Knowing what is in your food

What do you need to know?

- You and your staff need to know, and be able to tell your customers what's in their food so they can make informed choices. This is especially important for people with food allergies.
- You and your staff need to know what is in the ingredients you use and food you sell, to accurately tell customers.
- There are a number of common food allergens you need to know about. These are: peanuts, crustacea, molluscs, fish, milk, egg, gluten, wheat, soy, sesame, lupin, sulphites, almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts.
- You and your staff need to know the required allergen name to describe the allergens in your food from the list above.
- Food allergies can result in life-threatening reactions that can occur within minutes of eating the food. Know which foods you sell that can cause allergic reactions.
- If you change an ingredient or supplier (e.g. change the brand of ingredient), then you will need to check the ingredients and make sure that there are no new or additional allergens.
- MPI has developed a guide to help you understand the rules on allergen declarations. Follow www.mpi.govt.nz/dmsdocument/50725-Allergen-labelling-Knowing-whats-in-your-food-and-how-to-label-it

K
Know

- There are rules in the Australia New Zealand Food Standards Code (the Code) about the types of food additives (e.g. preservatives) you can add to some foods. If you use food additives, check the Code (part 1.3) or ask your verifier for more information.
- There are composition rules in the Code that only apply to some foods you may make (e.g. sausages, meat pies etc.). Check the Code or ask your verifier for more information.

D
Do

What do you need to do?

- Check the labels of your ingredients. You must be able to understand them.
- Keep details of the ingredients you use, (e.g. record and follow your recipes) so you know what allergens and permitted food additives they contain.
- Tell your staff which foods contain any of the allergens listed in the Know. They must know how important it is that they are aware of allergies and allergens.
- Either the ☐ day-to-day manager or ☐ delegated person's name/position: _____
(tick as appropriate) must be able to talk to customers about what's in their food.
- You and your staff must check all of the ingredients in food, as well as sauces, garnishes served with, or added to food so you know which ones contain allergens.
- Check additive requirements in the Code if you use food additives (e.g. preservatives) to make your foods and make sure the food additives you use do no exceed limits in the Code.

D
Do

- Check composition requirements in the Code are met (if applicable).

S
Show

What do you need to show?

- Show your verifier how you know what is in the ingredients you use.
- Your verifier may ask staff to tell them which foods contain allergens.
- Your recipes to show how you meet additive and composition rules if they apply to you.