

Food Allergies & Intolerances: Competent Staff = Safe Customers

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Objectives

- Review standard operating procedure for kitchen safety.
- Identify how foods become unsafe and how to prevent cross contact throughout the flow of food.
- Identify the difference between a food intolerance and food allergy.
- Recognize foods most commonly responsible for food allergies and signs and symptoms.



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CMS Regulations of Importance



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F800 FOOD AND NUTRITION SERVICES

- **The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets *his or her* daily nutritional and special dietary needs, taking into consideration the preferences of each resident.**



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F812 FOOD SAFETY REQUIREMENTS

The Facility Must:

- **§483.60(i)(1) - Procure food from sources approved or considered satisfactory by Federal, State or local authorities.**
 - (i) *This may include food items directly from local producers, subject to applicable State and local laws/regulations.*
 - (ii) **This provision does not prohibit or prevent facilities from using produce grown in facility gardens, subject to compliance with applicable safe growing and food-handling practices.**
 - (iii) **This provision does not preclude residents from consuming goods and procured by the facility.**
- **§483.60(i)(2) Store, prepare, distribute, and serve food in accordance with professional standards of food service safety;**
- The intent of this requirement is to ensure that the facility:
 - Obtains food for resident consumption from sources approved or considered satisfactory by Federal, State, local authorities; and
 - Follows proper sanitation and food handling practices to prevent the outbreak of foodborne illness. Safe food handling for the prevention of foodborne illnesses begins when food is received from the vendor and continues throughout the facility's food handling processes.



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F813 Personal Food Policy

The facility must:

- **§483.60(i)(3) Have a policy regarding use and storage of foods brought to residents by family and other visitors to ensure safe and sanitary storage, handling, and consumption.**
- The facility must have a policy regarding food brought to residents by family and other visitors. The policy must also include ensuring facility staff assists the resident in accessing and consuming the food., if the resident is not able to do so on his or her own. The facility also is responsible for storing food brought in by family or visitors in a way that is either separate or easily distinguishable from facility food.
- The facility has a responsibility to help family and visitors understand safe food handling practices. If the facility is assisting family or visitors with reheating or other preparation activities, facility must use safe food handling practices.



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F805 & F806

- Food prepared in a form designed to meet individual needs.
 - **§483.60(1)** *Food that accommodates resident allergies, intolerances, and preferences;*
 - **§483.60(2)** *Appealing options of similar nutritive value to resident who choose not to eat food that is initially served or who request a different meal choice; and*
 - **§483.60(3)** *Drinks, including water and other liquids consistent with resident needs and preferences and sufficient to maintain resident hydration.*



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Food Intolerance VS Allergens



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Food Intolerance & Food Allergy

INTOLERANCE

- Food intolerance is a food induced reaction that does not involve the immune system. They are generally uncomfortable, but rarely, fatal. You can outgrow food intolerance or develop it later in life. Lactose and Gluten (Celiac's Disease) are two of the most common food intolerances.



ALLERGY

- Food allergies occur when the **body's immune system reacts to certain proteins in food**. Food allergic reactions vary in severity from mild symptoms involving hives and lip swelling to severe, life-threatening symptoms, often called anaphylaxis, that may involve fatal respiratory problems and shock. While promising prevention and therapeutic strategies are being developed, food allergies currently cannot be cured and can only be treated with medication when exposed.

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Food Intolerances

- Absence of an enzyme needed to fully digest food
- Symptoms generally come on gradually
- No immune system reaction
- May be able to tolerate small amounts of the offending food



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Food Intolerances

- **Irritable bowel syndrome.** This chronic condition can cause cramping, constipation, and diarrhea.
- **Food poisoning.** Toxins such as bacteria in spoiled food can cause severe digestive symptoms.
- **Sensitivity to food additives.** For example, sulfites used to preserve dried fruit, canned goods and wine can trigger asthma attacks in sensitive people.
- **Recurring stress or psychological factors.** Sometimes the mere thought of a food may make you sick. The reason is not fully understood.
- **Celiac disease.** Celiac disease has some features of a true food allergy because it does involve the immune system. However, symptoms are mostly gastrointestinal, and people with celiac disease are not at risk of anaphylaxis. This chronic digestive condition is triggered by eating gluten, a protein found in wheat and other grains.



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Food Allergens

- Immune system response
- Associated with the offending protein
- Body perceives as severe threat and releases chemicals to kill the “invader”
- Chemicals released by body are the reason for the allergic reaction



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Common Symptoms: Allergic Reaction

- Itching in and around the mouth, face, or scalp
- Tightening in the throat
- Wheezing or shortness of breath
- Hives
- Swelling of the face, eyes, hands, or feet
- Gastrointestinal symptoms
- Loss of consciousness and death



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Top 9 Allergens

- Milk and Dairy Products
- Eggs and Egg Products
- Fish
- Shellfish
- Wheat – gluten
- Soy and Soy Products
- Peanuts
- Tree Nuts
- Sesame



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Milk ingredients may be contained in:

- Butter
- Casein
- Cheese
- Lactose
- Whey protein
- Milk solids
- Pudding
- Sour cream
- Yogurt



Eggs and egg products may be found in:

- Baked goods
- Ice cream
- Marshmallows
- Mayonnaise
- Nougat
- Meringue

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Fish may sometimes be found in the following:

- Caesar salad dressing
- Fish oil
- Sushi
- Worcestershire sauce

Shellfish include:


- Crab
- Crawfish
- Lobster
- Shrimp



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<p>Avoid wheat ingredients including:</p> <ul style="list-style-type: none"> • Bulgar • Couscous • Farina • Flour • Semolina • Spelt • Wheat • Durum • Starch • *Oats* 	<p>Soy may be contained in the following ingredients:</p> <ul style="list-style-type: none"> • Textured vegetable protein (TVP) • Tofu • Soy sauce • Soybeans • Edamame • Miso • Soy products (soy milk, soy cheese, soy nuts)
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<p>Peanuts can be found in:</p> <ul style="list-style-type: none"> • Chocolates • Nougats • Sauces • Toppings • Garnishes • Asian, Indian and other ethnic foods • Baked goods 	<p>Nuts can be found in pesto, candy, nougat, baked goods</p> <p>• Tree nuts include:</p> <ul style="list-style-type: none"> • Almond • Cashew • Chestnut • Macadamia • Pecan • Pine nut • Walnut
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Sesame

- April 23, 2021 Food Allergy Safety, Treatment, Education, and Research (FASTER) Act signed into law and Sesame was added to the major food allergens list
- Added in the 2022 Food Code
- January 1, 2023 – any foods manufactured after this date with sesame and sesame derivatives must identify sesame on food ingredient labels
- Approximately 0.23% of US children and adults are allergic to sesame



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Foods to avoid with Sesame

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Gomasio (sesame salt)
- Halvah
- Sesame flour
- Sesame oil*
- Sesame paste
- Sesame salt
- Sesame seed
- Sesamol
- Sesamum indicum
- Sesemolina
- Sim sim
- Tahini, Tahina, Tehina
- Til



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Sesame in Non-food items

- In non-food items, the scientific name for sesame, *Sesamum indicum*, may be on the label.
- Cosmetics (including hair care products, soaps, body oils, and creams)
- Medications
- Nutritional supplements
- Perfumes
- Pet foods



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Kitchen Procedures



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Cross Contact VS Cross Contamination



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Cross Contact

DIRECT CROSS-CONTACT

- Allergen was directly applied and then removed
- Peeling cheese off a cheeseburger to make it a hamburger
- Removing shrimp from a salad
- Not washing hands after handling shrimp before making the next salad
- Scraping peanut butter off a piece of bread and using it to make a different sandwich

INDIRECT CROSS-CONTACT

- Allergen was not directly applied
- Using the same spatula that flipped a cheeseburger to flip a hamburger
- Not washing hands after handling shrimp before making the next salad
- Wiping off – not properly cleaning a knife used to spread peanut butter before using it to spread jelly



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Kitchen Precautions

- Use utensils, cutting boards and pans that have been thoroughly washed with soap and water and sanitized
- Consider using separate utensils and dishes for making and serving safe foods
- If you are making several foods, cook the allergy-safe foods first
- Wash your hands with soap and water before touching anything else if you have handled a food allergen



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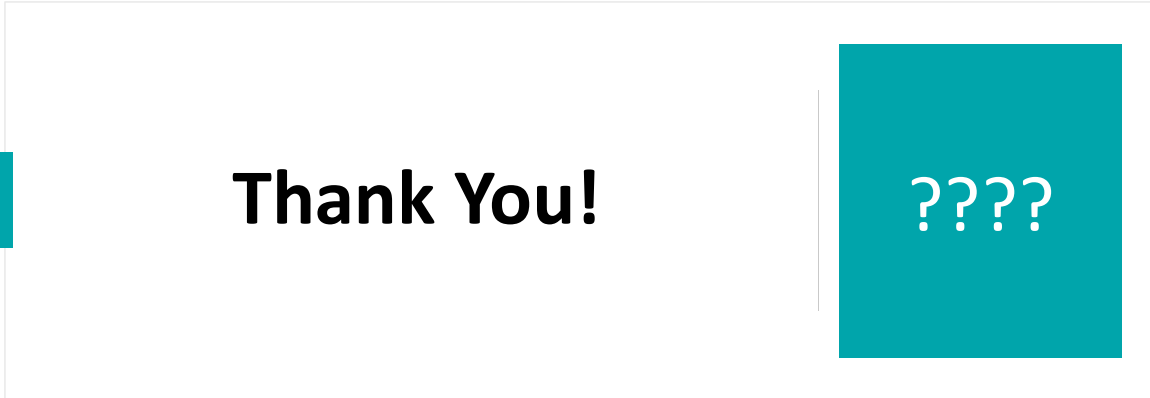
Staff Awareness

- Be able to fully describe menu items
- If you are unsure if an item is allergen free, urge the patient or resident to order something else
- Ensure that cookware and utensils used to prepare the guests' food are allergen free
- **Avoid cross contact** - Cross-contact is when the food allergen is transferred to a food meant to be allergen-free.




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Thank You!

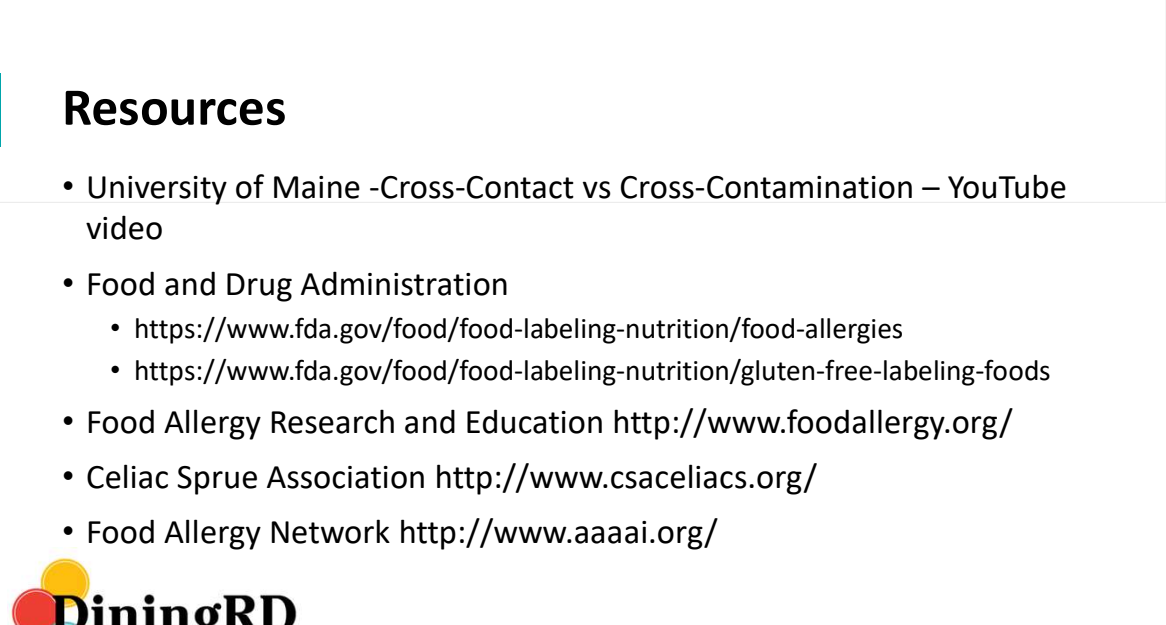
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Resources

- University of Maine -Cross-Contact vs Cross-Contamination – YouTube video
- Food and Drug Administration
 - <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>
 - <https://www.fda.gov/food/food-labeling-nutrition/gluten-free-labeling-foods>
- Food Allergy Research and Education <http://www.foodallergy.org/>
- Celiac Sprue Association <http://www.csaceliacs.org/>
- Food Allergy Network <http://www.aaaai.org/>



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