

GLUTEN-FREE FOOD IN THE HACCP CONCEPT

Definition, procedure & application examples

Adding gluten-free food to your offer holds a great potential. You can reach out for an additional target group and offer many new delicious dishes. However, when starting to offer gluten-free dishes, some basic hygiene rules have to change in your business. What these rules consist of and how you have to adapt your internal processes for this purpose is described in your business's own HACCP concept. Since every business is different, this concept must be developed individually.

DEFINITION

HACCP stands for "Hazard Analysis and Critical Control Points". It is based on a hazard analysis in which all processes of a company are analysed. Originally developed by NASA for safe space food, it became mandatory for all food processing companies in the European Union in 2006. The procedure for introducing and re-evaluating a HACCP concept is always the same. Seven steps or principles must be observed:

- ✓ 1. Conduct a hazard analysis.
- ✓ 2. Identify the critical control points.
- ✓ 3. Establish critical limits.
- ✓ 4. Implement a monitoring system.
- ✓ 5. Establish corrective procedures in case of deviations.
- ✓ 6. Implement evaluation measures.
- ✓ 7. Keep records.

The advantages of a uniform system are obvious. There is a clear structure to identify and avoid food-related risks.

Only by combining all measures can a HACCP concept be fully effective. Since in a business a HACCP concept is usually already in place, it only needs to be complemented with the new requirements by gluten-free products. If there are any doubts in this process, the local coeliac societies, special consultancies and Schär Foodservice, where all HACCP rules are always observed, can provide support.

References:

- 1) Biesiekierski JR. What is gluten?. J Gastroenterol Hepatol. 2017;32 Suppl 1:78-81. doi:10.1111/jgh.13703
- 2) Shewry P. (2019). What Is Gluten-Why Is It Special?. Frontiers in nutrition, 6, 101. <https://doi.org/10.3389/fnut.2019.00101>

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