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# Focus on preparing food for allergies

THE Lane family was eating out at a pancake restaurant when their 11-month-old daughter Belle's face swelled and went a deep shade of red.

The family had ordered egg-free hash browns, as Belle was still under 12 months old, but her reaction was fast and fierce.

Belle, now eight, still suffers allergies to egg, nuts and sesame seeds and Ms Lane admits it has changed the family's life.

The family rarely eats out but when they do, Belle's carefully home cooked food is taken to the restaurant and the family requests staff heat it up, without so much as transferring it to another plate.

"It's as much about how you prepare the food as the food itself," Ms Lane said.

The Victorian Government yesterday committed \$50,000 to a test program involving several councils, to educate hospitality staff about allergies.

If successful, the pilot will be rolled out across the state as a multilingual allergy and anaphylaxis education campaign.

The charity set up by late Crazy John's mobile phone entrepreneur John Ilhan, Ilhan Food Allergy Foundation, yesterday released a nationwide survey which found one third of households have a person who suffers from a food allergy.