

Food Advice

Making Cakes to sell

At Charity Events etc



Cake stalls and party cakes are always popular, and shop bought cakes and mince pies should be entirely safe if purchased from a reputable supplier. Home-made cakes should also be safe, as long as the people who make them observe good food hygiene, and the cakes are stored and transported safely.

Making Cakes to Sell

Anyone making cakes to sell should follow the following simple rules:

- Buy ingredients from a reputable supplier, preferably just before you need them, and make sure that they are well within their “use by” and “best before” dates.
- Keep it simple – mistakes are more likely when you are trying to do too much. The W.I are a good source of information for cake recipes that are simple but delicious.
- Always wash hands before preparing food and whilst preparing food as needed e.g. after visiting the toilet, handling raw eggs etc.
- Make sure that surfaces, bowls, utensils, etc. are clean and disinfected before use.
- Protect the ingredients and the finished cakes from contamination from other foods, particularly foods that could contain nuts (if making things with nuts, it is a good idea to make these last so that other foods are less likely to be contaminated).
- 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 cream or butter icing in the fridge until needed, and make sure they are stored for a few days at most before being eaten.
- Store cakes in a clean, sealable container, away from raw foods, especially raw meat.
- It's a good idea to label the cakes with the name of the person who made them, the date they were made and a list of ingredients. This is particularly important for cakes and other products containing nuts.

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Selling your cakes

On the day, people bringing in or serving the cakes (whether shop bought or home made) or should follow these tips:

- Transport cakes in clean, sealable containers, and keep unwrapped cakes covered - particularly when being sold or served outdoors.
- Make sure that cheesecakes and any cakes or desserts containing cream or butter icing are out of the fridge for the shortest time possible (use ice boxes if you don't have access to enough fridge space)
- Avoid handling cakes – sell individually wrapped cakes, or use tongs or a cake slice to serve cakes.
- Have some means of washing hands and equipment (if used) - either a nearby sink or wash hand basin, or some bowls, soap, towel and some kind of water supply (e.g. flasks of hot water)
- Serving plates and forks/spoons are a good idea, especially for cheesecakes and any cakes or desserts containing cream or butter icing.

These rules can be applied to a wide range of cakes, biscuits and sweets, whether shop bought or home made.

Getting further advice

There is plenty of information and advice available to help you ensure that your cake stall will be safe – in fact, the problem is that there can be too much information. The best sources of information and expertise are as follows

- If planning a number of parties and events, it may be a good investment to get volunteers trained. Torfaen Adult Education offer low cost, one day Basic Food Hygiene Courses that will cover the knowledge needed to ensure safe catering
- The Food, Health and Safety Enforcement team can offer information and advice, and have leaflets available on a range of topics
- The Food Standards Agency website at www.foodstandards.gov.uk offers an excellent range of advice on food safety and nutrition.

Care and common sense are all that are needed to make sure that cake stalls etc are safe as well as fun. By following the simple rules above, they will hopefully be fun for those organising the function as well.