

# Cake sales and proforma

## Cake sales

Cake sales are a popular way to raise money for local causes. There's some simple but important steps to follow to keep people safe.

Ask anyone who wants to provide cakes to complete one of our cake sale proforma's - see next page which will provide you with the information you need to be able to answer any allergen questions from customers.

At home, people making cakes should follow these tips:

- always wash your hands before preparing food
- make sure that surfaces, bowl, utensils, and any other equipment is clean
- don't use raw eggs in anything that won't be thoroughly cooked, such as icing or mousse
- as we would be unable to keep cakes refrigerated, the following products should not be included:
  - fresh cream cakes
  - cheesecakes
  - products containing meat
  - custard tarts or similar
- store cakes in a clean, sealable container

On the day, people bringing in cakes from home or running the stall should follow these tips:

- transport cakes in a clean, sealable container
- wash their hands as frequently as possible
- when handling cakes use tongs or a cake slice

And please remember, if you do decide to hold a cake sale or any other type of event, you must ensure you do not block fire exits or place tables ect in alcohol areas (in Scotland this is illegal) and have relevant permission to do so.

## Allergens

There is no cure for food allergies. The only way to manage the condition is to avoid food that makes the person ill. This can be achieved by checking ingredient details on labels of pre-packed foods and by providing allergen ingredients information for non-prepacked foods.

An allergic reaction can be produced by a tiny amount of a food ingredient that a person is sensitive to (for example a teaspoon of milk powder, a fragment of peanut or just one or two sesame seeds.) Symptoms of an allergic reaction can range from mild symptoms such as itching around the mouth and rashes; and can progress to more severe symptoms such as vomiting, diarrhoea, wheezing and on occasion anaphylaxis (shock). Around ten people in the UK die from allergic reactions in food every year.

If you are removing items from their packaging in order to display and serve them at a community event, please use a sign to state "Please ask a colleague for allergen information," and display the packaging. You will find this information on the manufacturers packaging (highlighted in bold- see example below) and on the proformas completed by individuals producing baked goods for the event. These may not always be obvious so always check the ingredients.

For more information, visit see more at:

<https://www.food.gov.uk/business-industry/caterers/food-hygiene/charity-community-groups>

### Ingredients

Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, **Wheat**flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley.

### Allergy Advice

For allergens, see ingredients in **bold**

# Cake sale proforma

To enable you and your colleagues to answer questions from customers, please tick the appropriate box(es) to indicate which of the following allergens are contained in each of the products you have made for the cake sale (one proforma per product).

Name: .....

Item produced: .....

**Eggs**

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg

**Fish**

You will find this in some fish sauces, pizza, relishes, salad dressing, stock cubes, and Worcestershire sauce

**Lupin**

Lupin flour and seeds can be used in some type of bread, pastries and even in pasta.

**Milk**

Milk is a common ingredient in butter, cheese, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

**Molluscs**

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stew.

**Mustard**

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

**Nuts**

This ingredient refers to nuts which grow on trees, like cashews, almonds, hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, (often used in Asian curries), Stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

**Peanut**

Peanuts are often used as an ingredient in biscuit, cake, curries, desserts, sauces (such as satay sauce), as well as in ground oil and peanut flour.

**Sesame seeds**

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadstick, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

**Soya**

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

**Sulphur dioxide** (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

**Celery**

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products and stock cubes.

**Cereals containing gluten**

Wheat (such as spelt and Khorasan wheat/Kumut), rye, barley, oats is often found in food containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups, fried food which are dusted with flour.

**Crustaceans**

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.