

BAKE SALE GUIDANCE

Bake sales are a great way to fundraise for your society or to raise money for a charitable cause.

Before your Student Activities Team can approve your bake sale, you are required to submit a risk assessment taking into account the guidance listed below, in addition to general event safety considerations.

- Wash your hands before preparing food;
- Remove nail varnish and jewellery and tie back long hair;
- Make sure that all the surfaces, bowls, utensils, etc. that you are using for preparation, baking and storage are thoroughly clean;
- Keep a full list of the ingredients you have used for the goods you have baked;
- The 14 named allergens are:
 - **cereals containing gluten** (such as wheat, barley and oats)
 - **eggs**
 - **milk**
 - **peanuts**
 - **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).
 - **sesame**
 - **soybeans**
 - **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)
 - **celery**
 - **crustaceans** (such as prawns, crabs and lobsters)
 - **fish**
 - **lupin**
 - **molluscs** (such as mussels and oysters)
 - **mustard**
- If there are any allergens in your recipes, prepare and store these goods separately to those that do not contain allergens;
- Ensure any utensils used in the preparation of goods containing allergens are kept separately to avoid the possibility of cross contamination;
- Do not use raw eggs in anything that won't be thoroughly cooked, such as icing or mousse;
- Store goods in a clean, sealed container, away from raw foods, especially raw meat.
- Keep goods in the fridge for as long as possible, especially anything that contains fresh cream;
- Always use clean tongs or napkins to serve goods;
- If someone asks you about the ingredients in an item and you are unsure (perhaps you didn't prepare the item) do not guess!
- Please display the Food Standards Agency poster regarding food allergies and intolerances which can be found [here](#)