



Food Standards Agency guidelines for FFA bakers

Thank you for volunteering to bake for our cake sale! Please read and follow these guidelines provided by the Food Standards Agency. We also ask you to label cakes with information about allergens included.

Remember for our Open Day sale we only have permission to sell whole cakes – not small cakes like muffins, or large cakes by the slice.

You can serve home-made cakes at community events. They should be safe to eat if:

- a recipe from a reputable source is used
- the people who make them follow good food hygiene advice
- the cakes are stored and transported safely, and sold sealed

Making and transporting cakes

If you make a cake at home:

- use recipes from reputable sources
- always wash your hands before preparing food
- make sure that surfaces, bowls, utensils, and any other equipment are clean
- don't use raw eggs in anything that won't be thoroughly cooked, such as icing or mousse
- keep cheesecakes and any cakes or desserts containing fresh cream in the fridge
- store cakes in a clean, sealable container, away from raw foods

On the day, when you bring in cakes from home or run the stall, you should:

- transport cakes in a clean, sealable container
- make sure that cheesecake and any cakes or desserts containing fresh cream are left out of the fridge for the shortest time possible, ideally not longer than 4 hours
- when handling cakes use tongs or a cake slice

Storing cakes

You can keep cakes and baked goods with high sugar content in:

- airtight containers - this will prevent mould growth through absorption of moisture from the atmosphere
- the fridge - cakes will last for longer, but their quality may be affected

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.

There are some types of icing, such as ganache and buttercream, that can be kept outside the fridge. It's best to store them somewhere cool and dry. Check the guidelines for storage of the particular icing product you will be using.

ALLERGEN LABELLING

Since December 2014 a standard allergen labelling system came into effect for food traders. Food businesses have to be able to tell customers which of the 14 major allergens listed by the Food Standards Agency are present in their menu items.

While our cake sale isn't subject to the same strict legislation, we do want to comply with best safety practices, not least to avoid making any of our customers unwell! For our cake sale we should attach a label to say which, if any of these allergens are included as ingredients.

Celery	Includes celery stalks, leaves, spice and celery salt
Gluten	Includes wheat, barley, rye and oats - NB oats labelled gluten free by the producer are not an allergen. Barley can be found in beer, malt, malt vinegar and food colouring
Crustaceans	Includes crabs, lobsters, prawns and scampi
Eggs	
Fish	
Lupin	Includes lupin seeds and flour
Milk	Includes butter, cheese, cream, milk powder, yoghurt
Molluscs	Includes mussels, land snails, squid and whelks
Mustard	Includes mustard powder, liquid mustard and mustard seeds
Nuts	Includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia
Peanuts	These are a legume and different from tree nuts, but they have proteins that are similar
Sesame Seeds	Whole seeds, sesame oil and tahini (sesame paste)
Sulphur Dioxide	Preservatives, used in dried fruit, meat products and vegetables as well as in wine and beer
Soya	Includes bean curd, edamame seeds, miso paste, soya protein, soya flour, tofu

As far as cakes are concerned we are likely to be concerned with gluten, egg, milk, nuts and perhaps sesame.

Example of labelling

If you are making a Victoria sponge with the following ingredients: caster sugar, butter, eggs, self-raising flour, baking powder, milk, vanilla extract and strawberry jam, your label should simply say:

Strawberry Jam Victoria Sponge – Allergens: Milk, Eggs, Wheat

Don't forget about cross contamination though! If you are using, for example gluten free oats or flours, make sure your surfaces, bowls, whisks and spoons, scales etc have been cleaned after making any other cakes - as even small traces of gluten could spoil your efforts!