

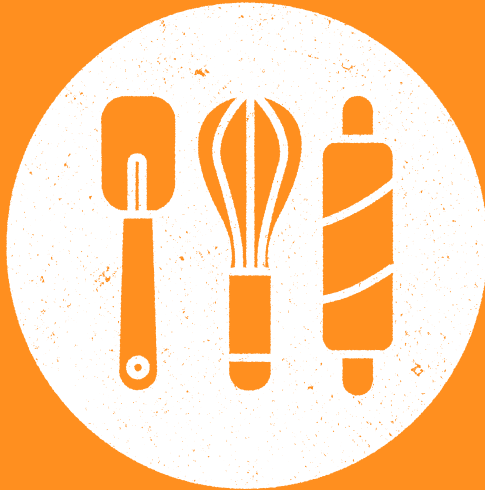


Registered with
**FUNDRAISING
REGULATOR**



anaphylaxis UK

A brighter future for people with serious allergies

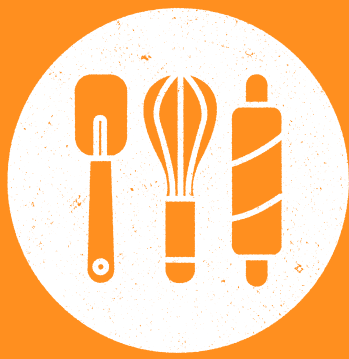


THE BIG BAKE PACK



anaphylaxis.org.uk

Anaphylaxis UK, a charity registered in England and Wales (1085527) and a registered company limited by guarantee in England and Wales (04133242). Registered in Scotland – charity number: SC051390. Our registered company address is Anaphylaxis UK, 1 Alexandra Road, Farnborough, GU14 6BU.



How to get started



Choose a location

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



Set the date

Choose a date/time that will be suitable for your target audience.



Spread the word

Invite friends, family, neighbours and colleagues to enjoy your event. Share a promotional poster on social media or put it up in the staff room at work.



Get others involved

Ask your friends and family to help bake cakes to sell, or for support on the day with setting up and serving.



Be creative

Use our downloadable tools such as our DIY branded bunting, cake labels and cake toppers to decorate with our branding on the day.



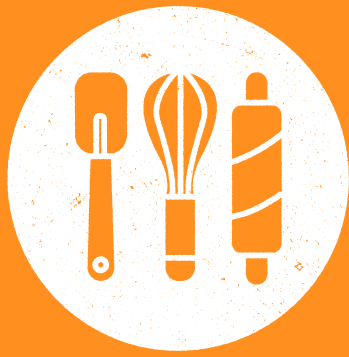
Pay in your donations

Take a look at page 8 of this pack for information on how to pay in your donations.



Thank your guests

Let them know how much your event raised.



Useful materials

To help make your event as successful as possible, we have created some handy downloadable tools for you to use. Click on the links below to download now.



[**Bake sale poster template**](#)



[**Decorative bunting template**](#)



[**Cake label template**](#)



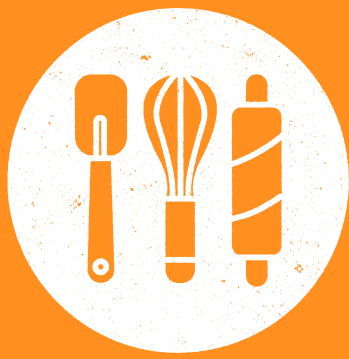
[**Cake topper template**](#)



[**Collection box template**](#)



[**Thank you poster template**](#)



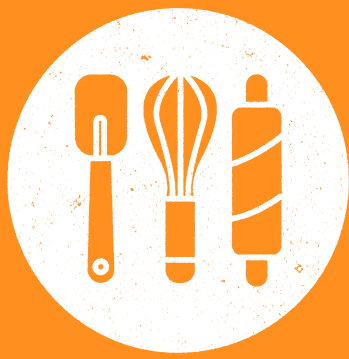
How to make your event allergy friendly

You can reduce the risk to people with allergies by following the steps below:

- Ask those who are kindly baking cakes to fill in our **allergen information sheet**, so you can be extra prepared to talk to your guests about the ingredients in each item and how they have been prepared.
- Display our **allergy notice disclaimer posters** around the event venue.
- Label each item correctly to ensure the correct allergens are displayed.
- Wipe down all surfaces with hot water and detergent.
- Do not cross-contaminate. Always use different serving utensils for different items.
- Keep allergy-friendly bakes away from those that contain the top 14 allergens.

Allergy labelling at a charity bake sale is not a legal requirement, however we recommend providing as much information as you can about allergens.

For more information visit the [food.gov](https://www.food.gov) website here



Recipe ideas

Viennese Finger Biscuits

This recipe doesn't contain any of the top 14 allergens

Ingredients:

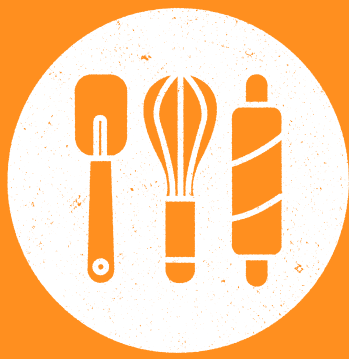
200g Dairy & Soya Free Margarine
50g Icing Sugar
1 tsp Vanilla Extract
150g Gluten Free Plain Flour
50g Cornflour
50g Dairy & Soya Free Chocolate



Method

Cream margarine and icing sugar together
Add the vanilla essence, flour and cornflour
Mix into a stiff dough
Spoon into a piping bag with a star nozzle
Pipe the biscuits into long thick finger shapes
Bake at 190°C for 12-15 minutes until golden
Cool, before dipping the ends into melted chocolate

NB: Remember to check that the icing sugar is egg free and that the chocolate is nut free.



Recipe ideas

Vanilla Cupcakes

For the Cupcakes

- 1 **egg**
- 120g caster sugar
- 175ml **milk**
- 120ml vegetable oil
- 230g **self raising flour**
- 3 tsp baking powder
- 1 tsp salt
- 1 tsp vanilla extract



For the icing

- 250g **unsalted butter**
- 500g icing sugar
- Few drops of vanilla extract
- 2 tbsp spoons of **milk**

Method

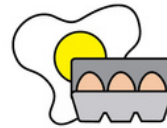
Beat the egg and mix in the milk and vegetable oil. Add the sugar and whisk until all of the sugar has dissolved. Sift in the dry ingredients: flour, baking powder, salt - and mix together until smooth. **Top tip:** for lighter cupcakes, leave the batter to stand in the bowl for 5 minutes until it forms air bubbles. Fill each cupcake case with batter until it is 2/3 full and bake in the middle of the oven for about 20 minutes at 150°C.

Soften the butter using a whisk and slowly add the icing sugar, whisk until fluffy, gradually adding the milk and vanilla extract. Whisk all ingredients together until there are no lumps left. Add the buttercream to your piping bag with a star nozzle and pipe onto cooled cupcakes.

Contains:



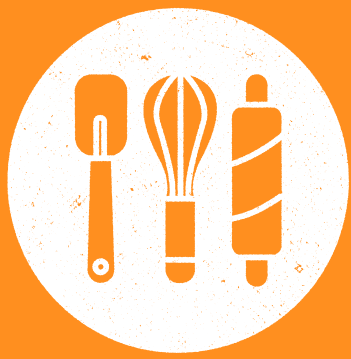
Cereals containing gluten



Eggs



Milk

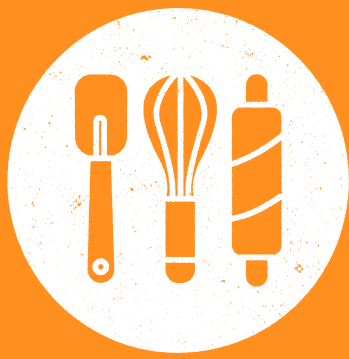


Thank you for your support

Thank you so much for joining us for The Big Bake! With your support, we can continue to create a safe environment for everyone with serious allergies. From our Helpline to AllergyWise® training and educational resources, we not only empower people to understand how to manage their allergies, but their families and loved ones, places of work and learning, and more.

Would you like a branded t-shirt to wear at your Big Bake? Get in touch with Sophie or Carla in the Fundraising team by emailing fundraising@anaphylaxis.org.uk





How to pay in your money raised



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. 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

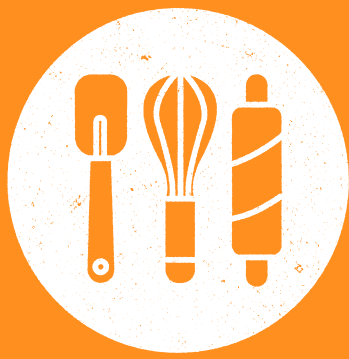
Bank: HSBC UK Bank plc

Sort Code: 40-20-24

Account Number: 9133 9788

Reference: your name followed by 'TBB'

Please email fundraising@anaphylaxis.org.uk once you have made your donation. Thank you



What happens next?

Once your Big Bake is complete and you have paid in your funds, we will send you a very well deserved thank you letter and digital certificate that you can share with everyone that supported your event.

How your donations make a brighter future for people with serious allergies



£10

Can fund one telephone call with our national Helpline team



£25

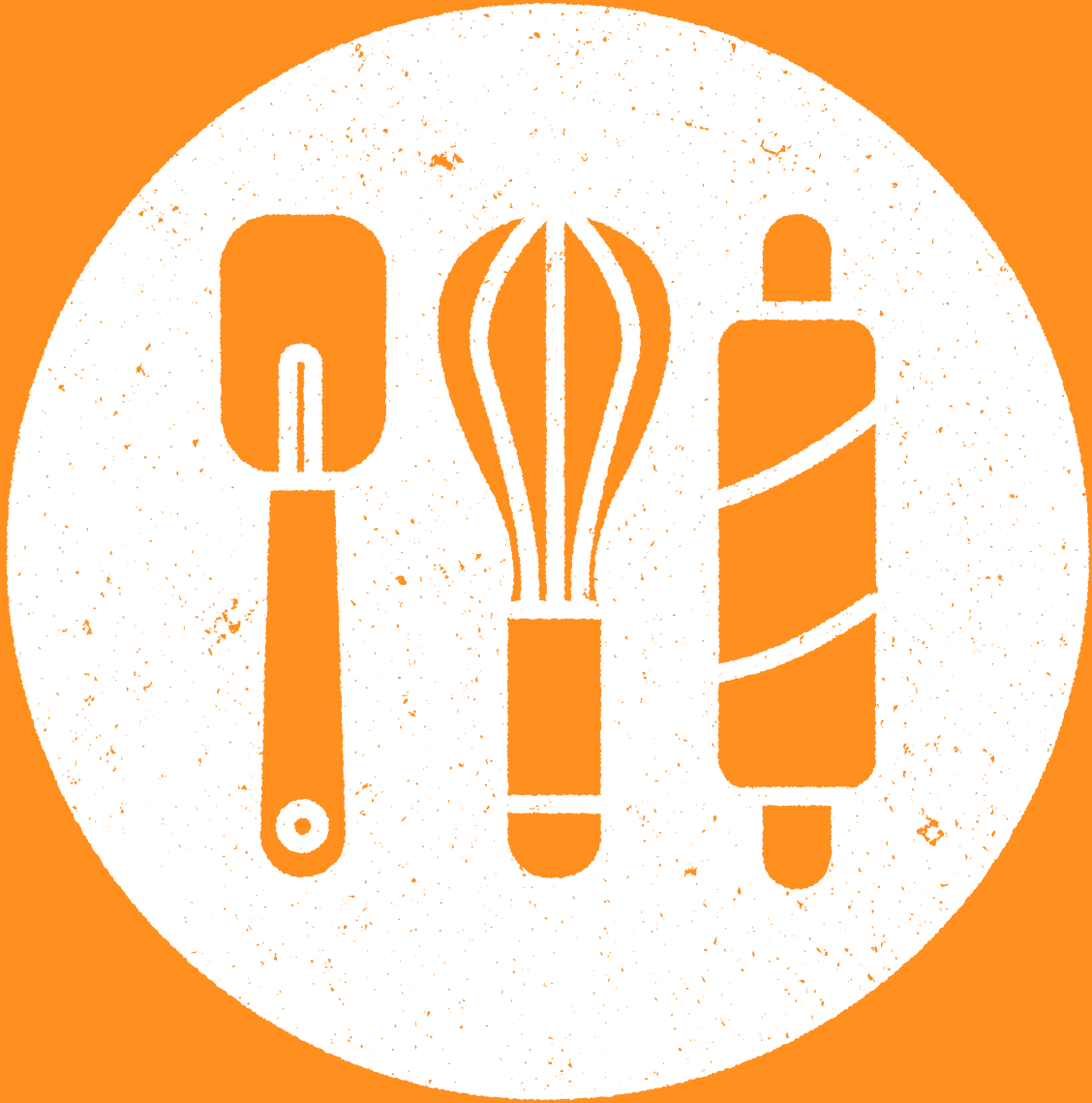
Can go towards our AllergyWise® Training Courses



£50

Can help create a safer environment within schools

THE BIG BAKE



THANK YOU
FOR SUPPORTING
ANAPHYLAXIS UK