

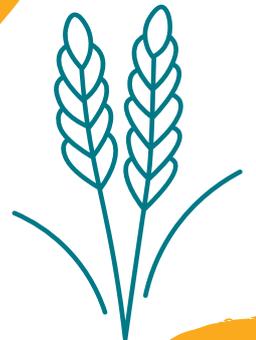
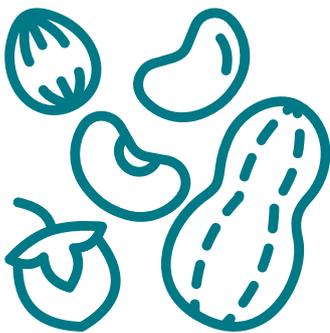


# THE BIG BAKE PACK

FOR SCHOOLS



A brighter future for people with serious allergies





# GETTING STARTED

Bake sales are a great fundraising activity for educational and youth organisations. 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.

## Contents:

Pages 3-4 : Safety Checklist

Pages 5 : Important Downloadable Resources

Pages 6-9 : Recipe Ideas

Page 10 : Paying in your Donations

# SAFETY CHECKLIST

Allergy labelling at a school bake sale 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.



[More information](#)  
[\[Food Standards Agency\]](#)



## Ahead of your big bake

### Prepare and share the Allergen Information Sheet

Ask bakers to fill in our Allergen Information Sheet (page 5) 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 5) and also print the above Allergen Information Sheets to keep handy for the servers to refer to.

### Display Allergy Disclaimer posters around the sale venue

Use our poster template (page 5).

### 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 children with allergies to tell the servers that they have an allergy. The Allergen Information Sheet (page 5) can be used to ensure the child is given the correct baked good. If possible, you could also consider inviting the children with allergies to visit the stand first.

## 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



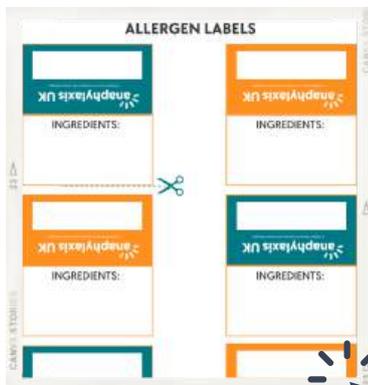
Allergen information sheet



Bake sale promotional poster



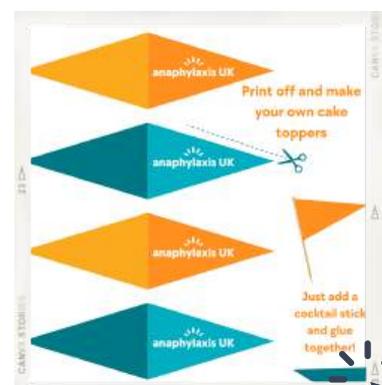
Allergy disclaimer poster



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

## 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.



This recipe is free from the top 14 allergens

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

# 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.

# VANILLA CUPCAKES

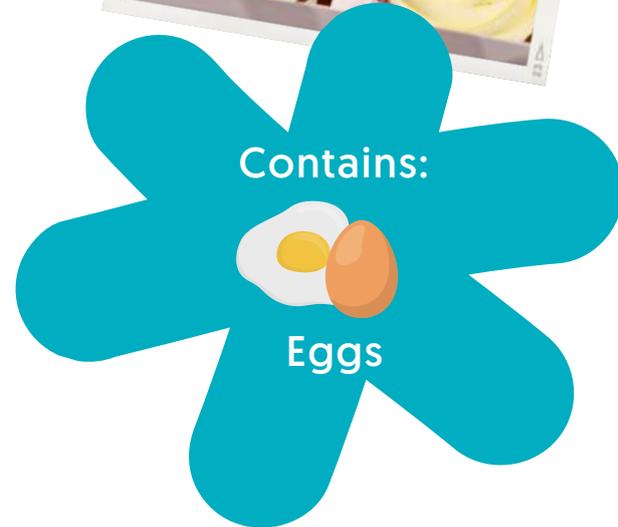
## Ingredients

### Cupcakes:

- 3 medium eggs
- 175g dairy & soya free butter
- 175g caster sugar
- 175g wheat free self raising flour

### Dairy-free buttercream:

- 250g dairy & soya free butter
- 500g icing sugar
- Few drops of vanilla extract
- 2 tbsp hot water, if needed



## Method

- 1 Cream the sugar and butter until light and fluffy. Add the eggs and flour, and rapidly beat the mixture at high speed.
- 2 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.
- 3 For the buttercream, soften the butter using a whisk and slowly add the icing sugar. Gradually add the vanilla extract and hot water, if needed, until there are no lumps left.
- 4 Add the buttercream to your piping bag and pipe onto cooled cupcakes.

**Top tip: Add dairy free chocolate drops (make sure it's nut free) or make into chocolate cakes by reducing the flour to 125g and adding 50g of cocoa powder (make sure it's nut free). Check 'may contain' labels.**

# PAYING IN YOUR DONATIONS



## Pay Online



For cash donations, please bank the money to your school account first. You can then pay funds directly through [our website](#). Don't forget to add a note to your donation with your school name, postcode and reference 'Big Bake' so we know it's you paying in your fundraising monies!

## BACS Payment

Please transfer your monies to:

Account Name: Anaphylaxis UK

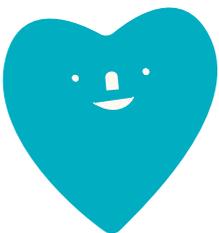
Bank: HSBC UK Bank plc

Sort Code: 40-20-24

Account Number: 9133 9788

Reference: your name followed by 'BAKE'

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





THANK YOU  
FOR  
SUPPORTING



A brighter future for people with serious allergies

