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Food allergen information

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Following the introduction of The Food Information Regulations in 2014, food businesses are responsible for providing customers with accurate information about allergens in the food that they serve.

This applies to 'loose' foods that are not pre-packed.

Allergens

There are 14 allergens that you need to be identify if they are used as ingredients.

You can provide this information in a number of ways:

- As part of the menu
- On a chalkboard
- In an information pack
- Verbally if you are confident enough to do so

We would always recommend that allergen information is written down.

The 14 allergens are:

- Celery
- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame seeds
- Soya
- Sulphur dioxide

You must also have a sign up in your food business, and/or a note to your menu, asking that your customers make you aware if they have a food allergy.

Reactions

People that suffer from a food allergy have varying reactions, some slight and some fatal.

That is why it is so important that you provide the correct information.

If you are not able to provide this information to a customer, for example if a label has been thrown away, you must inform the customer.

[Further information on food labelling can be found on the Food Standards Agency website](#)

[More information on food labelling training](#)

Foods prepacked for direct sale

From the 1 October 2021, the labelling requirements for foods classed as 'Prepacked for Direct Sale' or 'PPDS' changed.

You will first need to determine whether the foods you produce are in fact PPDS.

You are almost certainly producing PPDS food if you answer **yes** to all 3 of the following questions:

1. Is the food presented to the consumer in **packaging**?
2. Is it packaged **before** the consumer selects or orders it?
3. Is it packaged **at the same place** it is sold?

Any business that produces PPDS food are **required to apply** an appropriate label to each product.

This label must contain:

- The name of the food
- A full ingredients list, with allergenic ingredients emphasised within the list

This information must be:

- Easily accessible
- In a conspicuous place
- Easily visible
- Clearly legible and indelible
- The information must not be hidden, obscured, detracted from or interrupted by other written or pictorial matter
- All information provided about allergens must be accurate

Distance selling

Please note that PPDS sold by 'distance selling' (i.e. not face-to-face, such as via a website, social media, or by telephone) is not affected by this change in legislation.

- Businesses selling PPDS food by distance must continue to ensure that mandatory allergen information is freely available to the consumer
- Before they purchase the food - this can be in writing (e.g. on a website, catalogue or menu) or orally (e.g. by phone)
- When the food is delivered - this can be in writing (e.g. allergen stickers on the food or an enclosed copy of a menu) or orally (e.g. by phone or delivery person)

[Further information on allergen labelling changes for prepacked for direct sale \(PPDS\) food](#)

[Food Standards Agency online food safety training](#)

[Training in multiple languages can be found via Chartered Trading Standards Institute](#)

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