

# PROTECTING VULNERABLE PEOPLE WITH FOOD ALLERGY – ALL ABOUT ALLERGENS FOR RESIDENTIAL CARE

## Background

- Residential care is a high-risk environment for vulnerable people with food allergies.
- Residents may be incapable of or have difficulty communicating about their food allergies and have less control in sourcing and preparing their food.
- Some residents are more mobile and involved in food preparation which may put residents with food allergies at greater risk.
- Staff preparing, serving and supervising the provision of food in these settings need practical food allergy training and best-practice safety processes to support them.

## How we developed this course

- ✓ Coordinated a working group with expertise in dietetics, nursing, food service and residential care.
- ✓ Consulted with key stakeholders on the course draft, including those working in food safety.
- ✓ Created the course on a Moodle™ online training platform to integrate photos, videos and animations.
- ✓ Considered the needs of course participants with CALD or low-literacy background.
- ✓ Incorporated an optional unit for managers and supervisors to address policy and procedures.

Checks are in place to ensure that the **right meal**, is given to the **right person**



## What participants learn in this course

**Unit 1:** Food allergy overview

**Unit 2:** Roles, responsibilities and communication

**Unit 3:** Menus and food labels

**Unit 4:** Practical management of food allergens in the kitchen

**Unit 5:** Practical management of food allergens at point of service

**Unit 6:** Managing food allergies in your organisation (optional unit for managers and supervisors)

## Who the course is for

Residential care/aged care  
Mental health and disability services  
Drug and alcohol rehabilitation  
Transitional and respite care  
Group and residential homes  
Community hospices  
Delivered meals organisations  
Correctional and detention facilities

## Conclusion

This course fills a gap in existing food allergen management training. The online training is available free of charge to optimise the accessibility and utilisation of the course.

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