

Safe Method: Allergens

Preparation, serving and storage for allergen-safe and dietary meals

- 1 Store separately**
Keep all allergen-free and dietary foods stored apart and clearly labelled.
- 2 Dietaries first**
Always prepare and cook dietary meals first.
- 3 Wash up**
Wash and dry hands before any preparation.
- 4 Fresh PPE**
Disposable gloves and apron on — changed between tasks.
- 5 Clean kit only**
Sanitised prep area; purple allergen-box utensils only, cleaned before and after.
- 6 Label every meal**
Sticker each meal (e.g. dairy-free, gluten-free) so nothing gets mixed up.
- 7 Serve first**
Serve allergen-safe meals first, with fresh gloves and apron.

One mistake with an allergen can be life-threatening — when in doubt, stop and check.