Welcome to the Spring Edition of the Limestone Coast Food Safety Newsletter. This edition marks the third collaboration between the Limestone Coast Councils.

IN FOCUS THIS EDITION: FOOD ALLERGIES

- Fast Facts
- Food Labelling
- The reality of dining away from home
- I'm Allergy Aware
- Anaphylaxis Explained
- Allergy v Intolerance

Fast Facts

Allergy and immune diseases are among the fastest growing chronic conditions in Australia.

In Australia, food allergy is estimated to affect:
- 1-2% of adults
- 4-8% of children under 5 years of age

Recent Australian data indicates that 10% of children aged under one year have a proven food allergy.

EMERGENCY PLAN

Have you got Food Safety Emergency Plan Ready? What do you do when there is no power outage for more than two hours?

SA Health have created a fact sheet to assist during Emergency events. We recommend a printed copy is kept onsite and forms part of your emergency plan.
Food Labelling
Labelling Standard 1.2.3
The food or substance may be present as:

- an ingredient or as an ingredient of a compound ingredient; or
- a substance used as a food additive, or an ingredient or component of such a substance; or
- a substance or food used as a processing aid, or an ingredient or component of such a substance or food.

The reality of dining away from home

- Eating away from home can pose a significant risk to people affected by food allergy
- Research suggests that close to half of fatal food allergy reactions are triggered by food consumed outside the home
- In recent years fatalities as a result of food purchased in a restaurant have been reported

Most times the trigger food was an actual ingredient in the food eaten and not a cross contaminant
Individuals with food allergy and those working in food service need to communicate more effectively in an effort to reduce risk

Be Allergy Aware

- an ingredient or as an ingredient of a compound ingredient; or
- a substance used as a food additive, or an ingredient or component of such a substance; or
- a substance or food used as a processing aid, or an ingredient or component of such a substance or food.

Know your products

- an ingredient or as an ingredient of a compound ingredient; or
- a substance used as a food additive, or an ingredient or component of such a substance; or
- a substance or food used as a processing aid, or an ingredient or component of such a substance or food.
### Anaphylaxis

#### What are the common signs?
- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty taking and/or hoarse voice
- Persistent dizziness or collapse

#### DID YOU KNOW?
- Hospital admissions for anaphylaxis have increased 5-fold in the last 20 years*
- Deaths due to anaphylaxis have increased by 7% per year for the last 7 years*
- Food allergy anaphylaxis has doubled in the last 10 years*

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<table>
<thead>
<tr>
<th>Immune System Activated by Proteins in Certain Foods</th>
<th>Does Not Involve the Immune System</th>
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<tbody>
<tr>
<td>- Hives &amp; eczema</td>
<td>Affects:</td>
</tr>
<tr>
<td>- Wheezing &amp; asthma</td>
<td>- Central Nervous System</td>
</tr>
<tr>
<td>- GI symptoms</td>
<td>- Skin</td>
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<tr>
<td>- Facial swelling</td>
<td>- Airways</td>
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#### Food Allergy
- Immune system reacts to a food protein which is usually harmless
- The immune system releases chemicals that trigger symptoms
- Allergic reactions range from mild to severe
- Anaphylaxis is the most severe form of allergic reaction & can rapidly progress to life threatening

#### Food Intolerance
- Does not involve the immune system
- Body cannot digest or process some foods

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### ALLERGY VS INTOLERANCE

<table>
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<th>Allergy</th>
<th>Intolerance</th>
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<tbody>
<tr>
<td>Predominantly babies, Infants, &amp; toddlers</td>
<td>Any age</td>
</tr>
<tr>
<td>Minutes - 24 hours usually</td>
<td>Reaction: hours-days</td>
</tr>
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**FOOD ALLERGY**
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**FOOD INTOLERANCE**
- Does not involve the immune system
- Body cannot digest or process some foods

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**Food Allergy**

**Food Intolerance**

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**Food Safety Training**

**DID YOU KNOW?**

**Immune system reacts to a food protein which is usually harmless**

**The immune system releases chemicals that trigger symptoms**

**Allergic reactions range from mild to severe**

**Anaphylaxis is the most severe form of allergic reaction & can rapidly progress to life threatening**

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**Food Allergies**

**Food Intolerance**

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**City of Mount Gambier**

**District Council of Grant**

**Wattle Range COUNCIL**