

# Making it All about Allergens

Presented by

Dr Sandra Vale, CEO, National Allergy Council

**national  
allergy  
council**



**FOOD  
ALLERGY  
AWARE**



## **Acknowledgement of country**

In the spirit of reconciliation, the National Allergy Strategy acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



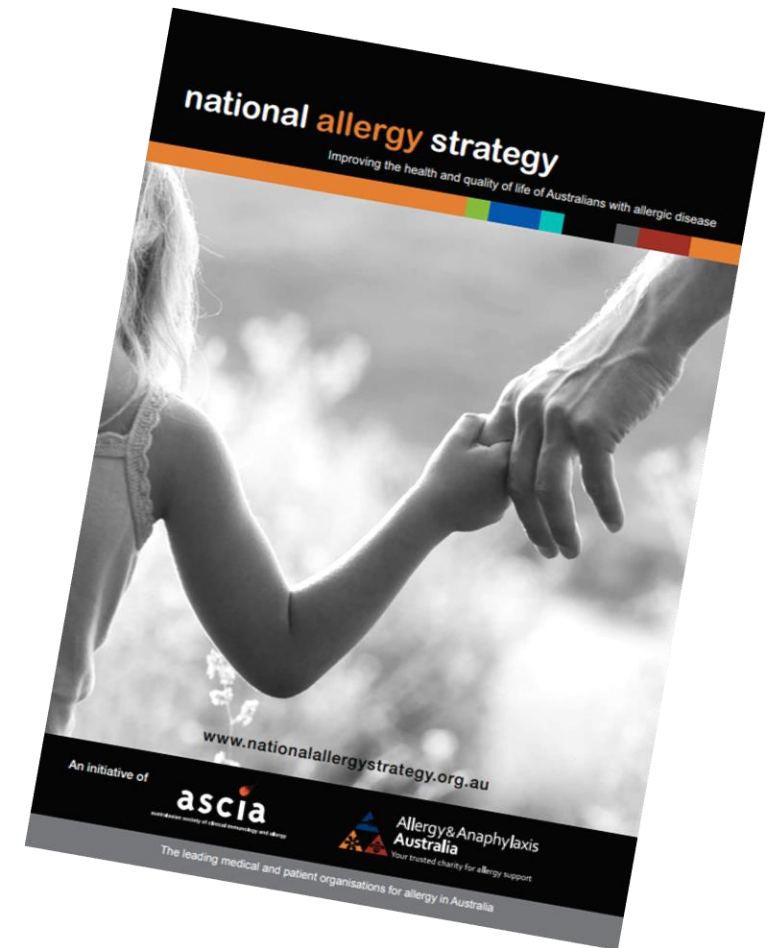


# The National Allergy Council is a partnership implementing the National Allergy Strategy



# 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
- Consumer focused
- Resources are developed in consultation with key stakeholders





# Overview

- Good food service has a big impact
- Online courses
- Course content
- Participation stats
- Supporting resources
- Resources for EHOs







The impact of good food service – the Allergy 250K experience



# Camp logistics – Sunshine Coast camp

- 19 teens aged 10-16 y.o.
- 8 peer mentors
- Shorter camp for 11-16 y.o.
- Adventure activities
- Education activities
- Photos of labels on iPad so campers could read food labels
- Copies of recipes available for campers to check

- Most peer mentors travelled with us from interstate
- We had 27 campers aged from 10-27 years of age and 12 staff/volunteers
- 40 different food allergies were managed + other special dietaries
- 13 meal times were catered for
- No allergic reactions
- WE LEARNED A LOT!



YOUNG  
ADULTS

## Camp versus Fun day

The 250K fun day/camp helped me to feel very confident....	2021 fun day	2020 camp
When attending a camp – such as school, sports etc	43%	65%
When choosing foods being prepared by someone other than my parents	50%	80%
Telling other people my age about my allergy	50%	80%
To be to be more responsible for managing my allergy, rather than leaving this all to my parents	50%	80%
In managing my anxiety about my food allergy	43%	75%



# Our tools

Camper's first name	Camper's last name	Cows milk	Soy	Egg	Wheat	Other grains	Fish	Shellfish / molluscs	Peanut	Treenuts	Sesame	Lupin	Fruit	Vegetables	Other seeds	Other foods	Food intolerances	Other dietary needs		Cashew	Pistachio	Hazelnut	Almond	Walnut	Pecan nut	Brazil nut	Pine nut	Macadamia nut	Other treenut	Other tree nut/s		
		X	X	X	X	Barley, rye, Maize	-	-	X	-	X	-		Corn						-												
		X	-	X	X	barley, rye, sorghum, millet	-	-	-	X	-	-	Kiwifruit			honey				-												
		X	-	X	X	Quinoa	X	X	X	X	X	-	Kiwi Fruit	-	-	Coconut				X	X	-	-	-	-	-	-	-	-	-		
		X	X	X	X		X	-	X	X	-	-					pineapple			X	X	-	-	X	X	-	-	-	-	-		
		X	-	X	X		-	-	-	-	-	-	Kiwi fruit	-	-	-				-	-	-	-	-	-	-	-	-	-	-		
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**SATURDAY 11<sup>th</sup> March National Allergy Council 250K Camp**

	Food	Milk	Soy	Egg	Wheat	Other Grains	Peanut	Tree Nuts	Fruit	PAL	OTHER NOTES AND COMMENTS
<b>Breakfast. (7 am) (peer mentors and staff). CAMPERS ARRIVE AT 8 AM</b>											
Hot choices	Bacon										KR Castlemaine Middle Bacon Rindless rashers (Pork, water, salt, emulsifiers 451, 450, 452), Sugar, antioxidant (316), sodium nitrite (250), smoked. Gluten free.
	Tomatoes										
	Mushrooms										
Bread	<b>Wheat based, soy containing, non-seeded bread:</b> Homestyle bake bread. Note: <b>NO PAL for sesame / poppyseed</b>		x		x	x				Barley, rye, triticale, oats	3 x toasters 1) Wheat free 2) Sesame free 3) Wheat / Corn free ( <b>NAS to supply two dedicated allergen free toasters</b> )  <b>Ordinary Bread:</b> Homestyle bake bread: Unbleached wholemeal <b>wheat flour</b> , water, <b>bakers</b> yeast, vinegar, iodised salt, wheat gluten, canola oil, vegetable emulsifiers (481, 471, 472e) <b>Soy flour</b> , vitamins (thiamine, folic acid)
	Gluten Free Precinct Buckwheat & Chia loaf					Buckwheat Tapioca, rice, chia					<b>NAS to supply</b> (for wheat + soy + corn + egg free) (dedicated toaster for this) Filtered water, buckwheat flour (11.2%), potato starch, tapioca starch, brown rice flour, chia flour, vegetable oil (olive oil), organic psyllium husk, dried yeast, iodised sea salt, sugar, vinegar. <del>Wheat, Egg, Soy, Milk, Peanut, Tree Nuts, Sesame, Mustard, Palm Oil</del>
	Well and Good sliced white loaf					Corn, tapioca, potato, xanthan gum, buckwheat				Baked in an environment where nuts may be present.	<b>NAS to supply</b> (for wheat + soy + egg free) (dedicated toaster for this) <del>Wheat, Egg, Soy, Milk, Peanut, Tree Nuts, Sesame, Mustard, Palm Oil</del>  <b>Well and good sliced white loaf Ingredients:</b> corn starch, modified starches (GMO free corn & tapioca), filtered water, potato starch, vegetable oil (canola, palm), brown sugar, fresh <b>yeast</b> , organic <b>psyllium</b> husk, methyl cellulose, <b>glucosyl</b> lactone, iodised sea salt, sodium bicarbonate, vinegar, xanthan gum, mono di glycerides, invert sugar, flaxseed flour, buckwheat flour, organic spirulina. <b>Allergen Statement:</b> Contains yeast. Baked in an environment where nuts may be present.
	Woolworths Gluten Free loaf		x	x							WW GF Bread: Water, tapioca starch, rice flour, <b>soy flour</b> , canola, <b>egg white</b> yeast, salt iodised salt (dedicated toaster for this). <del>Sesame, Mustard, Palm Oil</del>
	Homemade bread Xavier Culley										(dedicated toaster for this). <del>Wheat, Egg, Soy, Milk, Peanut, Tree Nuts, Sesame, Mustard, Palm Oil</del>
Spreads	Nuttelex margarine, GF vegemite, jam										Check if caterers can provide portion packs of <del>nuttelex</del> GF vegemite and jam
Cereal	<del>Weetbix</del>				x						Campsite to supply new unopened packets (All cereal need to be served in portion packs or direct from the box (reduce chance of cross contamination)
	Gluten Free <del>Weetbix</del>					sorghum					Campsite to supply
	<del>Kellogg's</del> Gluten Free Corn Flakes					Corn				Milk, nuts	Campsite to supply in portion packs
	<del>Kellogg's</del> Gluten Free Special K					Rice				Tree nuts	<b>NAS to supply</b>
Milk / Milk Substitutes	Cow's Milk - Full cream milk and 2 % fat milk	x									
	<del>Sanitarium</del> So Good Long Life Regular Soy Milk		x								Vita Soy <b>Soy</b> milky for <del>Sonia</del>
	Vita soy rice milk					x					
	Tea / Coffee										
<b>Morning Tea</b>											
	Chocolate brownie cake										<b>NAS to supply – send recipe. – Campsite could make – to be determined</b> NOTE: <del>Wheat, Egg, Soy, Milk, Peanut, Tree Nuts, Sesame, Mustard, Palm Oil</del> - No dates: Well and Good vanilla cup cakes



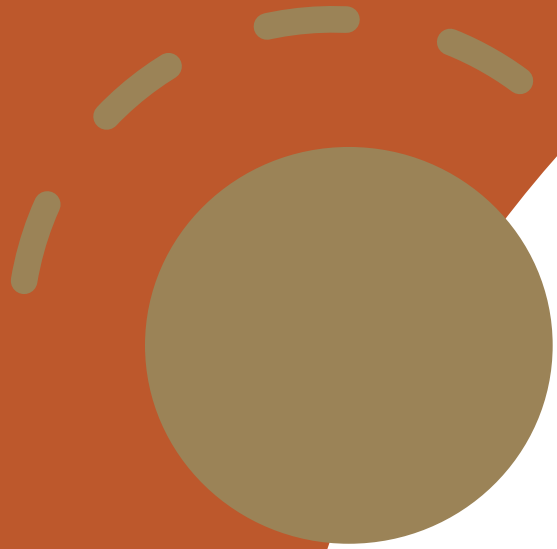
The food was great and I was allowed to have it!

## Feedback

He said he felt like a normal kid for the first time ever

I could eat the food there like everyone else and not feel left out

He actually said the next day 'I really don't care that I have allergies now' because he doesn't feel like he is missing anything after going to camp



# All about Allergens courses



# Shared responsibility

**Consumers**



**Authorised  
Officers**

**Food  
Providers**

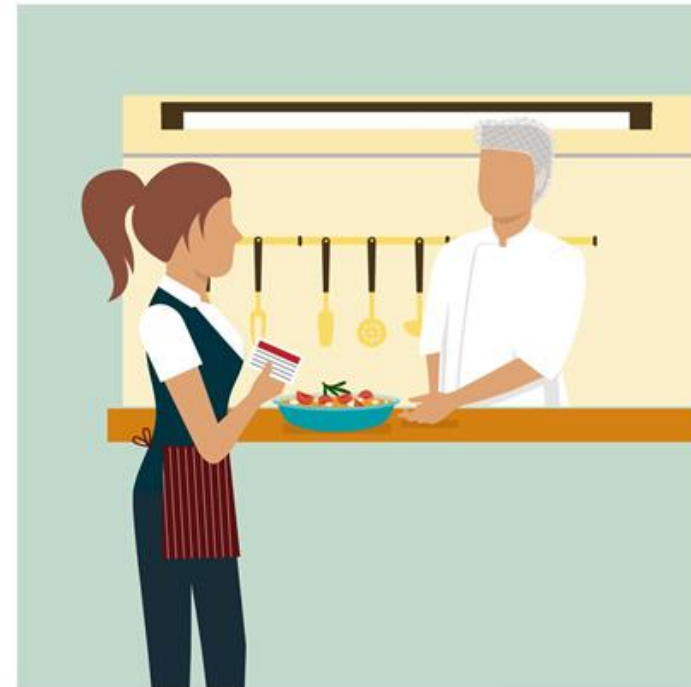
**Legislators**

# All about Allergens courses (x 10!)

<https://foodallergytraining.org.au/>



All about Allergens – original course



Next Step for Cooks and Chefs – general food service



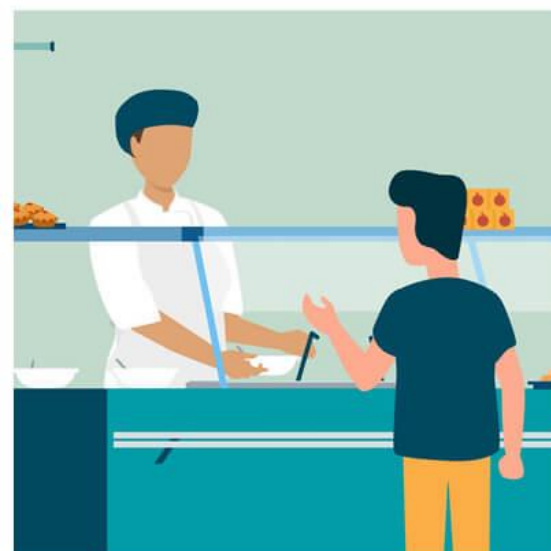
# All about Allergens courses



Schools



CEC



Camps



Residential care

# All about Allergens for Hospitals



Kitchen managers and supervisors



Kitchen staff



Ward managers and nurses



Ward support staff



# 4-5 units in each course - Tailored to the setting

- Unit 1: Food allergy overview / for setting
- Unit 2: Communicating with customers and staff
- Unit 3: Menus and food labels
- Unit 4: Practical management of food allergens
- Unit 5: Right meal to the right person (hospitals/residential)
- Unit 6: Managing food allergies in your organization (additional for residential care)

Each unit takes about 10-15 minutes to do.

Progress is saved along the way, so you can stop and come back to it at any time.

# Completing the courses

- Units are done in order
- Short quiz at the end of each unit - pass = 75%
- Final Assessment - pass = 90%
- Quiz and Final Assessment attempts are unlimited
- Evaluation completed before a certificate is issued

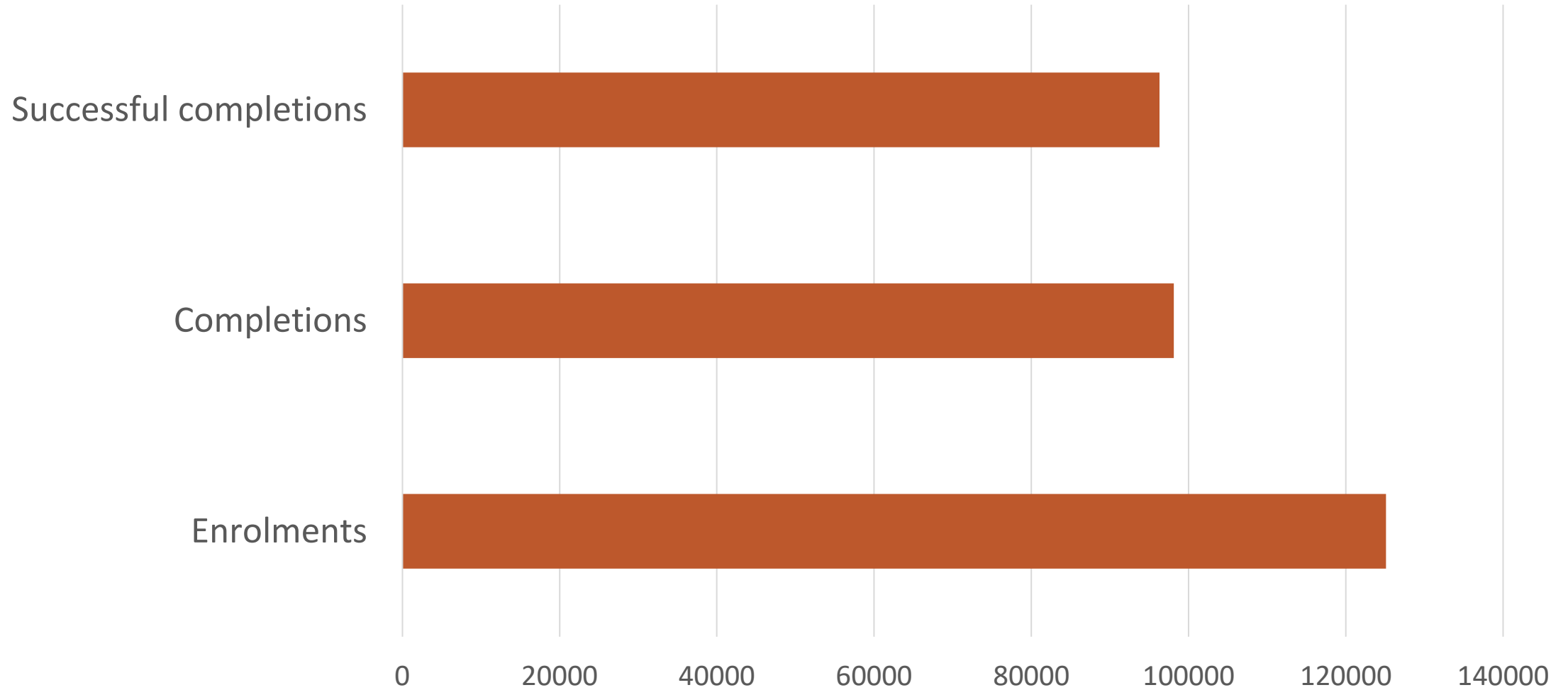
# Participation statistics

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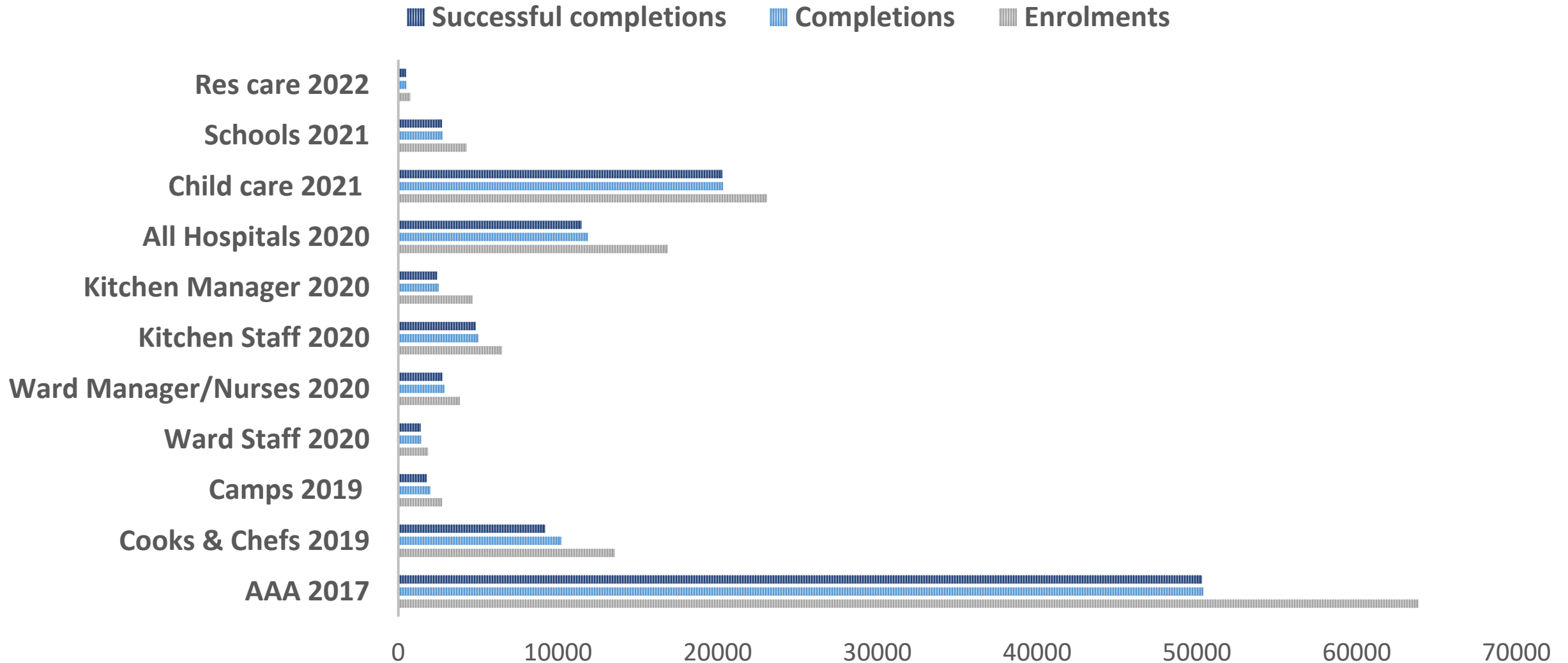




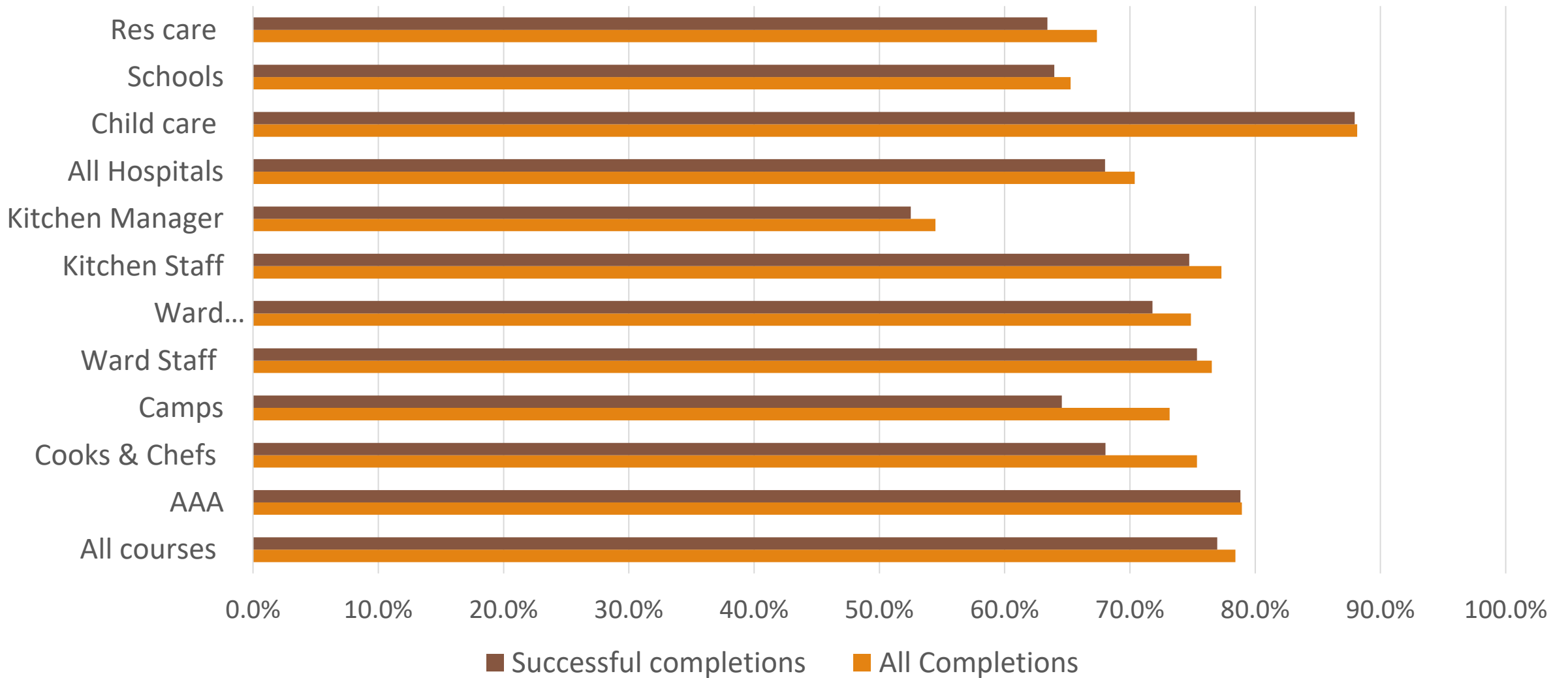
# Participation - All courses (July 2017 – May 2023)



# Participation by course (July 2017 – May 2023)



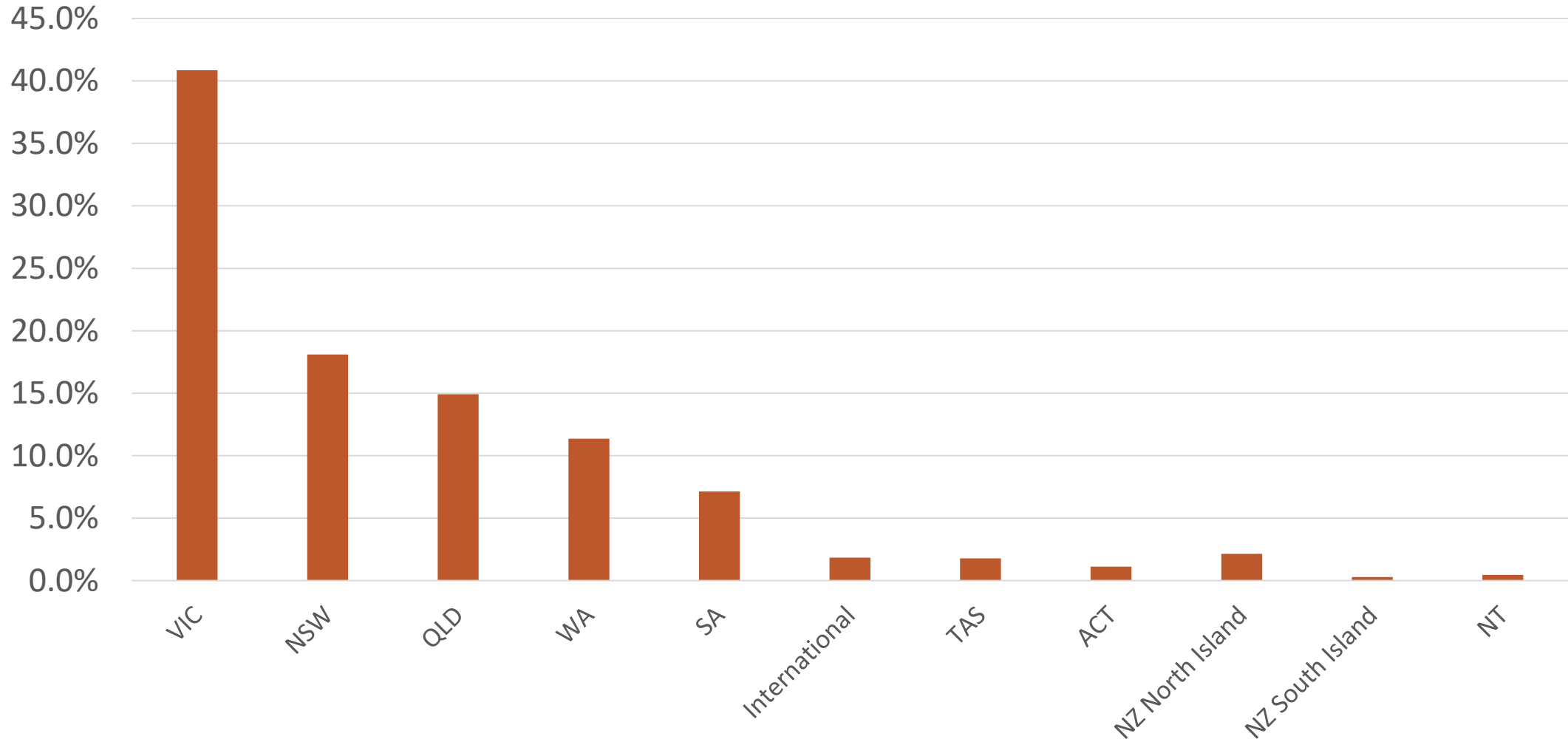
# Course Completion Rates



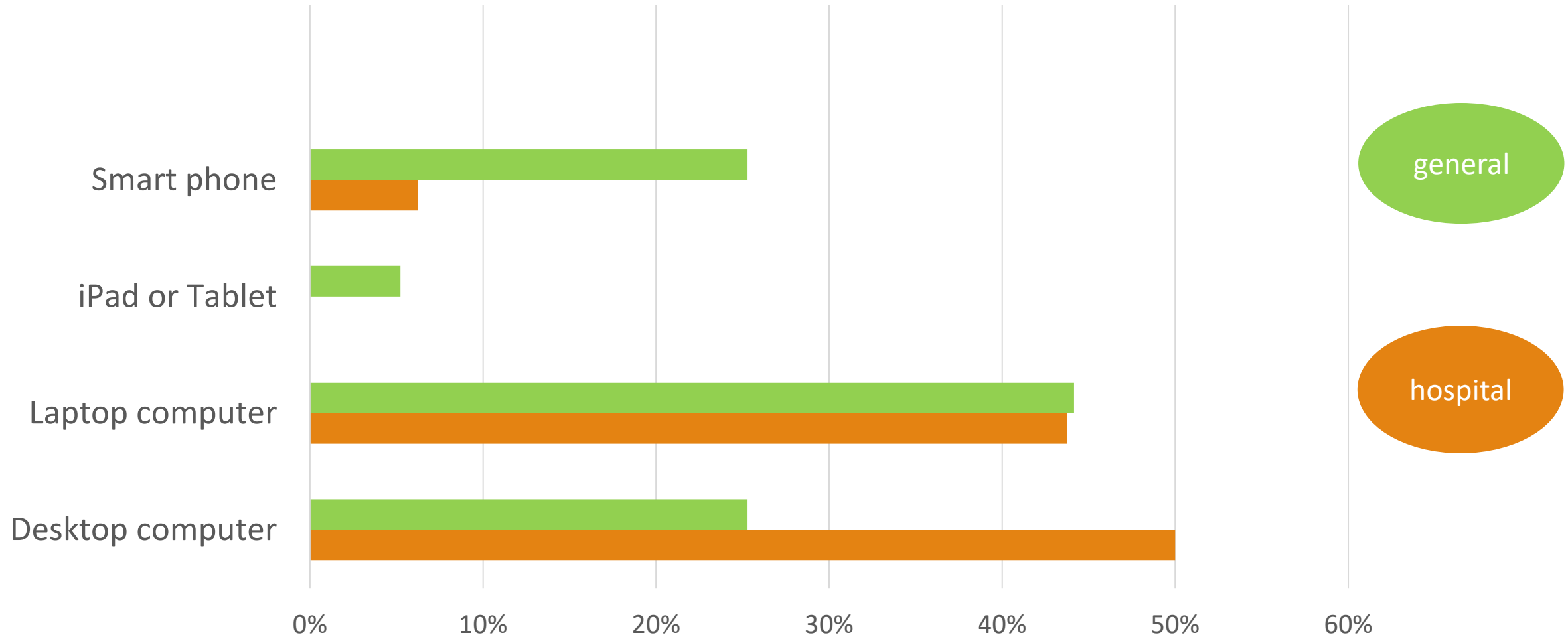


# Participation by Location

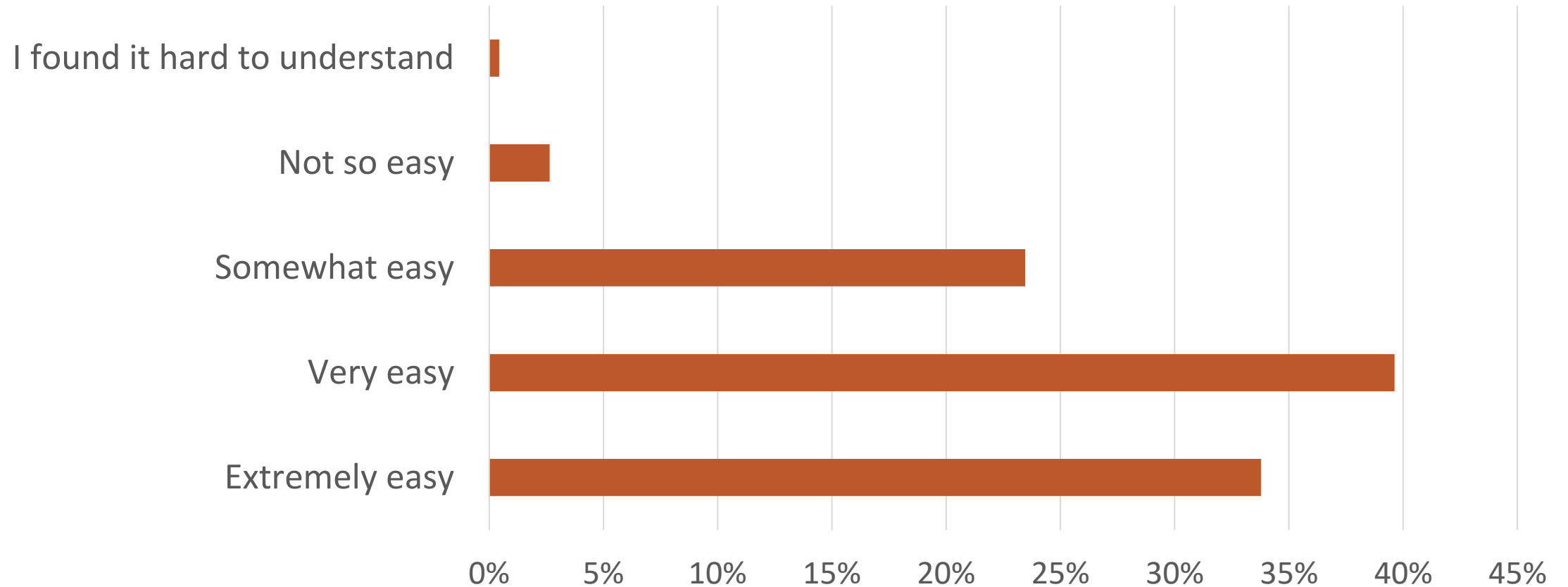
## All About Allergens (general course)



# Device used to do the course

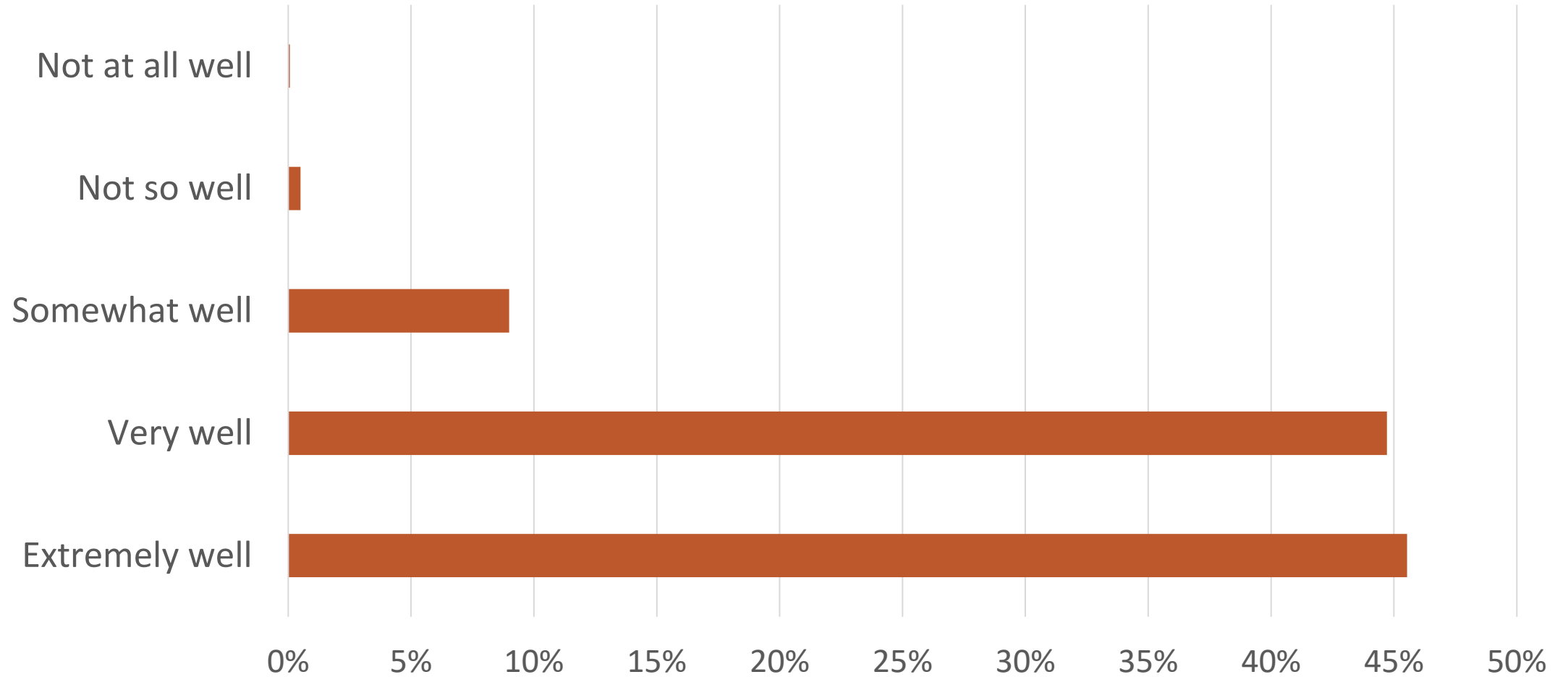


# How easy was it to understand the course?





# How well did the course meet your needs?

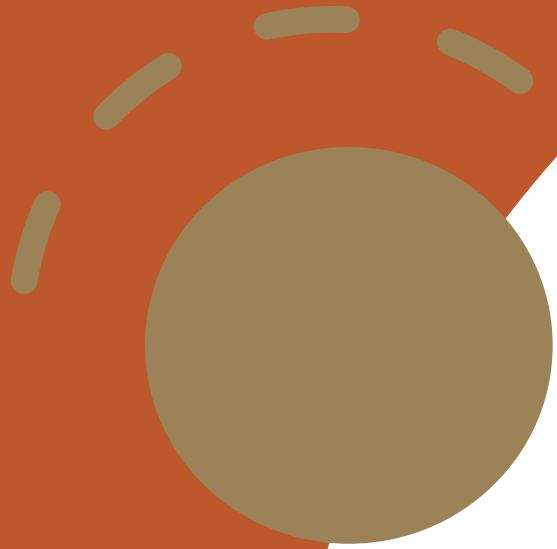


# Future evaluation and review

- Course format
- Question styles
- Content
- Length of course
- Barriers to completion
  
- CALD
  - Focus groups
  - Interviews

**Does the training = change in practice?**





# All about Allergens resource hub

(implementation tools)



www.foodallergytraining.org.au/resources



All about Allergens  
resource hub

Q Search

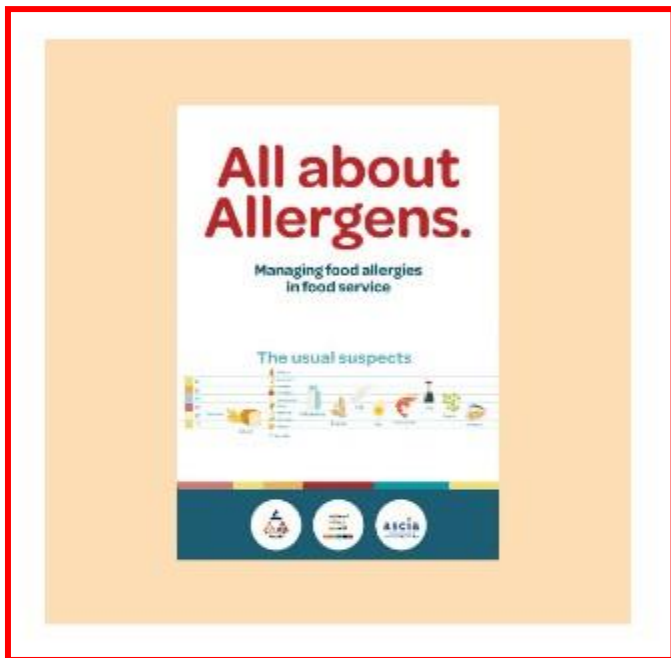


[Home](#) [General food service](#) [Hospitals](#) [Camps](#) [Schools and CEC](#) [Menu matrix](#) [Recipe template](#) [Ingredient substitution](#) [Food standards](#) [Courses](#) [Videos](#)

## All about Allergens Resource Hub



## All about Allergens booklet



Download here:

 [All about Allergens](#)

A free booklet has been designed to support the All about Allergens online training.

## Food Allergy Aware Checklist



Download here:

 [Food Allergy Aware Checklist](#)

A free checklist to help make sure your business is food allergy aware.

## All about Allergens Bookmark

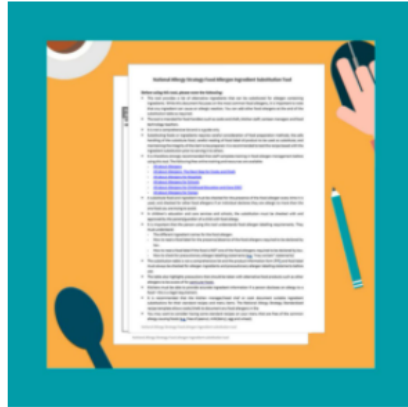


Order free:

[Bookmarks](#)


Inform your staff about All about Allergens online training.

## Food allergen ingredient substitution tool



This tool provides a list of alternative ingredients that can be substituted for allergen containing ingredients.

Download here:

 [Food allergen ingredient substitution tool](#)

[See more](#)

## Food allergen menu matrix template



A food allergen menu matrix is a table outlining the common food allergen ingredients in all your menu items.

Download here:

 [Food allergen menu matrix template](#)

 [Food allergen menu matrix \(sample\)](#)

[See more](#)

## Standardised recipe template



Standardised recipes are recipes that everyone follows exactly, no matter who is cooking.

Download here:

 [Standardised recipe template](#)

 [Standardised recipe \(sample\)](#)

 [Standardised bulk recipe template](#)

 [Standardised bulk recipe \(sample\)](#)

[See more](#)

## Food allergy policy template




Download here:

 [Food allergy policy template](#)

## Food allergy and food intolerance management audit tool



Download here:

 [Food allergy and food intolerance management audit tool](#)




# Food allergen menu matrix

A food allergen menu matrix is a table outlining the common food allergen ingredients in all your menu items.

Download here:

 [Food allergen menu matrix template](#)

 [Food allergen menu matrix \(sample\)](#)



The screenshot shows a completed 'Food allergen menu matrix' document. It features a table with columns for menu items and various allergens. The allergen columns are color-coded: Milk (blue), Eggs (orange), Peanuts (green), Tree Nuts (yellow), Soy (purple), Wheat (red), Sesame (pink), and Gluten-containing (grey). The menu items listed include 'Chicken salad', 'Beef salad', 'Pasta salad', 'Chicken wrap', 'Beef stir fry', 'Steak sandwich', 'Chicken burger', 'Beef burger', 'Veggie burger', 'Fish and chips', 'Pork chop', 'Beef mince', and 'Spaghetti bolognese'. Checkmarks indicate the presence of allergens in each item. At the bottom, there is a signature and the date 'Date: 10/10/2018'.



The video thumbnail features a red background with the title 'How to complete a food allergen menu matrix' in white text. A circular logo with 'FOOD ALLERGY AWARE' is centered below the title. To the right, a hand is shown writing on a 'Food allergen menu matrix' template. The template includes a table with columns for menu items and allergens, and a 'Date' field. A video player interface at the bottom shows a play button, a progress bar at 02:42, and a settings icon.

Standardised recipe template →

Camp recipes →

Family recipes →

## Standardised recipe template

Standardised recipes are recipes that everyone follows exactly, no matter who is cooking.

No changes. No additions. No ingredient substitutions.

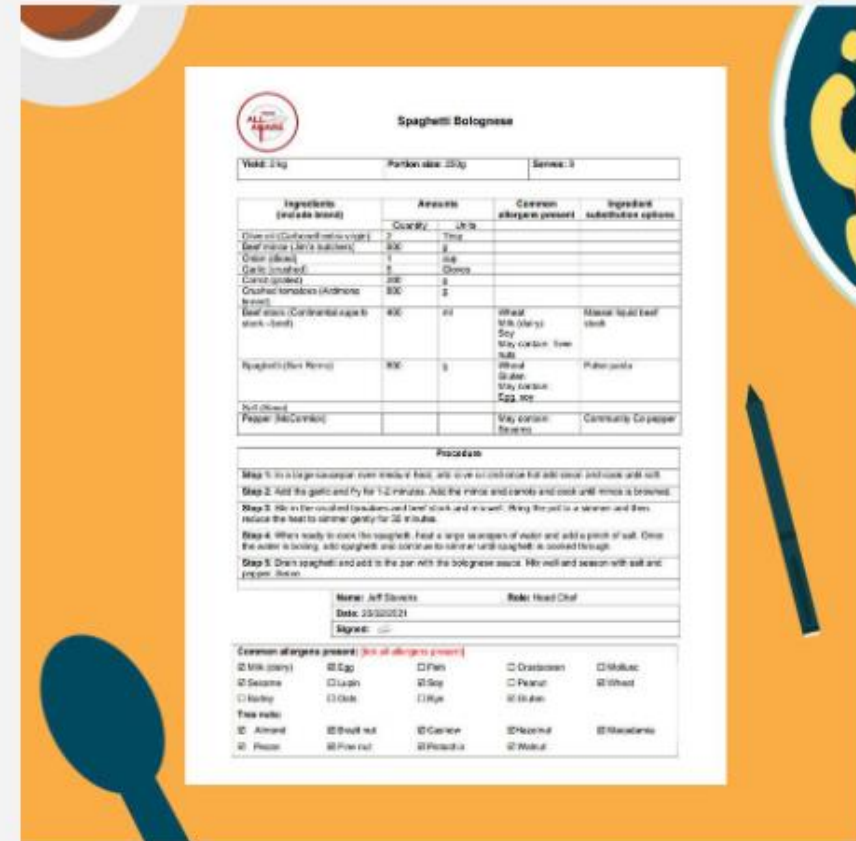
Download here:

 [Standardised recipe template](#)

 [Standardised recipe \(sample\)](#)

 [Standardised bulk recipe template](#)

 [Standardised bulk recipe \(sample\)](#)



**Spaghetti Bolognese**

Yield: 4kg      Portion size: 250g      Servings: 16

Ingredients (include brand)	Quantity	Units	Allergens	Common allergens present	Ingredient substitution options
Onion (Conford's extra virgin)	2	kg	None		
Beef mince (M's butchers)	500	g	None		
Carrot (Gladys)	1	kg	None		
Garlic (Gladys)	4	kg	None		
Onion (Gladys)	200	g	None		
Crushed tomatoes (Anchovy)	500	g	None		
Beef stock (Conford's extra virgin)	500	g	None		
Wheat (M's butchers)	500	g	Wheat	May contain: Soy, Sesame, Tree nuts	None listed
Spaghetti (M's butchers)	500	g	Wheat	May contain: Egg, Soy	None listed
Pepper (M's butchers)			None	May contain: Sesame	None listed

**Procedure**

**Step 1:** In a large souppan over medium heat, add olive oil and onion. Cook until soft.

**Step 2:** Add the garlic and fry for 1-2 minutes. Add the mince and carrots and cook until mince is browned.

**Step 3:** Mix in the crushed tomatoes and beef stock and mix well. Bring the pot to a simmer and then reduce the heat to simmer gently for 30 minutes.

**Step 4:** When ready to cook the spaghetti, boil a large amount of water and add a pinch of salt. Once the water is boiling, add spaghetti and cook as per instructions until spaghetti is cooked through.

**Step 5:** Drain spaghetti and add to the pan with the bolognese sauce. Mix well and season with salt and pepper. Serve.

Name: Jeff Stevens      Role: Head Chef  
Date: 25/03/21  
Signed: \_\_\_\_\_

**Common allergens present (tick all allergens present)**

<input type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustaceans	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input type="checkbox"/> Wheat
<input type="checkbox"/> Nuts	<input type="checkbox"/> Oats	<input type="checkbox"/> Rice	<input type="checkbox"/> Gluten	

**Free from:**

<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Chives	<input type="checkbox"/> Mustard
<input type="checkbox"/> Peas	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	

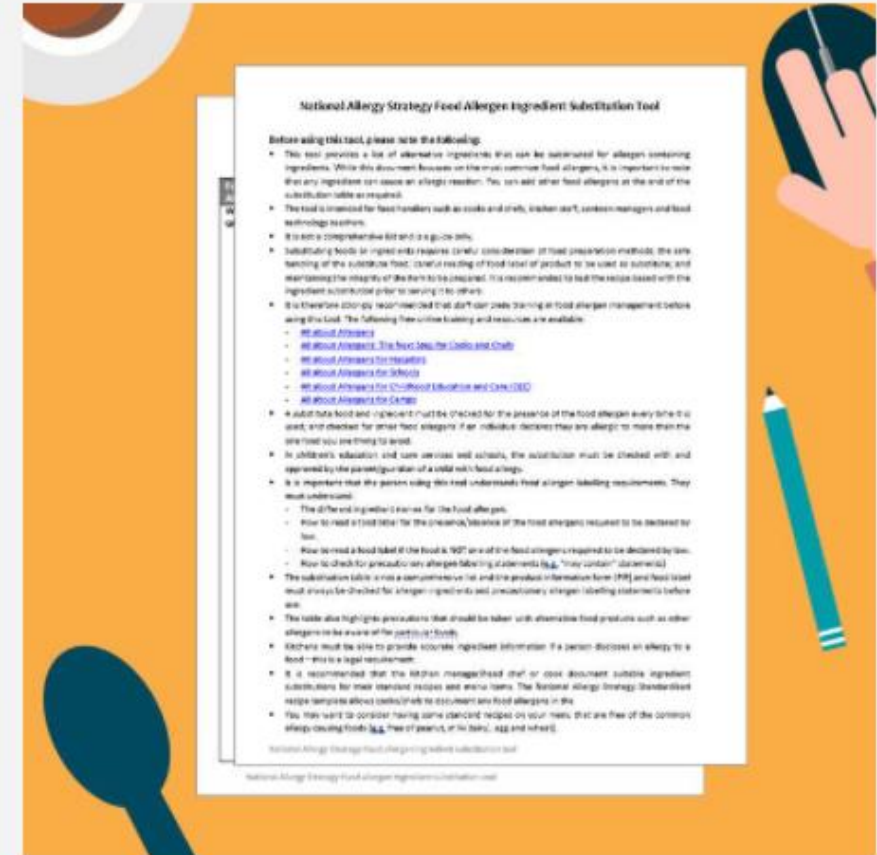
# Ingredient substitution tool

This tool provides a list of alternative ingredients that can be substituted for allergen containing ingredients.

Download here:

 [NAS FA Ingredient substitution tool generic](#)

 [NAS FA Ingredient substitution tool generic](#)





# Food allergy videos

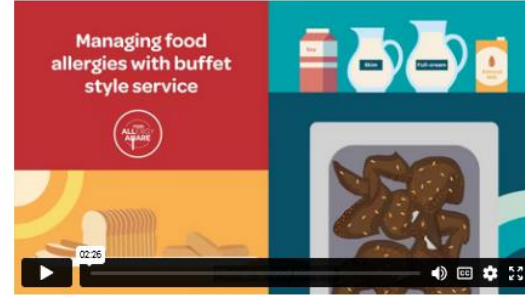
Which foods cause allergic reactions



Using a Chef Card



Managing food allergies with buffet style service



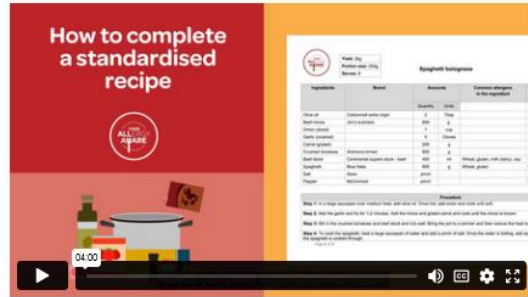
Food allergen management when storing foods



How to complete a food allergen menu matrix



How to complete a standardised recipe



Food allergen management in the kitchen



Managing cross contamination of food allergens



Using tea towels



Wearing gloves





# New animations!

What are Precautionary Allergen Labelling (PAL) statements?



Choosing products with Precautionary Allergen Labelling (PAL) statements



[www.foodallergytraining.org.au/resources](http://www.foodallergytraining.org.au/resources)

www.foodallergyaware.org.au



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Managing food allergies.  
It's everyone's responsibility







**All about Allergens**  
authorised officer resource hub



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# Resources for Authorised Officers

For authorised officers to improve food allergy management in food services and food manufacturing.



Order free bookmarks to give to food service establishments

Free posters also available

Ordered through A&AA shop (free postage)

<https://allergyfacts.org.au/shop/nasr>

**All About Allergens**  
training for food service

**Managing food allergies is everyone's responsibility.**

All about Allergens online training provides access to food service training that is fast, easy and free.

To provide training appropriate for the different food service sectors, All about Allergens courses have been developed for people working in general food service, hospitals and other care facilities, camp venues, schools and children's education and care.

[foodallergytraining.org.au](https://foodallergytraining.org.au)

**All about Allergens Resource hub**

The All about Allergens Resource hub supports food businesses and those working in food service, with the tools they need to adopt best practice procedures for managing food allergies in their workplace.

The hub provides sample policies, checklists, audit tools and menu planning tools including templates that can be adapted.

[foodallergytraining.org.au/resources](https://foodallergytraining.org.au/resources)

A food allergy education project supported by

national allergy council | ASCIA

This project received funding from the Australian Government Department of Health



# Making it All about Allergens...

- National requirement for FSS
- Current accredited food safety courses have limited food allergen management training
- All about Allergens online training is:
  - Free of charge
  - Nationally standardised
  - Current best-practice
- Food allergen management training should be undertaken by FSS... let's make it All about Allergens

## People

- NAC Staff – Ingrid Roche, Heather Roberts, Jillian Head
- Project co-leads – Sally Voukelatos, Vicki McWilliam
- NAC food service project working group
- Stakeholders



Thank you!

## Funding

- Australian Government Department of Health

## Further information

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