



Baking Safe

We want your Bake Well event to be as successful as it can be.

Just remember to follow our basic health and safety guidance when baking for others so that you can keep everyone happy and healthy!

Before you bake:


- Before you start baking, please check that no-one in the house is showing signs of Covid-19 or flu.
- Unfortunately, if you are suffering from any health conditions like sores, boils, septic lesions or any other type of skin condition; an acute cough or cold; or symptoms of vomiting and/or diarrhoea, please do not bake.

In the kitchen:

- Start with a thorough clean of your kitchen or preparation space, making sure your surfaces and utensils are sparkling before use.
- Always keep raw and cooked food preparation separate. Don't use the same utensils for baking after using them with raw food and use separate chopping boards.
- Keep your pets out of the kitchen while you bake to avoid any risk of hair or bacteria getting into the mix.
- When baking for public consumption, it's always best to avoid food that is out-of-date. Check the "best-before" or "use-by" date to be sure.
- Avoid raw egg elements in your cakes e.g. icing or mousse.
- We operate a no smoking policy at our hospital and we would recommend you adopt the same when baking.
- Treats containing perishable items like fresh cream, buttercream icing or cheesecake must be kept in a refrigerator at $< 4^{\circ}\text{C}$, so please avoid using completely unless you have access to one for transportation.
- Aprons and clean clothes are great for reducing the risk of contaminating your food. You might also want to consider wearing a face mask when decorating your bakes.
- Wash your hands before, during and after your food preparation.
- Wear a hair net if possible or at least tie it back.
- Jewellery can easily pick up dirt and bacteria, so please remove beforehand to avoid anything unwanted dropping into the food.
- If baking with any cuts, make sure they are covered with a brightly coloured waterproof dressing, but avoid gauze dressings.

Sharing your bakes with others:

- If gifting the cake please advise that it needs to be eaten within three days of being made.
- If you'd like to offer one of your bakes to a neighbour, friend or family member, please ensure you comply with the latest Covid-19 guidance on the government website to ensure the safety of you and others.
- When transporting your amazing creations, please make sure that you cover everything to avoid contamination from any foreign bodies. Food-grade containers with a tight-fitting lid are preferable.
- Always wear gloves or use tongs when handling food and if possible use a separate hand or, even better, another person to deal with cash.
- Legally, baked goods that are sold unpackaged at a one-off event do not need to be labelled, however, we recommend informing your supporters as much as you can.
- Cake labels are not only great for informing people, but they also help to entice your supporters and you can be as creative as you like with your product names.
- Make sure you let everyone selling the cakes know which ingredients have been used and be mindful of common food allergens. These include: cereals containing gluten; eggs; peanuts; tree nuts; milk; sesame; celery and celeriac; crustaceans and molluscs; fish; soya beans; mustard; and lupin.



Common sense is key with fundraising and as long as you use it, the only thing left to do is have fun!