

National Allergy Strategy Food Service Project

Presented by
Sandra Vale
National Allergy Strategy
Coordinator



Food allergy in Australia

- Food allergy affects:
 - 11% of infants
 - approx. 4% of 4 y.o.
 - approx. 5% of 10-14 y.o.
 - approx. 2-4% of adults
- Food allergy induced anaphylaxis has doubled in the last 10 years
- Hospital admissions for anaphylaxis have increased 5-fold in the last 20 years



Food allergy in Australia

- Deaths from anaphylaxis have increased by 7% per year for the last 7 years
- Most fatalities relating to a food allergy occur when eating outside the home
- Even a small amount (traces) can cause an allergic reaction
- Food allergy greatly impacts on QoL

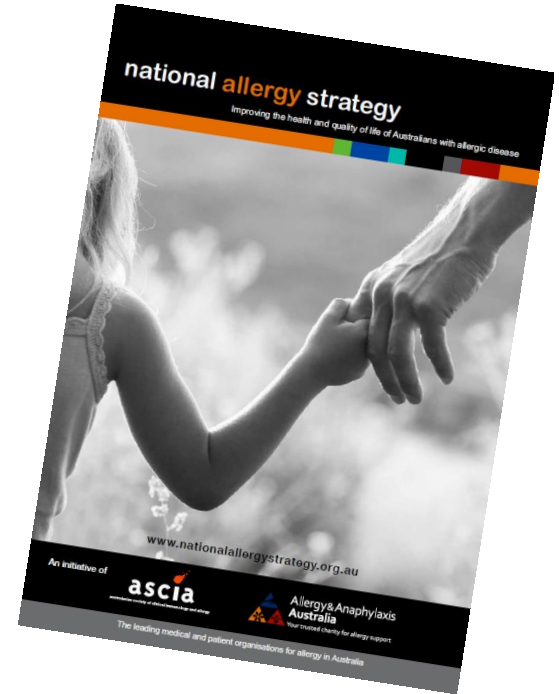


What is the National Allergy Strategy?

An overarching framework for a national response to the rise in allergic diseases, including long term as well as short to medium term objectives

Mission

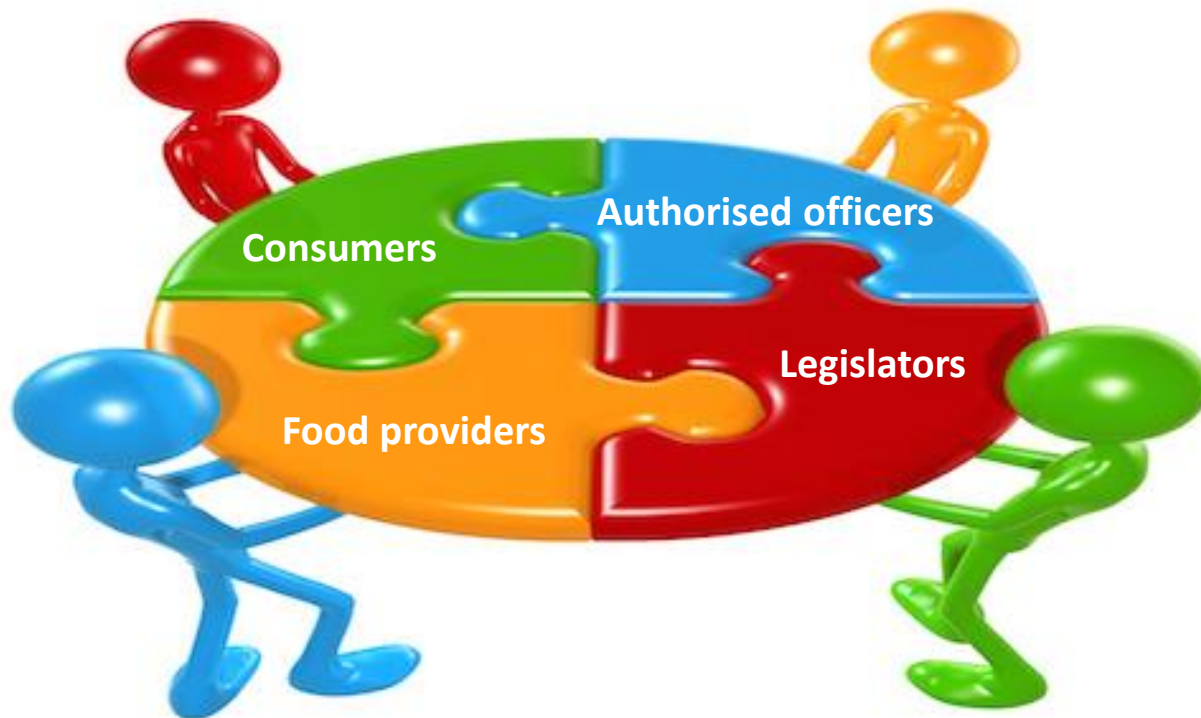
To improve the health and quality of life of Australians with allergic diseases, and minimise the burden of allergic diseases on individuals, their carers, healthcare services and the community



- The National Allergy Strategy is a partnership between ASCIA and Allergy & Anaphylaxis Australia
- Resources are developed in consultation with key stakeholders
- Consumer focussed



Shared responsibility



Government funding Phase 1



PHASE 1

Improve the provision of appropriate food to individuals with food allergy in the food sector

- Conduct discussions with the food service sector focusing on improving the provision of appropriate food for individuals with food allergy
- Develop a training course for food service providers on managing food allergy as a food safety issue
- Prepare a report on the outcomes of the discussions, including any identified future activities required



PHASE 1

Stakeholder engagement

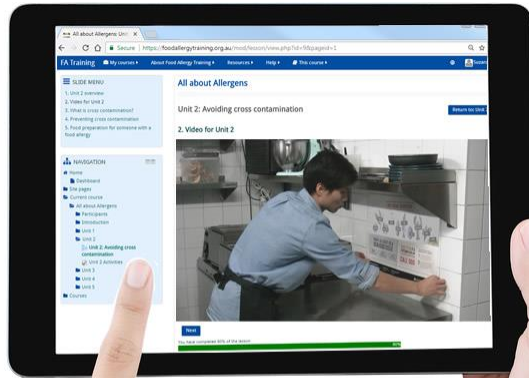
- Food allergen management in food service forum
 - Establishment of key messages
 - Establishment of key principles for training
- Electronic consultation



PHASE 1

Resources developed for food service

- All about Allergens online training
- Supporting resources
 - Free downloadable booklet
 - Allergy aware checklist
 - Food allergen menu matrix template
 - Posters



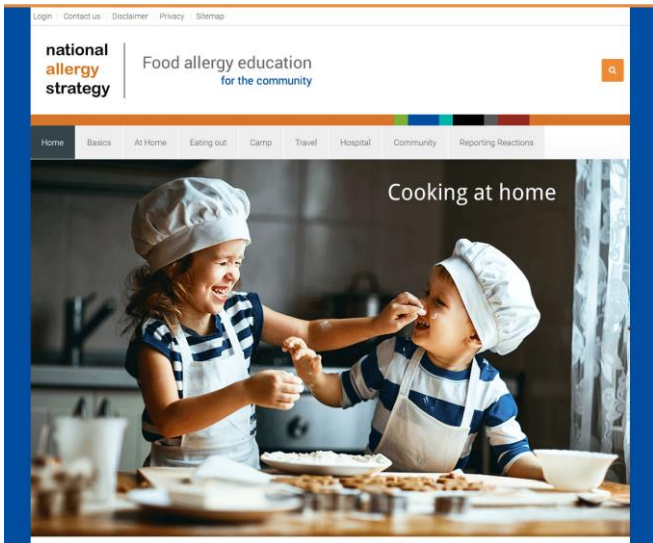
www.foodallergytraining.org.au

PHASE 1

Resources developed for consumers

- Information hub for people with food allergy, their families and friends
- Aims to provide practical information
 - Preparing food at home
 - Eating out
 - Choosing foods
 - Travel
 - Camps
 - Hospital stays
 - Reporting reactions
- Links to credible resources and sites

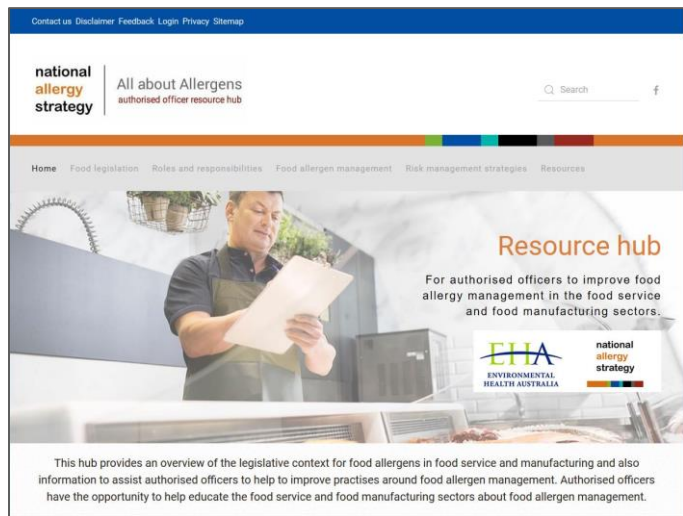
www.foodallergyeducation.org.au



PHASE 1

Resources developed for authorised officers

- Resource hub which includes information and links about
 - Food legislation
 - Roles and responsibilities of authorised officers
 - Food allergen management assessment
 - Risk management strategies
 - Resources



www.foodallergytraining.org.au/resources-ao/



Food allergen management in hospitals



- Institutions such as hospitals require food allergy policies and protocols outlining procedures as well as training requirements to ensure appropriate food service for patients with food allergies
- Focus not just on hospitals – vulnerable populations
- All resources developed complement each other and are designed to be used as a package



Food allergen management best practice guideline



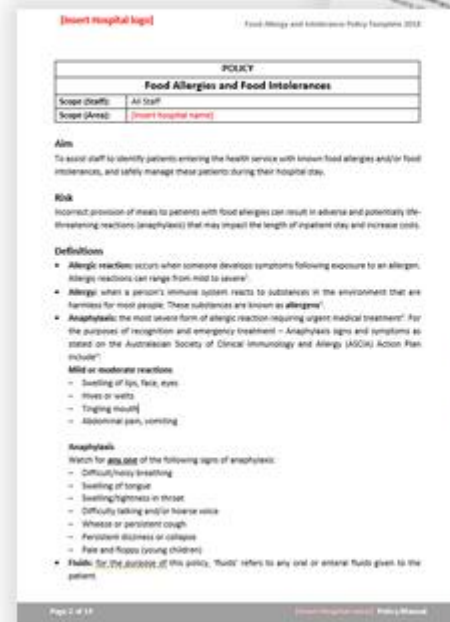
- Developed by Queensland Health in partnership with the NAS
- Considers best practice for food allergen management for all aspects of food service in the hospital setting
- Underpins other resources

www.foodallergytraining.org.au

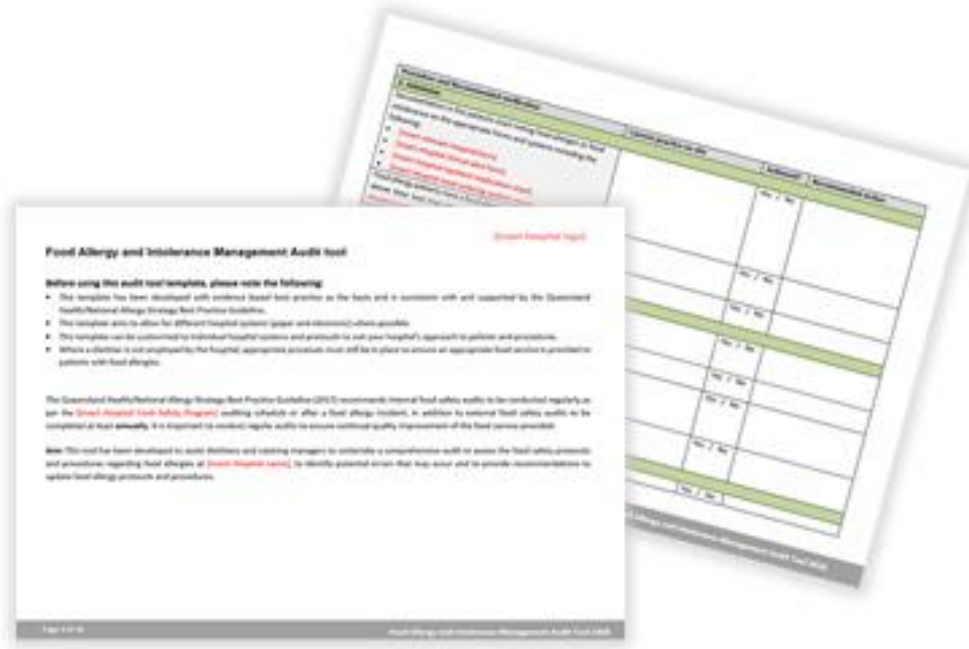


Food allergy and intolerance policy template

- Developed with evidence based, best practice as the basis
- Designed to assist in developing a policy or can be used to review existing policy
- Can be customised to individual hospital systems and protocols



Food allergy and intolerance audit tool



- Developed with evidence based, best practice as the basis
- Consistent with Best Practice Guideline
- Allows for different hospital systems
- Can be customised to individual hospital systems

www.foodallergytraining.org.au

- [illegible]



Food allergy and intolerance menu assessment tool for dietitians

- Can be adapted and used to plan menus to ensure adequate nutrition for inpatients/residents when ingredients/menu items must be substituted to accommodate food allergies
- Tool focuses on 10 most common food allergens but other allergens required to be management can be added
- Tool for dietitians

Adequacy of menu for Allergen Elimination: Menu day _____

Menu Item	Recommended Practice	Allergenic or intolerant food										Comments/Action e.g. Comments on topics available, nutritional adequacy of the substitutes and any actions to take.
		PEANUT	SOY	EGG	MILK	WHEAT	GLUTEN	FISH	SEAFOOD	EGG	SOY	
Cow's milk*	Calcium fortified beverage available with at least 100mg calcium/100ml Portion size meets state nutrition standard											
Yoghurt*	Offered at same frequency as state nutrition standard An allergen free alternative is available The alternative is calcium fortified Offered at same frequency as state nutrition standard											
Breakfast protein	Offered at same frequency as state nutrition standard Portion size meets state nutrition standard											

Menu Audit Tool 2018



Food Allergy and Intolerance Menu Assessment Tool

This tool can be adapted and used to assist hospitals and other facilities to plan menus that have the opportunity to provide adequate nutrition for inpatients or residents when ingredients and menu items must be eliminated and substituted for food allergies or intolerances.

The tool focuses on the 10 most common food **allergens** but other allergens can be added as needed.

For practical management of food preparation and storage for food allergies and intolerances, the [Food Allergy and Intolerance Management Audit Tool](#) should be used. Refer to the [Food Allergen Ingredient Substitution Tool](#) for assistance in choosing appropriate food alternatives.

The key principle of ensuring nutritional adequacy for patients with food allergy and intolerance, is that appropriate meal choices include **substitution or alternative choices**, not just omission of the allergen which can result in inadequate nutritional content of the meal.

The tool is best used in conjunction with a [Food Allergen Menu Matrix](#) that should be developed for the menu; or with the automated menu system if available.

General checklist:

- ☐ Kitchen has processes in place to identify and communicate which patients have food allergies.
- ☐ Patients with three or more food allergies have their menus individually checked by diet aid/nutrition assistant/dietitian assistant/dietitian to ensure patients are provided with adequate meal choices.
- ☐ Where adequate choices are not available on the standard hospital or facility menu, meal components are available to allow meals to be provided to patients with food allergies or intolerances.

Acknowledgement: This tool was developed based on the Dietitians Association of Australia 'Menu Audit Tool for Aged Care Homes', which was based off the New Zealand Dietitians 'Menu Audit Tool for Aged Care Facilities'.

Page 1 National Allergy Strategy and Dietitians Association of Australia: Food Allergy and Intolerance Menu Assessment Tool 2018

Government funding Phase 2



PHASE 2

Improve food allergy management in food service

- Your Organisation must develop minimum standards for food allergy content to be included in all accredited food hygiene courses. The content must be developed in consultation with key stakeholders, including but not limited to the Australian Skills Quality Authority. The content must ensure consistency with the 'All about Allergens' online training

PHASE 2

Stakeholder engagement

- Food allergen management round table
 - Minimum standards discussion
 - Discussion about next steps for training
- Chef focus group
- Electronic consultation – still in progress



PHASE 2

New training

- All about Allergens: Next step for

On this camp:

- 6 campers travelled with us from interstate (4 from Perth, 2 from Melbourne)
- We had 30 campers aged from 11-23 years of age and 9 staff/volunteers
- 21 different food allergies were managed for 4 days
- 17 meal times were catered for
- No EpiPens needed to be administered
- WE LEARNED A LOT!

- Include video animations



PHASE 2

Minimum standards

- Developed in consultation with stakeholders
- Continue engagement with ASQA and Skills IQ to incorporate into relevant accredited courses



Government funding Phase 3



PHASE 3

Food service project

- You must develop and implement a communication strategy which emphasises the shared responsibility of food allergy management in food service, targeting consumers, food service staff and authorised officers. You must also develop and implement a social media plan
- You must develop, promote and coordinate the delivery of a training course for food allergen management in hospitals in consultation with key stakeholders
- You must engage with Skills IQ to review accredited hospitality training courses on an ongoing basis to ensure credible sources of information are referenced and used as the basis of the food allergen management content

PHASE 3

2019-2020

- Engage with Skills IQ course review process
- Develop a communication strategy
- Develop and implement a social media campaign
- Develop a hospital training course incorporating the NAS food allergen management in hospitals resources

Acknowledgements

People

- Kirsten Grinter – Project Lead
- Merryn Netting – Deputy Project Lead
- Maria Said – NAS Co-chair
- Tristan Schwartzkopff – Project Officer
- NAS Steering Committee
- Stakeholders

Funding

- The NAS Food Service Project has received funding from the Australian Government Department of Health
- The Food Allergen Management in Hospitals project was funded by a private (non-industry) donation



TO HELP PREVENT FOOD ALLERGY,
GIVE YOUR BABY THE COMMON
ALLERGY CAUSING FOODS
before they turn one

Common
Allergy Causing Foods



preventallergies.org.au

NIP ALLERGIES
IN THE
Bub

A food allergy prevention project developed by



This project received funding from the
Australian Government Department of Health

THE HUB FOR COLLABORATING AUSTRALIANS LIVING WITH SEVERE ALLERGY

250K

250K provides an opportunity to collaborate and network to support young people who are living with severe allergies, and to help them to feel more connected with others and young adults going through similar issues because of their food intolerance and allergy.

250K



YOUNG ADULTS

YOUNG ADULTS

250K

An allergy aware project supported by



This project is funded by the Australian Government

Disclaimer | Privacy | Terms | Copyright © 2019 National Allergy Strategy

250K

DATING WITH
AN ALLERGY

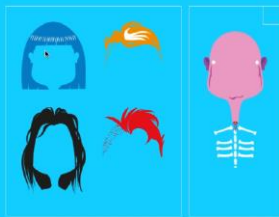
Tell your date about your allergy.



FIND OUT MORE

250K

CREATE YOUR OWN AVATAR



national allergy strategy



sandra@allergy.org.au
www.nationalallergystrategy.org.au

