



## November Newsletter, 2010

Welcome to the November AllergyTrain newsletter.

The year is almost over and Christmas upon us. It's a busy time of year, but don't leave it too late to order your Christmas goodies or you may miss out. We are getting new stock in regularly and many of the products make great Chrissy treats or presents.

*To help you celebrate the festive season and get into the spirit we are running a competition.*

### Win a Christmas Hamper

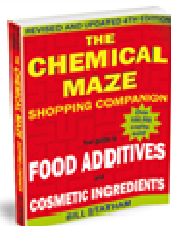
All orders over \$50, received between 1<sup>st</sup> Nov and 12 Dec will go into a draw to win a Christmas Hamper to value of \$100. The best part is, you get to choose your own goodies.

### Some of our great new products you might like to include are:

**Vitarium Crumpet Mix** – Easy to make, these are delicious, just like real crumpets and you can use any type of milk that you tolerate.

**Gluten Free Playdough** – We met Aroma Play at the gluten free show and they are making us some scent free, gluten free playdough. Due end of first week in December.

**Chemical Maze Book** – A great pocket size book to help you make sense of all the chemicals found in foods, cleaning and personal care products.



### Hopper Festive 100's and 1000's

- Decorate your Christmas treats with **Hopper Festive 100s and 1000's** or any of the other great products in the festive range.



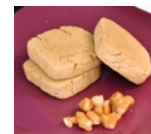
- White - New Hopper white 100's and 1000's** an alternative to the white sprinkles. Great for Christmas winter decorations. Eg Gingerbread house.



- Hopper Chocolate Sprinkles**



- Dairy Free Bikkie Dough** – They make it, you bake it. A great option for unexpected visitors or when you need a treat in a hurry.



And then there's always our regular favourites of colour free fairy floss, honeycombe, musk sticks, lollipops and pear drops.

Don't forget that many suppliers and manufacturers close over Christmas so make sure you stock up on your essential items in the coming weeks.

## Other News

### More Changes to our Shipping Costs

We have now added two new shipping prices for people ordering small quantities.

- Australia wide parcels under 1kg - will cost \$7.

For example you might choose this option if buying a few Hopper Colours.

- Australia wide parcels that will fit in a 3kg A3 Satchel will cost \$12.

For example you may choose this option if purchasing only an Elimination Diet Handbook or to do a top up order.

Please note: If your order contains products with breakable items, we will try to ensure their safety, however cannot guarantee its safety in a satchel. If we do not believe it is safe or that your goods do not actually fit in the satchel then we will contact you to ask for an additional shipping payment

## ALLERGEN LABELLING

People often get confused about food allergen labelling. Many do not realise that in the past four to five years the labelling law has changed and manufacturers are now required to declare the presence of the 8 major allergens in their products, however small the amount. These are dairy, soy, egg, peanuts, tree nuts, gluten, fish, sesame.

Unless the allergen is declared on the label, you can assume that it is safe. Some manufacturers have traces or may contain statements on their labels. In most cases the risk is miniscule; however it is impossible to tell the risk. Food Standards Australia New Zealand are working to try and improve accuracy of risk on labels for consumers, however this takes time.

Sometimes gluten is confusing because the source of the ingredient always needs to be specified even if the end product is gluten free, For example, wheat glucose syrup and caramel both come from wheat and thus must be

included in the ingredients list despite the extensive processing which leads to no residual gluten being present.

## Additives in food

Ingredients are always listed from greatest to smallest by how much they weigh (including any added water) at the time they are added to the product.

Where there are small amounts of multi-component ingredients (under 5%) labels may list the 'composite' ingredient only, e.g. tomato sauce, rather than listing the ingredients contained in the sauce itself. However, any additive within the sauce that performs a function in the final food, e.g. a preservative, must be listed.

(Taken from NSW Food Authority [http://www.foodauthority.nsw.gov.au/Documents/consumer/pdf/Foodlabelling\\_brochure.pdf](http://www.foodauthority.nsw.gov.au/Documents/consumer/pdf/Foodlabelling_brochure.pdf))

Often additives are used in foods below the 5% cut off so unless you ask the manufacturer you would not know if there was an additive there. Some people are highly sensitive to additives and do need to know this information.

Foods containing sulphite preservatives must be labelled as containing sulphites if they have 10 milligrams per kilogram or more of added sulphites.

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