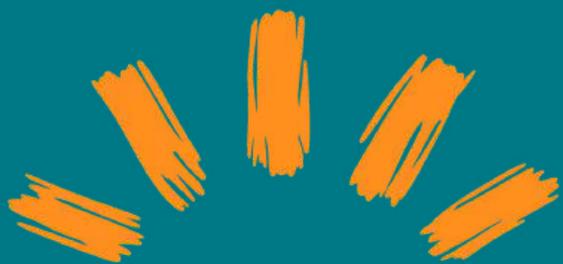
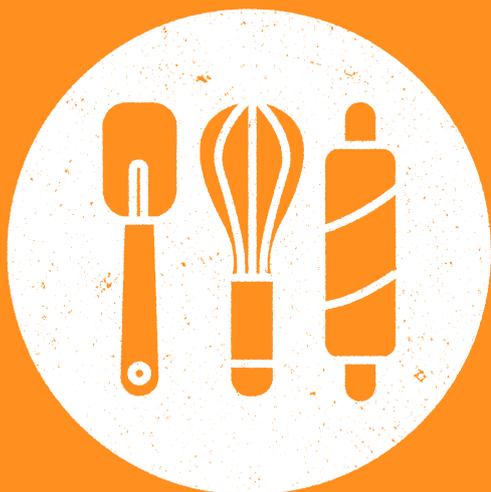




# anaphylaxis UK

A brighter future for people with serious allergies



# THE BIG BAKE PACK



Registered with  
**FUNDRAISING  
REGULATOR**

Anaphylaxis UK, a charity registered in England and Wales (1085527) and in Scotland – charity number: SC051390

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# GETTING STARTED

Bake sales are a great fundraising activity to organise at home, at an event or your workplace. By following our step-by-step guide, you will have the right tools to confidently run a safe and inclusive bake sale or coffee morning for all to enjoy.

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# GETTING STARTED

## PLAN AHEAD



### Choose a location

At home, in the garden, in the office; the choice is yours.

*Thinking of organising a bake sale at school? Check out our special [Big Bake pack for schools!](#)*



### Set the date

Choose a date / time that will work well for your “customers”. Will it be held for elevenes in the office on a Friday, or Saturday morning to sell a treat for afternoon tea later in the day?



### Spread the word

Invite friends, family, neighbours and colleagues to enjoy your event. Spread the word on social media or turn to page 6 to download a promotional poster to display on a noticeboard.



### Get others involved

Ask friends, family and colleagues to get involved and bake some delicious treats, or ask for on-the-day support with setting up and serving.



# SAFETY CHECKLIST

Allergy labelling at a bake sale or coffee morning is not a legal requirement. However, Anaphylaxis UK strongly recommends that you provide as much information as you can about allergens - for bakers, servers, and customers. Visit the [Food Standards Agency website](#) for more information.

## AHEAD OF YOUR BIG BAKE DAY

### **Prepare and share the Allergen Information Sheet**

Ask bakers to fill in our Allergen Information Sheet (page 6) for each batch. It is important for helpers selling the cakes to be aware of ingredients in each treat, and how they have been prepared, so they can confidently inform the customers.

## SETTING UP

### **Carefully label every batch of baked goods to ensure the correct allergens are displayed**

Use our Allergen Label template (page 6) and also print the above Allergen Information Sheet to keep handy for the servers to refer to.

### **Display Allergy Disclaimer posters around the sale venue**

Use our poster template (download from page 6).

### **Wipe down all surfaces with hot water and detergent to remove all allergen and traces**



# SAFETY CHECKLIST

## DURING YOUR BIG BAKE

**Ensure all helpers wash their hands before serving**

### **Separation and safety**

- Wrap all allergy-friendly bakes and keep in a separate area away from those that contain the top 14 allergens.
- If you have enough volunteers, assign helpers to serve in the different areas and have one dedicated person on the till, as this will reduce cross-contamination.
- Ensure there is a specific serving utensils used for each product.

### **Speak up**

Encourage those with allergies to tell the servers that they have an allergy. The Allergen Information Sheet (page 6) can be used to ensure the correct baked good is served.

## AFTER YOUR BIG BAKE

**Wipe down surfaces with hot water and anti-bacterial spray before being put away**

**If there is any leftover cake, please ensure that the ingredient labels are provided if this is being donated**



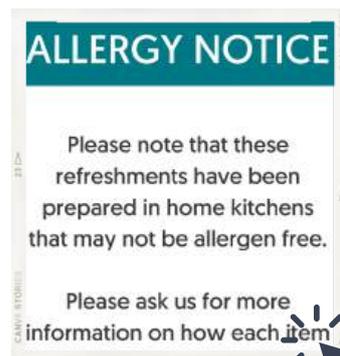
# IMPORTANT RESOURCES



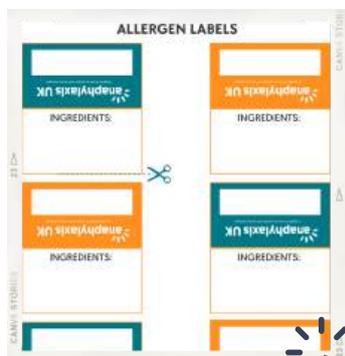
Allergen information sheet



Bake sale promotional poster



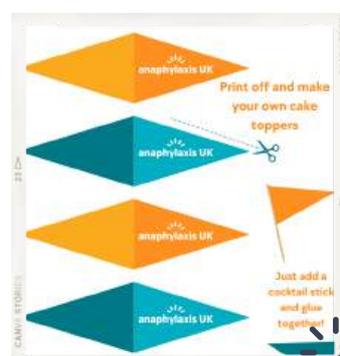
Allergy disclaimer poster



Allergen labels



Anaphylaxis poster



Cake toppers



Thank you poster



Bunting



# VIENNESE FINGER BISCUITS

## INGREDIENTS

- 200g dairy & soya free butter
- 50g icing sugar
- 1 tsp vanilla extract
- 150g wheat free plain flour
- 50g cornflour
- 50g dairy & soya free chocolate, melted

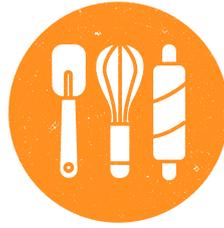


This recipe is free from the top 14 allergens

## METHOD

- 1 Cream butter and icing sugar together in a bowl.
- 2 Add the vanilla extract, flour and cornflour and mix into a stiff dough.
- 3 Spoon into a piping bag with a star nozzle and pipe the biscuits into long thick finger shapes.
- 4 Bake at 190°C for 12-15 minutes until golden. Cool fully before dipping the ends into melted chocolate.

**Remember to check that the icing sugar is egg free and that the chocolate is nut free. This includes checking precautionary 'may contain' labelling.**



Source:  
allrecipes.com

# VEGAN BROWNIES

## INGREDIENTS

- 240g wheat free all-purpose flour
- 400g granulated white sugar
- 75g unsweetened cocoa powder, sifted
- 1 tsp baking powder
- ¾ tsp salt
- 1 cup hot water or coffee
- 175ml vegetable oil
- 2 tsp vanilla extract

This recipe is  
free from the  
top 14  
allergens

## METHOD

- 1 Preheat oven to 175°C and line a 9x13 inch tin with baking paper.
- 2 Whisk flour, sugar, cocoa powder, baking powder, and salt together in a large bowl until combined.
- 3 Pour in water (or coffee), vegetable oil, and vanilla; mix until well-blended. Spread batter evenly in the prepared baking tin.
- 4 Bake in the preheated oven until the top is no longer shiny and the centre feels just set when gently pressed, about 30 minutes.
- 5 Let it cool for at least 10 minutes before cutting into 15 squares. Enjoy!

**Remember to check that the chocolate and cocoa powder is nut free. This includes checking precautionary 'may contain' labelling.**

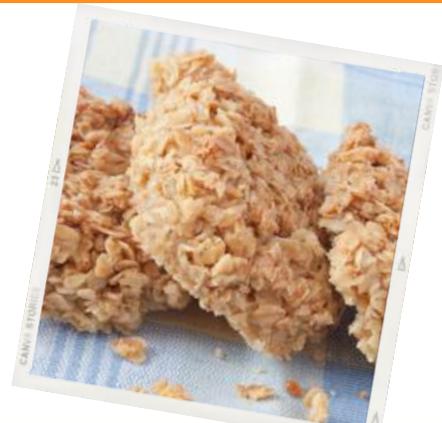


Source:  
Tracey Dunn,  
Anaphylaxis UK

# FLAPJACKS

## INGREDIENTS

- 400g oats (see 'may contain' note)
- 100g raisins (see 'may contain' note)
- 200g dairy & soya free butter
- 150g demerara sugar
- 4 tbsp golden syrup



## METHOD

- 1 Preheat oven to 170°C and oil a 20cm square tin.
- 2 Melt the butter. Add the sugar and golden syrup and bring to the boil so that it is all melted and combined. Remove from heat.
- 3 Add the oats and raisins and mix well. Pour the mixture into your tin and bake for 20 minutes (or until golden brown).
- 4 Leave to cool completely before turning out and cutting into squares.

### May contain

When shopping for ingredients always check labelling for allergens, including any precautionary labelling such as 'may contain'. Oats often contain may contain labelling for gluten and raisins may have a 'may contain' label for nuts and sulphites.



# PAYING IN YOUR DONATIONS



## JUSTGIVING

If you set up a JustGiving page, there's little else you need to do! You can bank any cash donations received, and then make a donation of the same amount on your JustGiving page. Donations made via JustGiving come directly to Anaphylaxis UK.



## PAY ONLINE

You can pay your donations directly through our website: [www.anaphylaxis.org.uk/donate](http://www.anaphylaxis.org.uk/donate). Don't forget to add a note to your donation with your name and reference 'The Big Bake' so we know it's you paying in your fundraising monies!



## BACS PAYMENT

Please send your monies to:

Account Name: Anaphylaxis UK

Bank: HSBC UK Bank plc

Sort Code: 40-20-24

Account Number: 9133 9788

Reference: your name followed by 'TBB'

Please email [fundraising@anaphylaxis.org.uk](mailto:fundraising@anaphylaxis.org.uk) once you have made your donation. Thank you

# THE BIG BAKE



THANK YOU  
FOR SUPPORTING  
ANAPHYLAXIS UK