



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

April 2013

Issue 14 – Food Allergies



Q & A on Food Allergies

Question: What should I know about food allergies and what are my responsibilities in this area as a sporting canteen manager?

Answer: People with food allergies have an exaggerated immune response when they have contact with normally harmless foods. Common allergens (triggers) include: peanuts; tree nuts (e.g. cashews, pecans, almonds); soy; sesame; wheat; milk; egg; fish; and shellfish.

The allergic component of the food is the protein, which is otherwise harmless to a person without a food allergy. The severity of the allergic reaction depends on the individual. Possible reactions include: hives; skin redness; tingling around the mouth; swelling of the face, lips and eyes; vomiting and/or gastrointestinal discomfort; and in severe cases, anaphylaxis (see the ‘Allergies, Food Intolerances – Are they the same?’ Fact Sheet for more information).

Your responsibilities as a sporting canteen manager

It is the responsibility of parents or guardians of a child with allergies to make informed choices about which foods their child can purchase at the canteen. It is not the responsibility of the canteen manager to meet the dietary needs of all customers with food allergies. However, food retailers, including canteens, must have information available on the ingredients of the foods they sell for customers if requested. Below are some suggested strategies for being an “**Allergy Aware Sporting Canteen**” and providing support for customers:

- Take customer food allergy questions seriously.
- When a customer informs you that they have a food allergy refer the customer to the manager or person in charge of the canteen.
- Listen to customers’ concerns and requests. You may have to provide them with some information, such as food labels or lists of ingredients found on food and beverage packets, so they can make an informed choice.
- Mostly importantly, always let the customer make their own informed choice.

Anaphylaxis Australia has a free poster that can be downloaded to showcase your canteen as being allergy aware. For more information, please visit www.allergyfacts.org.au.

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Nutrition Advisory & Support Service

The friendly team at Nutrition Australia ACT are just a phone call or email away if you need a helping hand to make **GREEN** changes at your canteen, or help to confidently categorise a product against the “Traffic Light” guidelines. We would love to hear any comments, questions or feedback you have to help us help you. We will do our best to answer questions in the Q & A Section in future issues of *Healthy Food@Sport* newsletters.

Contact us at:
(02) 6162 2583 or
Email:
act@nutritionaustralia.org

Please refer to the ‘Food Allergies, Food Intolerances – Are they the same?’ Fact Sheet for further information on food allergies (including Anaphylaxis) and intolerances, as well as a recipe for Mexican Salsa.



Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on 6207 1696 or grant.voysey@act.gov.au

Product of the Month - PopCorners



Ask and you shall receive! Nutrition Australia ACT has sourced a corn chip that meets the National Healthy School Canteen Guidelines, which are used by Healthy Food@Sport project!

PopCorners corn chips are classified as **AMBER** and are available in most supermarkets. These delicious gluten free corn chips are great for making nachos, using the Mexican Salsa recipe featured in this month’s factsheet.

Also, Sea Salt flavour PopCorners have no preservatives or additives, therefore may be a great alternative for those who have allergies.

Products have been selected on nutritional merit only.

Changes to the ACT Food Act 2001

Are you aware of the changes made to the ACT *Food Act 2001*? With changes coming into effect on 1 September 2013, it is important that your canteen understands its obligations.

Sport and Recreation Services, in conjunction with the Health Protection Service, ACT Health, will be conducting an information session for sporting club canteen staff and committee members to update you on the Act changes and how they may impact on your canteen/club. The changes may require sporting club canteens to nominate a trained Food Safety Supervisor.

Further information on this information session will be emailed to you once a date and venue have been confirmed. It is anticipated that the information session will take place in mid-to-late May 2013.

For more info on the *Food Act 2001*, please visit the [ACT Health Website](http://www.health.act.gov.au).

Expression of Interest for Food Safety Supervisor Course

Nutrition Australia ACT is pleased to offer a Food Safety Supervisor Course, which covers workplace hygiene and food safety procedures.

This course is highly recommended for canteen supervisors/managers and, from 1 September 2013, will be required training if your canteen is a registered food business.

For clubs participating in the Healthy Food@Sport project, you may be eligible for a subsidised place at this training. Please contact Grant Voysey, Healthy Food@Sport Project Officer on 6207 1696 or email grant.voysey@act.gov.au for more information.

For further information about the Food Safety Supervisor Course, please contact Nutrition Australia ACT on (02) 6162 2583 or email: act@nutritionaustralia.org.

To access the range of newsletters and fact sheets in this series please visit:

www.health.act.gov.au