

## **Medical Diet Safeguarding Guidelines.**

These guidelines explain in which circumstances Elixir UK's education catering businesses, Taylor Shaw and Edwards & Blake can cater for children who require a medical diet. Our procedures are in place to prioritise the safeguarding of pupils with a medical diet need ensuring they are able to enjoy a school lunch that is safe and appropriate for their needs.

### **EpiPen or Equivalent in the management of Allergies.**

Under EU law, food manufacturers and suppliers are only legally required to provide information on the \*EU top 14 allergens in their products. Any foods that fall outside of these 14 allergens may not be fully listed in a product's ingredient list. For this reason, to safeguard children, we are regrettably unable to cater for any child that has been prescribed an EpiPen or equivalent for a food allergy outside of the EU top 14 Allergens.

*\*EU Top 14 Allergens: Gluten, Milk, Egg, Fish, Nut, Peanut, Soya, Crustacean, Mollusc, Celery, Mustard, Sesame, Sulphites, Lupin.*

### **Exclusion List**

Whilst our aim is to cater for as many children with a medical diet need as possible, there are certain foods or ingredients that are widely spread across our menu. It is not always possible to reasonably remove these items from a menu and/or controlling the risk of cross contamination of these ingredients is not possible within a school kitchen environment.

Please find our exclusion list is provided overleaf. If your child is allergic or intolerant to any of the items on this list, we are unable to safely cater for your child.

### **Multiple Allergies**

Due to the increasing incidence of multiple allergies and increasing complexity of medical diet requests we can cater for no more than a combination of two specified food allergies/intolerances plus one or any of the following: tree nut, peanut or shellfish

### **Fruit only allergies**

We will cater for any number and combination of fruit allergies if in isolation of other requirements.

These guidelines ensure we can cater for the majority of children that have a medical diet requirement but importantly safeguard those most at risk.

Please be aware our education kitchens use a high number of allergens daily and whilst all our kitchen staff are trained to manage the risk of cross contamination, due to the nature of our kitchens, we are not able to guarantee meals will be completely free of any allergen. Taylor Shaw and Edwards & Blake are education catering businesses and are not specialist medical food providers.

If you feel your child's medical diet requirements are too high risk to be catered for by an education caterer, please provide alternative meal arrangements.

## Exclusion list for medical diets

The following diets cannot be safely catered for in a school environment

- Onion
- Garlic
- Tomato (with the exception of raw tomato)
- Potato
- Fructose
- E-numbers and additives (with the exception of artificial colours, please note that we do not knowingly use ingredients containing undesirable additives)
- Herbs
- Spices
- 'Seeds' - unless the type of seed is specified
- Salicylates
- Low FODMAP
- Citric Acid
- Benzoates and cinnamon
- Legumes- unless the variety is specified
- Yeast
- Derivatives of corn i.e. Dextrose, Maltodextrin
- Derivatives of Bean i.e. Guar Gum