

Mylor Yacht Club Social Committee Allergens Policy

The following policy sets out the background and importance of recognising allergens when catering for Mylor Yacht Club (MYC) members and guests.

Please note the following policy applies to catering by the MYC Social Committee only, the management team have alternative arrangements in place for food that they serve over the bar.

Background:

MYC Social Committee cater for members and guests throughout the year. This could be a simple event such as a barbecue through to something more complex such as a three course meal. This policy applies to any catering event by the MYC Social Committee.

A food allergy is when the body's immune system reacts unusually to specific foods. The food that the body reacts to is known as the allergen. Most allergic reactions to food are mild, but some can be very serious, and in some cases fatal. The only way people can deal with a food allergy is to avoid the foods that make them ill. Members and their guests may have an allergy to any type of food, however there are only 14 allergens required to be declared as allergens by food law.

The 14 allergens are:

- Celery
- Cereals containing gluten (such as wheat, barley and oats)
- Crustaceans (such as prawns, crabs and lobsters)
- Eggs
- Fish
- Lupin
- Milk
- Molluscs (such as mussels and oysters)
- Mustard
- Peanuts
- Sesame
- Soybeans
- Sulphur-dioxide and sulphites (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)
- Tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

This also applies to additives, processing aids and any other substances which are present in the final product.

Actions:

1. All catering by MYC Social Committee will have the following statement when being advertised in the weekly newsletter, on the noticeboard, on Facebook and any other media forum. 'If you have any food allergies please contact either Pat Bartholomew

at trishyb56@aim.com or Nat Nixon at natnixon52@gmail.com before booking to discuss your allergy and the allergens that may be in the food.'

Should there be an enquiry Pat Bartholomew and/or Nat Nixon will then discuss the allergy with the team member(s) undertaking the catering. This will have one of the following results:

- Provide reassurance that it will be safe for the booking to go ahead and that the specified allergen will not be in the food
- That the team member cooking will not include in the dish the identified allergen and therefore the booking can go ahead
- That the dish will include the allergen so the booking should not go ahead
- Uncertainty, so the booking should not go ahead

Pat Bartholomew and/or Nat Nixon will respond to the enquirer with the relevant information.

Any verbal communication should be followed up by an e-mail and retained for clarity/recording purposes.

2. All members of MYC Social Committee undertaking catering for the club will attend a briefing by Nat Nixon* about allergens. This policy will be explained at the same session. Any new members to the Social Committee will undertake the briefing before they can undertake catering for MYC members and their guests. A record will be kept as to who has attended the briefing.
3. For events such as Falmouth Week Mylor Regatta Tea or barbecues when booking in advance does not take place, a notice similar to that already mounted near the bar at MYC asking that any persons with allergies to discuss before consuming food will be prominently displayed. This will be the responsibility of whoever is leading the event.

Policy Review Period:

- This policy will be reviewed 12 months after implementation and revised as appropriate.
- This policy will be revised should Pat Bartholomew or Nat Nixon leave MYC Social Committee.

Pat Bartholomew
Secretary MYC Social Committee
July 2023

* Nat Nixon attended an "Allergen Awareness Seminar" held by Cornwall CC in October 2019, which prompted her to purchase two booklets from the Council for use in MYC, " Safer Food, Better Business" and "Allergen Awareness". She subsequently took (and passed) the Food Standards Agency on-line Allergen Awareness Course, and she is also in date for the FSA Food Hygiene & Handling Course.