

Awareness

- ✓ Always take food allergies seriously
- ✓ Provide all staff with site-specific training and up-to-date information
- ✓ Ensure you are on top of relevant training and required skills yourself
- ✓ Create a visual register of residents with food allergies (take photos of residents and put these up in the kitchen alongside details of their allergy needs)
- ✓ Make sure all food service staff know how to recognize an allergic reaction and what to do in the event of an emergency.

Avoidance

- ✓ Keep allergens top of mind when selecting ingredients
- ✓ Design the menu to reduce the risk of allergens
- ✓ Cover allergen-free meals to avoid cross-contamination
- ✓ Check any food brought in by family is allergen-free
- ✓ Separate cleaned and sanitized cookware and utensils for cooking, preparation and serving
- ✓ Good hygiene practices: wash hands before and after handling allergens.

Action

- ✓ Have clear and consistent allergy management systems and protocols
- ✓ Identify allergens and store separately
- ✓ Keep emergency adrenaline – EpiPens – within easy access
- ✓ Talk about allergies with empathy to build social awareness and reduce stigma.