

**INTERNATIONAL  
FOOD FESTIVAL  
ALLERGEN  
AWARENESS  
INFORMATION  
INFORMATION PACKET**



# Allergen Free Options for The International Food Festival

Thank you for helping out at the International Food Festival. We have put together this guide and video to help facilitate providing safe food options for students with food allergies.

## Inclusion and Accommodation Goals

Starting in 2022, we are striving to accommodate children with specific dietary restrictions in the International Food Festival. Ideally, when possible, each country will provide one or two options that will be suitable for children who must eliminate gluten, dairy, and/or eggs from their diet.

We are not asking for you to make everything allergen free. What we are asking is that you try to provide a small amount of at least one safe option.

In the past, we have offered an allergen free table. Although it is nice to have one dedicated table, it limits the students with food allergies from experiencing the whole food festival.

## Who We Are Accommodating

This training is designed to help accommodate and include students who have medical dietary restrictions and need to eliminate gluten, dairy, and/or eggs.

This training will not be focusing on accommodating anaphylactic nut/tree nut allergies. There are differences between the two groups in how ingredients are chosen and foods are prepared.

## Why Accommodate

The number of students with food allergies is small in comparison to the students who can eat anything they wish, it is important to include them in school events and activities.

Children don't choose to have food allergies; eliminating food from their diet is not by choice. If a student has a food allergy or intolerance, you can be sure it is something that has been causing pain and suffering for a long time or has caused a major health scare in the past.

As adults, it is our responsibility to accommodate them to the best of our ability and not to exclude them from food related activities and celebrations.

Food allergies are invisible disabilities. The students look fine and healthy, but the dietary restrictions impact all areas of their lives. We would not think twice about accommodating students who are in wheelchairs, on crutches or have visible physical disabilities.

Schools are for learning, BUT, food still plays a part in it; school lunches, birthday parties, celebrations, any activity that includes a snack, field trips, overnight class trips, and more.

## Disclaimer

By taking this training, we are asking you to use good judgement and common sense. Realistically, we can try our best to include every child, but occasionally there maybe a few that fall outside of what we can safely provide.

## Steps To Take

- Print this guide and watch the training video.
- Meet with your country group and plan what you will be bringing to the festival.
- Look at the recipes you have picked and see if there is one or more that exclude gluten, dairy, and/or egg ingredients.
- Choose one group member to make a small safe portion of the food following the instructions in this guide.
- On the day of the festival, bring the allergen free options in a sealed and labeled container. Also bring the ingredient packet to have on hand for reference.

### Links and Additional Resources

#### Link to the training video

<https://youtu.be/XSMG9W43N0k>

Or type **International Food Festival Allergen Awareness Training** into the YouTube search bar.

Quick links to additional resources in this packet:

[Words For Gluten](#)

[Words For Dairy](#)

[Words For Eggs](#)

[Places Where  
Gluten Hides](#)

# Guide to Preparing Allergen Free Options

## READ ALL INSTRUCTIONS BEFORE STARTING

### **1** Choose your recipe carefully.

If possible, choose one that does not contain the allergens you are eliminating. The next best choice is a recipe in which the allergen can be easily substituted with a safe ingredient.

Look carefully at the ingredient list. The words gluten and dairy will rarely be used. It is important to be familiar with the words that indicate gluten, dairy, or egg.

The more single ingredients that are listed in a recipe, the easier it is to make sure it can be safely made for someone with dietary restrictions.

Single ingredients unprocessed foods in their natural state and are generally safe. This would include ingredients such as onion, apple, chicken, chili pepper, or salt.

Some ingredients are made up of multiple ingredients; it is important to check the ingredients that the product is made out of to determine if all the ingredients are safe. Examples of this would include: baking powder, ketchup, oyster sauce, soy sauce, or mayonnaise.

### **2** Double check your ingredients

Gather your ingredients and double check to confirm **all ingredients that you will be using are allergen free**. Be sure to check all ingredients that are made from multiple ingredients (example baking powder).

Check that any ingredients you are using have not come into contact with potential allergens. For example, butter is often cut, spread onto bread and the same knife is used to cut more butter. This can add tiny crumbs into the stick of butter which would not be safe for someone who is gluten-free. This problem generally often happens with products that come in jars such as jam/jelly, peanut butter, mayonnaise.

If you are using ingredients that may have come into contact with allergens, use a new package. If the product comes in a squeeze bottle, it is generally safe to use.

### **3 Document ingredients.**

Keeping a copy of all ingredient labels is very helpful for later reference, especially for children/staff who have multiple food allergies or are anaphylactic. Save the original packaging if possible. Alternatively, take a photo of front of the package and ingredient list.

**Make an Ingredient Packet.** Print the label & ingredient photos (black and white on plain paper is fine) and place in a folder with any packaging.

### **4 Clean everything.**

Clean kitchen counters, mixing bowls, baking sheets, and all utensils. A dishwasher is an excellent way to make sure that items are clean. Anything that can fit into the dishwasher should be run through it. A cycle in the dishwasher does an excellent job of removing any allergen residue on dishes, utensils and equipment. (Obviously not everything can go into the dishwasher. For example a cast iron skillet cannot go through the dishwasher. It is best to use a different skillet or pan instead)

How well do you need to clean? Think about what you have recently prepared in the kitchen. For example, if you have been baking homemade wheat bread, you will need to clean extremely well before making gluten-free food. Don't forget things such as aprons, baking mitts, and stand mixers can be a source of contamination.

**Parchment paper** is an excellent barrier on baking pans that have baked on food that is difficult to remove.

### **5 Prepare the allergen-free food first and separately.**

Do not prepare other foods that contain allergens at the same time. This can cause accident contamination of the allergen-free food. Example, if you are baking gluten-free cookies, don't start a batch of regular cookies until the gluten-free cookies are finished and packed away.

**Pay attention to what you are doing.** Remember that all equipment and utensils that touch the food must remain allergen free. This goes for your hands too! Don't eat or touch other food while preparing an allergen-free dish.

# 6

## Store finished food in a labeled, covered container.

Only allergen free food should be in the container. For example, do not place gluten-free cookies in the same container with regular cookies.

**Label the container clearly and boldly and include a full ingredient list.** Anyone who sees the container would recognize that it contains a gluten-free food. For example, if you are making gluten-free chocolate chip cookies, include the full ingredient list from the package of chocolate chips.



Gluten Free



Dairy Free



Egg Free

# 7

## Serve directly from container with dedicated utensils.

Keep the container covered when not serving. Do not place the allergen free item on the same plate or area as regular items. Students may accidentally drop other items on the table area - be sure the allergen free child gets one that has not risk of contamination.

Be sure not to use the same tongs to serve both allergen free and regular items. Keep the tongs in a safe place away from other crumbs. Remember, even if you are wearing gloves, you can transfer crumbs from a regular item to an allergen free item.

# Finding Gluten on an Ingredient Label

There are many names for ingredients that contain gluten. Although a few include gluten, wheat, or flour in the name, most do not. It is important to be familiar with all the names so you can identify them on an ingredient list.

## Words That Indicate Gluten

All Purpose Flour	Hordeum Vulgare	Semolina
Atta	Hydrolyzed Wheat	Soba*
Barley	Instant Flour	Sooji
Barley Extract	Kamut	Soy Sauce*
Barley Malt	Maida	Spelt
Barley Water or Drink	Malt Beverages	Spices
Bleached Flour	Malt Extract & Flavoring	Spice Blend
Bolted Flour	Malt Syrup	Tabbouleh
Bran	Malt Vinegar	Textured Vegetable Protein
Bread Flour	Malted Milk	Top Flour
Brewer's Yeast	Matzo	Triticale
Bromated Flour	Milo	Udon
Beer (ale)	Modified Food Starch*	Vital Wheat Gluten
Bulgur	Natural Flavors	Wheat
Cake Flour	Oats* (see Oats lesson)	Wheat Berry
Chapati Flour	Organic Flour	Wheat Bran
Couscous (wheat pasta)	Orzo (wheat pasta)	Wheat Flour
Durum	Pastry Flour	Wheat Germ
Einkorn	Plain Flour	Wheat Germ Oil
Emmer	Rava	Wheat Meat
Enriched Flour	Roux	Wheat Protein
Farina	Rye	Wheat Starch*
Farro	Rye Extract & Flavoring	White Flour
Flour	Rye Flour	Whole Grain Flour
Fu	Seitan	Whole Meal Flour
Graham	Self-Rising Flour	Worcestershire sauce*
Hong Kong Flour		

\* unless specified gluten free

# Places To Look For Hidden Gluten

## Ingredients

**Hydrolyzed or Texturize Plant or Vegetable Protein** TVP, HVP, can come from wheat, corn or soy

**Meat Substitutes made with Seitan or Fu (wheat gluten)** such as vegetarian burgers, vegetarian sausage, imitation bacon, and imitation seafood

Note: tofu is gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried

**Modified Food Starch or Edible Starch** can come from several sources, check if unspecified

**Natural Flavor/Flavoring** can come from barley

**ShaoXing Cooking Wine** often derived from wheat

**Soy Sauce** always assumed to contain gluten

**“Spices”** This is a generic term that indicates an unspecified mix of ingredients and may contain gluten

**Starch, Modified Starch** may be from any grain, including wheat

**Soba Noodles** often includes wheat as an ingredient

**Miso** many varieties made with barley

## Pantry

**Baking Mixes** cornbread, biscuits, waffles, dumpling

**Baking Powder** some brands contain wheat flour

**Bouillon Cubes** some contain soy sauce or barley

**Brown Rice Syrup** may be processed with barley enzymes

**Compounded Asafoetida or Hing** wheat flour is commonly added to the ground resin.

**Meat Substitutes** seitan, fu are made from pure gluten

**Mustard/Mustard Powder** may contain beer or wheat

**Prepared Soup & Stews** pay special attention to cream-based soups, which have flour as a thickener. Many soups also contain barley or wheat noodles

**Prepared Soup Stock & Broths** often contain soy sauce

**Salad Dressings** may contain malt vinegar, soy sauce, and/or flour

**Seasonings** blended spices and seasoning packets may contain wheat as an ingredient or from cross contamination

## Packaged

**Breakfast Cereals & Granolas** many contain wheat, barley or oats

**Candy and Candy Bars** especially licorice candy, Maltesers, Twix, and any candy that has a cookie or ‘crispy’ center

**Energy Bars** some bars may contain wheat as an ingredient, and most use oats that are not gluten-free

**Packaged Snacks** may contain wheat or barley as an ingredient

**Potato Chips/Crisps** some potato chip seasonings may contain malt vinegar or wheat starch

**Seasoned Nuts** often contains wheat

## Prepared

**Breaded Meats or Vegetables** chicken nuggets, tempura French Fries (Chips) & Potato Products be careful of coating, seasoning or ingredients containing wheat flour

**Imitation Foods** bacon, crab, seafood or “krab”

**Multi-grain or “artisan” tortilla chips or tortillas** if not entirely corn-based may contain a wheat-based ingredient

**Packaged Sushi** some sushi vinegars are derived from wheat. Not all filling ingredients are listed on package.

**Prepared Meats** check to see if breaded, floured, injected or marinated, example: meatballs, sausage, deli meat.



# Finding Dairy on an Ingredient Label

There are many names for ingredients that contain dairy. Although some contain the words milk or butter in the name, many do not. It is important to be familiar with all the names so you can identify them on an ingredient list.

Acidophilus Milk	Delactosed Whey	Magnesium Caseinate	Sodium Caseinate
Ammonium Caseinate	Demineralized Whey	Malted Milk	Sour Cream
Butter	Dry Milk Powder	Milk	Sour Milk Solids
Butter Esters	Dry Milk Solids	Milk Derivative	Sweetened Condensed Milk
Butter Fat	Evaporated Milk	Milk Fat	Sweet Whey
Butter Oil	Ghee	Milk Powder	Whey
Butter Solids	Goat Cheese	Milk Protein	Whey Powder
Buttermilk	Goat Milk	Milk Solids	Whey Protein Concentrate
Buttermilk Powder	Half & Half	Natural Butter Flavor	Whey Protein Hydrolysate
Calcium Caseinate	Hydrolyzed Casein	Nonfat Milk	Whipped Cream
Casein	Hydrolyzed Milk Protein	Nougat	Whipped Topping
Caseinate (in general)	Iron Caseinate	Paneer	Whole Milk
Cheese (All animal-based)	Lactalbumin	Potassium Caseinate	Yogurt
Condensed Milk	Lactoferrin	Recaldent	Zinc Caseinate
Cottage Cheese	Lactoglobulin	Rennet Casein	
Cream	Lactose	Sheep Milk	
Curds	Lactulose	Sheep Milk Cheese	
	Low-Fat Milk	Skim Milk	

## Potentially Dairy Ingredients

*Artificial or Natural Flavors/Flavoring* – These are vague ingredients, which may be derived from a dairy source. A few of particular concern are butter, coconut cream, and egg flavors.

*Cultured Dextrose* – To make this food preservative, dextrose is fermented. Dextrose is a simple sugar that's usually derived from corn. The bacteria used to culture, or ferment, the dextrose *can* be derived from dairy. But some manufacturers of cultured dextrose no longer use a dairy medium. If the bacteria used is derived from dairy, it would need to be clearly declared as "milk" on the label.

*Fat Replacers* – Brands such as Dairy-Lo® and Simplese® are made with milk protein.

*Galactose* – This is often a lactose byproduct, but it can also be derived from sugar beets and other gums.

*High Protein or Protein* – Ingredients noted with no further details may be derived from milk proteins (casein or whey). This is particularly true in "High Energy" foods.

*Hydrolyzed Vegetable Protein* – The processing phase may use casein, but only trace amounts would likely remain.

*Lactic Acid Starter Culture* – These cultures may be prepared by using milk as an initial growth medium.

*Lactobacillus* – This term is noted often as a probiotic. It is in fact bacteria, not a food byproduct, and is named as such for its ability to convert lactose and other simple sugars to lactic acid. Though often utilized in milk products to create lactic acid, on its own, this ingredient is not always a concern. However, in some cases it may have been cultured or produced on dairy, and thus have the potential to contain trace amounts.

*Margarine* – Milk proteins are in most brands, though not all.

*Nisin Preparation* – This is a preservative that is often made using milk.

*Prebiotics* – A newcomer on the digestive health scene, these are indigestible carbohydrates. They are quite different from probiotics, which are living microorganisms. Prebiotics, such as galacto-oligosaccharides, lactosucrose, lactulose and lactitol may be derived from milk-based foods.

*Tagatose* – This alternative sweetener is often derived from the lactose in dairy products. It can, however, be derived from tropical date trees.

# Finding Eggs on an Ingredient Label

There are a few additional names that indicate an egg based ingredient. It is important to be familiar with all the names so you can identify them on an ingredient list.

Albumin (also spelled albumen)	Meringue (meringue powder)
Apovitellin	Ovalbumin
Avidin globulin	Ovomucoid
Egg (dried, powdered, solids, white, yolk)	Ovomucin
Eggnog	Ovovitellin
Lysozyme	Surimi
Mayonnaise	Vitellin

## Eggs are sometimes found in the following items

Baked goods (although some people can tolerate these foods—consult with your allergist)

Breakfast foods (e.g. pancakes, waffles)

Breads (may be coated with an egg wash)

Cake decorations or fillings (e.g. buttercream, frosting, mousse)

Chips

Crackers

Egg substitutes

Hollandaise

Ice cream, custard, sorbet

Lecithin

Marzipan

Marshmallows

Nougat

Pasta: Most commercially made cooked pastas (including those in prepared foods such as soup) contain egg. Boxed, dry pastas are usually egg-free. But these types of pasta may be processed on equipment that is also used for egg-containing products. Fresh pasta is sometimes egg-free, too. Read the label or ask about ingredients before eating any pasta.

Pretzels (sometimes covered in egg wash before they are dipped in salt)

Salad dressings

Soufflé

Specialty coffee drinks and bar drinks (eggs can be used in the foam or topping)

Tortillas

## Frequently Asked Questions

### **Do all the ingredients I use need to be certified gluten-free (or dairy free, egg free)?**

No. Many ingredients are naturally safe. For example all fruits and vegetables are naturally gluten, dairy, and egg free.

Products that contain multiple ingredients or are commonly produced near other allergens should have a certification label. For example, non-dairy creamer should be labeled dairy free. Gluten-free flour cookies should be labeled gluten-free.

The ingredient pack you bring with the food will have all the information needed for the student (or parent/guardian) needs to make an informed decision.

### **What about children who have food allergy other than GF, DF, or EF?**

We are starting with the top three most common medically required dietary restrictions that we are most familiar with.

### **What about vegetarian/vegan students?**

There are typically many vegetarian and vegan options. It would be great to have a few other adults to work along side with us and help label those foods options too.

### **What about nut-free students?**

The school's nut policy asks us to avoid bringing in foods that contain peanuts, tree nuts, and sesame.

If you would like help provide nut-free training for teachers and parents, please contact us.

### **How do I know if a student has a food allergy?**

All primary school students should be wearing a name tag with their dietary restriction information on it. The middle school, high school, and staff members will ask if you have any options for them.

### **Are these allergies life threatening?**

We have all heard horror stories about someone having an anaphylactic reaction to a bite of food. Yes, these things happen and I am not going to diminish the importance of safe preparation and ingredient labeling. These terrible events are usually the result of gross negligence.

With proper preparation, labeling, and communication, allergen free food is generally very safe. People with anaphylactic food allergies are very cautious, ask specific question, and take very few risks.

As a general rule of thumb, for most people, gluten does not cause anaphylaxis. Gluten ingestion generally causes gastric upset and unpleasant symptoms. In people with celiac disease, gluten ingestion also causes an immune response that may be similar to having the flu.

## A Few Additional Thoughts

**Do not be offended if a child is skeptical, questions, or declines your food.**

Children and their parents have a high anxiety level when it comes to food. Children will often defer to parents or teacher. They know from experience that food can be dangerous.

In this big picture, this is a very good and adaptive behavior that keeps them from getting sick (or worse). We live in a societal culture where 'food is love'. To turn down food appears offensive, rude, and disrespectful.

Take a deep breath and put yourself in their place for a moment. Imagine how you would feel if you were being encouraged to eat a food that you knew could be potentially poisonous.

You will need to gain their trust. This is best done by communicating clearly with the students teacher and parents, demonstrating your knowledge of how to safely prepare food to accommodate them, and being able to answer ingredient and preparation questions.

**Sometimes kids just don't like something.** Let's say you have made gluten-free banana bread and the celiac child in the class says 'no thank you'. It is possible that they just don't like bananas. Allergen free or not, it still has yucky bananas in it. Just like everyone else, kids with food allergies have preferences too!

## Final Notes

Thank you for taking the time to learn about how to accomodate and include children with dietary restrictions. We appreciate your effort and empathy.

If you have questions or comments, you can email them to:

**[Karen@InternationalGlutenFree.com](mailto:Karen@InternationalGlutenFree.com)**

The information packet and video were created by parents of UWC students. It is our goal that children with food allergies are able to participate as much as possible in food related school events and celebrations.

## Disclaimer

This information and training does not guarentee safe food. It is produced with the assumption that all parties will take proper precautions, source safe ingredients, prepare without cross contamination, and communicate clearly.