on the premises ready for sale to consumers
- Samples of cookies given to consumers for free which were packed on site
- Foods packaged and then sold elsewhere by the same operator at a market stall or mobile site
- PPDS food provided in schools, care homes or hospitals and other similar settings will also require labelling

What needs to be on the label?

The label needs to show the **name of the food** and the ingredients list with **the 14 allergens required to be declared by law emphasised within it**.

Consumers may be allergic or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law.

The 14 allergens are: **celery, cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

This also applies to additives, processing aids and any other substances which are present in the final product.

These need to be in line with the legal requirements that apply to naming the food and listing ingredients.