

# FREE CAKES FOR KIDS UK BRISTOL

## Allergens and the Law – why we provide allergen forms with our cakes

Since December 2014 there has been a requirement that food businesses must provide information about the major allergenic ingredients, and colours associated with hyperactivity, that is used in any food they provide or sell. This is a legal requirement and as a community voluntary organisation making products to give to members of the local community it is good practice that we comply with regulations.

On our allergen sheet you will see 9 major allergens (highlighted with a tick in the table below) commonly found in cakes and sweet treats. The others are for information. When filling in the allergen form for your cake, please ensure you check the packets and ingredients lists so appropriate and accurate information can be given. You should cross out those that are NOT included in your cake. Please ask if you are unsure.

	Celery	This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.
✓	Cereals containing gluten	Wheat, rye, barley and oats is often found in foods containing flour, incl. Some types of baking powder, butter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried food.
	Crustaceans	Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and South East Asian food is an ingredient to look out for.
✓	Eggs	Eggs are often found in cakes, meat products, mayonnaise, mousses, pasta, quiches and foods brushed with egg to give them a glaze.
	Fish	Fish can be found in fish sauces, pizzas, relishes, salad dressings and stock cubes.
✓	Lupin	Lupin is a flower but it can be used as a flour or as seeds. It can be found in some types of bread, pastries and pasta.
✓	Milk	Milk is a common ingredient in butter, cheese, cream, milk powders, yoghurt and foods brushed with milk to give them a glaze.

	Molluscs	These include mussels, land snails, squid and welks. They can commonly be found in oyster sauce or as an ingredient in fish stews.
	Mustard	Liquid mustard, powder and seeds all fall into this category. Commonly found in breads, curries, sauces, salad dressings and soups.
✓	Nuts	These are the nuts that grow on trees, like cashew nuts, almonds and hazelnuts. They can be found in breads, biscuits, nut powders, marzipan, sauces and as oils. <b>Nuts are never used in baking for Free Cakes for Kids.</b>
✓	Peanuts	Peanuts are actually legumes and grow underground hence they are sometimes called groundnut. They can be found in breads, biscuits, nut powders, sauces and as oils. <b>Peanuts are never used in baking for Free Cakes for Kids.</b>
✓	Sesame seeds	These seeds are often found in bread, as an oil, in houmous, or as tahnini.
✓	Soya	Often found in margarine, bean curd, edamame beans, textured vegetable protein, or soya sauce.
✓	Sulphur dioxide	Sometimes known as sulphites and is an ingredient used in dried fruit, like apricots, raisins. It can also be found in meat product, soft drinks and vegetables.

## Food colours and hyperactivity

A European Union-wide mandatory warning must be put on any food and drink (except drinks with more than 1.2% alcohol) that contains any of the six colours listed below. The label must carry the warning 'may have an adverse effect on activity and attention in children'.

These 6 colours are listed on our allergen form, please ensure you check the packets and ingredients lists so appropriate and accurate information can be given. You should cross out those that are NOT included in your cake. Please ask if you are unsure.

✓	Sunset Yellow FCF (E110)
✓	Quinoline Yellow (E104)
✓	Carmoisine (E122)
✓	Allura Red (E129)
✓	Tartrazine (E102)
✓	Ponceau 4R (E124)