

**FREE CAKES
FOR KIDS UK
BRISTOL**

Food Safety Information

Handling food is a risky business at the best of times, and we need to satisfy ourselves and the authorities that we are doing everything safely and in the best possible taste!

According to food scientists, a birthday cake can be a “high-risk” item. We need to avoid the risks by following health and safety guidance and providing our recipients with information about what our cakes contain.

If you are ever in doubt, ask!



General Health and Safety

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While baking your cake, please ensure that you follow the below guidance. If in doubt, always ask.

1) Ingredients

Check that your ingredients are good quality, within the “use by” or “best before” date, and packaging intact. Keep raw and cooked foods separate. Don’t use chilled food that is too warm (above 8°C). Try not to use fresh cream or fresh fruit as these are easily perishable. Please be mindful of the use of food glitter even if it says it is safe for consumption. If in doubt, don’t take the risk!

2) Storage

Keep ingredients away from pests, pets and bacteria. Store perishable ingredients such as eggs, cream and fruit at 8°C or below, in the fridge. Don’t use food that may be contaminated.

3) Preparing cakes

Wash your hands...again and again. Fully clean your kitchen prior to beginning your bake and keep everything spotlessly clean.

If you’ve been unwell, let your Area Organiser know so they can reallocate the bake. Don’t worry about letting Free Cakes for Kids down. We will always be able to find a substitute volunteer for your birthday cake order.

Try not to use fresh cream or fresh fruit as these are easily perishable, but if you do, store them in the fridge and deliver in a cool-box as soon as you can and inform the recipient that they will need to keep the cake in the fridge.

6) Transporting cakes

Use a neat container or a box that is lined with aluminium foil to transport your cake. Cakes containing fresh cream should be transported in an insulated container that has been pre-chilled.

Keep all food away from dust and dirt.

You do not need to buy cake boxes but whatever you do use must be clean, presentable and not have had contact with nuts or other allergens.

Allergens

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.

When you deliver a cake, you must complete one of our 'Important Information About your Cake' sheets and provide it to the recipient. On the sheet, you will see 9 major allergens commonly found in cakes and sweet treats (highlighted with a tick in the table below). The others below are for information.

To complete the sheet, please cross out any allergens which are not included in your cake. When filling in the allergen form for your cake, please ensure you check the packets and ingredients lists of **all** of the ingredients that you have used so that appropriate and accurate information can be given. 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. Nuts are never used in baking for Free Cakes for Kids.
✓	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. Peanuts are never used in baking for Free Cakes for Kids.

✓	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.

Specific information on nuts: We never use nuts of any kind in our bakes. Our recipient families are made aware of this, however some nut allergies are so severe that ‘traces of nuts’ can still be dangerous.

On that basis, if a nut allergy is raised by the family, we make them aware of our ‘no nuts’ policy but also that as we bake in home kitchens we cannot guarantee no traces. Generally we will try to make other arrangements (e.g. supermarket voucher to purchase a guaranteed nut-free cake) if we are made aware of a nut allergy.

However on the occasions that we decide to go ahead and bake, the baker must get the parent/guardian to sign a nut disclaimer upon receipt of the cake. This must be returned to the Area Coordinator once signed.

Alcohol: Although not an allergen, some religions prohibit the consumption of alcohol, no matter how small the amount. We would expect you not to directly use alcohol in a child's cake, but when making certain cakes (e.g. Halal*) you must check that no other ingredients contain alcohol, for example many vanilla extracts are ethanol based.

*More information about Halal requirements can be found at the end of this document.

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'.

You will also find these listed on our 'Important Information About your Cake' sheet. Please ensure you check the packets and ingredients lists of **all** ingredients used in the cake so that appropriate and accurate information can be given. Please ask if you are unsure.

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

Other Dietary Requirements

Vegetarian: A vegetarian diet generally means no consumption of meat or meat products. This does not mean no animal products (e.g. butter, eggs), that would be vegan.

Vegetarian requirements do not tend to affect cakes themselves, however many sweets (e.g. gummy sweets and marshmallows) which you may decorate with have gelatine in which is a pork product.

Most supermarket products state if they are suitable for vegetarians so this is usually a fairly easy requirement to manage.

Halal: “Halal” is an Arabic word meaning lawful or permitted. In reference to food, it is the dietary standard, as prescribed in the Qur’an (the Muslim scripture). In general it means to not consume particular things (e.g. alcohol and pork) and in meat which can be consumed, it requires a particular method of slaughter.

A Halal cake can be fairly straightforward to achieve, with a plain sponge covered in something like buttercream icing. Things that may catch you out can be

- Some animal products e.g. butter are not Halal, suggest using a vegetable spread or looking for the halal logo.
- Vanilla extract is often ethanol (alcohol) based, the Dr Oetker one is OK as it is just sugar, water and vanilla as are most vanilla pastes.
- Sweets often contain gelatine, particularly gummy sweets.
- Fondant icing can sometimes also contain gelatine, the Renshaw varieties are Halal.

One way to avoid the issue of animal products is to go for vegan ingredients. You can also look for the Halal logo on supermarket products.



Celiac: Celiac’s disease is an autoimmune disorder where your immune system attacks your tissues when you eat gluten. Gluten is a general name for the proteins found in wheat (e.g. flour).

Gluten free cakes can be tricky and we will generally try to make other arrangements (e.g. supermarket voucher to purchase a gluten free cake) when a family has raised an allergy or intolerance to gluten.

On the occasion that we do go ahead and bake, you can purchase gluten free flour from most supermarkets. If using, you must store it separately to all other flour/gluten products, as in some cases a small amount of contamination can illicit a reaction.

Other items which could catch you out with regards to gluten include chocolate, baking powder, bicarbonate of soda, shop bought decorations. Please check all labels of all ingredients if baking a gluten free cake. Most supermarket products state if they are gluten free, or highlight allergens on the ingredients list including gluten products.

Note: Baking gluten-free can also affect the texture of your cake (generally more crumbly and dense) so we recommend finding a specific gluten free recipe rather than swapping out a standard recipe for gluten free ingredients.

IMPORTANT INFORMATION ABOUT YOUR CAKE



INGREDIENTS – In accordance with Food Allergy Legislation we must inform you that your cake contains the following:

Crossed out allergens and colours are NOT included in the cake.

Alcohol	Nuts incl. peanuts	Sesame	Tartrazine E102	Carmoisine E122
Eggs	Sulphites/ sulphur dioxide	Milk	Panceau E4R	Quinoline Yellow E104
Lupin	Cereals/ wheat (gluten)	Soya/ soy beans	Susnset Yellow E110	Allura Red E129

Note that we do not bake with nuts, however we cannot ensure our cakes do not contain 'traces of nuts'. If a nut allergy has been raised, upon receipt of the cake, please sign the additional nut disclaimer form from the baker to confirm that you understand that we cannot guarantee no 'traces of nuts'.

All decorations on this cake are edible unless detailed here:

Details of any supports or non-edible items (e.g. dowels, boards):

STORAGE – please store your cake in a cool dry place. We do not recommend the fridge unless it is very hot or you have been advised by the baker accordingly, see below. We recommend the cake is consumed within 3 days of receipt. Cupcakes are best eaten on the same day.

Do any ingredients (e.g. fresh fruit) need to be refrigerated?: Y / N *If baker has answered 'Y', please store in the fridge, below 8°C.*

We hope you enjoy your cake, but if there are any questions please contact Isabelle at freecakesbristol@gmail.com or 07949828104.

NUT DISCLAIMER



FREE CAKES FOR KIDS runs a “no-nut” policy. Although we bake without nuts, we cannot ensure that our cakes do not contain “traces of nuts” as they are baked in home kitchens.

Please fill in, sign and date the disclaimer below to confirm you understand that the cake you have received may contain traces of nuts.

"I accept and understand that the cake made for _____ <child's name> has been baked without nut ingredients but may have a trace of nuts as the cake was made in a kitchen that uses nuts of all types."

Signature: _____ (parent or guardian)

Print name: _____

Date: ____ / ____ / _____