Health and safety guidelines for your bake sale

Food allergens

There are 14 main allergens that are required to be declared as food allergens by law: **celery, cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts**

Please ensure that if your baked goods include any of the above that you clearly list this on the bake label.

Follow the recipe

We love nothing more than seeing all of your imaginative and creative bakes. Please ensure that you cook everything for the recommended time, especially if you are improvising – no one likes a soggy bottom.
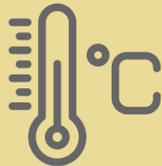
Food hygiene at home

- Wash your hands before preparing food.
- Wash any fruit or vegetables
- Keep raw and ready-to-eat foods apart
- Do not use food past its use-by date

There is more information on food health and safety guidance at: https://www.food.gov.uk/safety-hygiene/providing-food-at-community-and-charity-events

Storing baked goods

Store cakes in
- airtight containers – this will prevent mould growth
- the fridge – cakes will last for longer

Any cakes with high moisture additions, such as cream added after baking, should not be left at room temperature. They must be stored chilled (in the fridge) and eaten within the use-by date of the added product.

Covid – 19 personal safety

Ensure feeling well / don't come into office if experiencing symptoms. Suggest taking a lateral flow test the morning of your bake.
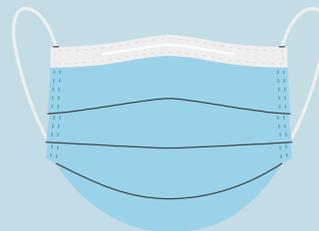
Use your Fundraising page

Minimise person to person contact by using your fundraising page for bake donations, rather than cash handling.

Set up a cake stand outdoors

Set up your cake stand outdoors or in a well ventilated room. You can request that colleagues where masks while perusing the cakes, and provide hand sanitiser.