

SESAME - THE 9TH MAJOR ALLERGEN

AllerSTAR™
Staff Training for Allergy Review



Sesame joins the Major 9 Allergens

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OBJECTIVE

Participants will learn about sesame as the 9th Major allergen in the US as well as how to identify products which contain sesame.

STUDENT WILL LEARN

New labeling may show that many foods used all along actually do contain sesame. Sesame is a common and dangerous allergen, with severe reactions common among children. Many cultural foods contain sesame products.

MATERIALS

Loaves of bread used in operation with their labels. Look for sesame burger buns that list sesame as an allergen to demonstrate to your group.

Other products in your operation that contain sesame: tahini, everything bagel seasoning, hummus, Asian sauces or salad dressings, seasoning for sushi rice, etc.

STEP 1 READ SCRIPT WORD-FOR-WORD

Sesame is the fastest growing allergy in the United States, affecting 1.5 million people. It's common among children and can cause severe reactions. About 50% of people with allergic reactions to sesame require medical attention. In addition to being found in many foods, sesame is often in cosmetics and lotions.

The FASTER act in 2020 added sesame as the 9th major allergen, and mandated that sesame be labeled in the same way as other allergens by this January 1st 2023. Food allergy families really pushed for sesame to be included on the label because sesame was previously hard to spot, when included with "natural flavors" or seasonings." Sesame is very flavorful, so is often included as a natural flavor in bread and other products.

Common products and cuisines that contain sesame include:

- Middle Eastern foods including hummus, tahini, and halvah (sesame candy)
- Chinese foods including marinades, stir-fry sauces, salad dressings, and sesame brittle candy. Sesame noodles, and sesame chicken are examples. Sesame oil and seeds are very common ingredients.
- Japanese cuisine contains many sesame flavors, from sesame oil in sushi rice, to seasonings called "goma" made from white, black, or golden sesame seeds. Look for sesame in dressings and desserts as well. Furikake is a common Japanese seasoning including seaweed, fish, and sesame seeds.

Many other cuisines, such as Indian food, Greek food, Puerto Rican food, and others depend on sesame flavors in sweet and savory dishes.

Other names for sesame include benne, gingilly, and til. Just as with the other major allergens, the plain word "sesame" must now be included on the label so that it stands out from other ingredients. Take a look when you're in the market, and see which of your foods have contained sesame all along.

Let's get ready for more questions about sesame from our customers, and let's be knowledgeable about which of our ingredients and recipes contain sesame, or at risk of cross-contact with sesame.

STEP 2 TRAINING REVIEW

1. **Why was it previously hard for consumers to know whether some products contained sesame?**
Because sometimes it was hiding as natural flavors or seasoning.
2. **Will sesame labeling be perfect right away?**
We hope so, and that's the law, but some manufacturers may make mistakes in their labeling.

STEP 3 FLIP OVER PACKET AND HAVE STAFF SIGN TRAINING RECORD

FOR MORE INFO:

<https://www.foodallergyawareness.org/food-allergy-and-anaphylaxis/food-allergens/sesame/>

<https://foodandnutrition.org/from-the-magazine/sesame-becomes-the-ninth-major-allergen-in-the-u-s/>

After the staff member has answered both questions correctly in Step 2, please sign training record.

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Manager _____

Location _____

Date _____

“By signing my name, I pledge that I have read and understand the training material provided. I will do my best to follow the guidelines to keep my customers safe with allergen-free meals.”

Employee Name (printed)

Employee Signature

FOR MORE INFORMATION

<https://www.foodallergyawareness.org/food-allergy-and-anaphylaxis/food-allergens/sesame/>
<https://www.fda.gov/food/food-labeling-nutrition/gluten-free-labeling-foods>