

ACCREDITATION FOR THE EDUCATION SECTOR

Reassuring students who must follow a gluten free diet





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SECTION I - COELIAC DISEASE AND THE GLUTEN FREE DIET

Coeliac disease (pronounced see-liac) is a serious illness where the body's immune system reacts to gluten found in food and attacks the gut. This is known as an autoimmune disease. Dermatitis herpetiformis is the skin manifestation of coeliac disease. There is no cure; this is a lifelong condition for which the only treatment is a strict gluten free diet. Coeliac disease is not an allergy or intolerance. People with coeliac disease aren't faddy eaters – the gluten free diet is their treatment.

If someone with coeliac disease repeatedly eats gluten or their condition goes untreated, they will be damaging their gut and putting themselves at risk of complications including osteoporosis, nutritional deficiencies and even some rare forms of small bowel cancer.

Coeliac disease is common and affects one in 100 people. However only 36% who have the condition have been diagnosed which means there are currently nearly half a million people who have coeliac disease but don't yet know.

Gluten is found in wheat, rye and barley and some people also react to a similar protein found in oats. You can find gluten in obvious sources such as cake, bread, pasta and biscuits, but also in less obvious items such as soy sauce, stock, gravy and sausages. It is very often used as a thickener in sauces but you can make easy adjustments to recipes and find alternatives to wheat.

What happens if someone with coeliac disease accidentally eats gluten?

Coeliac disease is not an allergy and does not cause anaphylactic shock. The response will vary from person to person but usually, being 'glutened' can cause bloating, diarrhoea, vomiting, stomach pains and lethargy which can last several days.

If you want to know more about coeliac disease please visit our website at www.coeliac.org.uk/whatiscoeliacdisease



SECTION 2 - THE GLUTEN FREE MARKET

The gluten free market is growing in sophistication. As more people are diagnosed with coeliac disease and dermatitis herpetiformis, demand for quality foods and services is increasing. Working with Coeliac UK will help you understand the needs of the gluten free community and put you in touch with around 50% of the diagnosed population.

Eating away from home is perhaps the biggest challenge facing people with coeliac disease today. Increasingly, in every aspect of life, people

eat and drink on the go. Unfortunately, in the current food service sector, the supply of gluten free foods is not keeping up with the increasing demand.

The UK Free From market was valued at £1098 million in 2020 and is forecast to grow to £1581 million by 2025². The rapid growth in the sector reflects not only those who are managing their gluten free diet at home, but those who want to eat out too.

“I only eat at specialist GF or accredited places. Many other places state they can provide GF options but when you ask them further questions they usually demonstrate a total lack of understanding regarding the foods that contain gluten and cross contamination issues.”

Coeliac UK member¹

The hospitality industry is missing out on an estimated £100 million worth of gluten free business a year.

64%

64% of respondents reported that it was difficult or very difficult to find a gluten free meal in education settings¹



The education sector has the opportunity to attract students with coeliac disease that follow a gluten free diet, or those who choose to follow a gluten free diet for other reasons. University campus restaurants may also benefit by attracting the business of their friends as well.

Being able to trust an educational establishment who say they can cater gluten free is of huge importance to students who potentially want to study there and also for parents who need reassurance that their child will be adequately catered for whilst being away from home.

Accrediting your educational establishments with the Coeliac UK GF accreditation catering symbol will reassure them both that your food meets the necessary standards and that they can be confident eating at any of your catering venues.

University campuses are now popular venues for conferences and events and GF accreditation provides another differentiator in attracting customers to your location.



SECTION 3 - THE LAW ON GLUTEN FREE

You may already be labelling your dishes gluten free, or maybe you are working towards this, but you need to have an understanding of the law to make sure you are compliant.

Regulation (EU) No 828/2014 covers the labelling of gluten free food. The law places conditions on the use of the term 'gluten free' and this applies to the catering industry as well as pre-packaged food.

The term covered by the law

Gluten free - applies only to food which has 20 parts per million (ppm) or less of gluten.

In addition to gluten free you may also accompany this with the statements 'suitable for people intolerant to gluten' or 'suitable for coeliacs.' These can only be used alongside the term 'gluten free.'

If you are labelling gluten free, you need to ensure your dishes contain 20 ppm of gluten or less.

The law does not specify how to achieve the standard set out for gluten free. But by working with Coeliac UK, and the advice provided by Trading Standards and the Food Standards Agency, we can help you decide the best approach for your business.

Providing allergen information

Since December 2014, caterers must provide allergen information for all meals served. Read more about labelling requirements and changes to allergen labelling legislation on our website:

www.coeliac.org.uk/glutenfreeandthelaw

Guidance for caterers

Our latest guidance 'Catering gluten free: how to get it right' was produced in collaboration with the Food Standards Agency with food service personnel in mind. This document provides guidance to help you safely prepare gluten free meals, minimising the risk of contamination with gluten at all stages of the food preparation process. Download a free copy from our website:

www.coeliac.org.uk/form/gluten-freeevolution-guidance-form





“You will be in the best position to assess if and how you can use gluten related claims in your business. You can best serve your customers by ensuring these claims are based on good evidence. By working with people such as Trading Standards and Coeliac UK you can help potentially grow your customer base and give people with coeliac disease a better choice when eating out.”

David Pickering, Trading Standards Institute

SECTION 4 - GF ACCREDITATION

The benefits of GF accreditation are:

- Guidance on getting gluten free catering right
- Navigate the law on gluten free
- Assess your processes for providing gluten free meals
- Peace of mind for students and parents that menu options are safe and they can rely on your gluten free offering
- Use of GF trademarked symbol on your menus, website and other marketing materials
- Free access to our online training course for key employees
- Announcement of your accreditation to over 65,000 people in our Live Well Gluten Free magazine and through our social media channels reaching over 150,000 followers as well as in our e-newsletters
- Inclusion of all your venues in our our online Venue Guide which get a priority listing
- Inclusion of your venue on our Live Well Gluten Free mobile app
- Listing on our website with links to your website

Criteria for accreditation

- An annual unannounced Coeliac UK audit of an agreed proportion of your venue(s) covering the requirements of the GF Standard
- Your venue(s) must meet all conditions specified in the GF Standard and sign a declaration to that effect
- One relevant member of staff must complete our dedicated online Gluten Free Academy course for caterers in the education sector included as part of the accreditation fee
- Your venue(s) must annotate all menus with GF symbols as appropriate or have a separate GF menu



Coeliac UK's GF accreditation window sticker



APPLYING FOR GF ACCREDITATION

Coeliac UK GF accreditation runs for a full calendar year and is renewed annually. We provide onboarding support throughout the application process ensuring you know what stage you have reached.

Accreditation fee

There is an annual fee for being part of the scheme with the accreditation fee priced on application.

Please contact the Commercial team at: catering@coeliac.org.uk or by filling in the online form [here](#) for further information.



Four out of five people said the Coeliac UK GF symbol automatically tells them that it's safe to eat at the venue.³

GLUTEN FREE ACCREDITATION

The rigorous process to ensure brands adhere to best practice for safe gluten free catering



STEP 1

Organisation completes an application form. This includes a kitchen safety checklist



STEP 2

Application reviewed and quote generated



STEP 3

Quote accepted, contract issued and signed



STEP 4

Pre audit review and consultation with the Coeliac UK Food Policy experts



STEP 5

Audit takes place with a Coeliac UK approved audit partner



STEP 6

Audit completed and accreditation certificate issued

The kitchen checklist covers 7 key areas:

- Company processes
- Training & knowledge
- Communication
- Supply chain controls
- Storage
- Preparation & cooking
- Cleaning & hygiene

Hazard analysis and critical control points

Staff training

Communication

Supply chain controls

Goods in & storage

Preparation & cooking

Good hygiene practices

Quality assurance

Management commitment

The audit process

References

1. Coeliac UK Eating Out Survey 2018 (n=5268)
2. Free From Food UK - Mintel Feb 2021
3. Coeliac UK, Eating Gluten free 2014 (n=5304 Coeliac UK Members)

KEEP IN TOUCH

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