

## Allergic reactions and anaphylaxis

- Minute amounts of food-allergens can cause allergic reactions to develop.
- Always clean down thoroughly if any of the allergens listed below have been prepared in the kitchen recently.

Below is a list of common food-allergens that may be used in the production of cakes and biscuits:

- cereals containing gluten
- eggs
- peanuts (this is a legume)
- nuts
- milk
- Sesame

## Other common food allergens

- celery and celeriac
- crustaceans, molluscs
- fish
- soybeans
- mustard
- lupin; and sulphur dioxide at levels above 10mg/kg, or 10 mg/litre, expressed as SO<sub>2</sub>



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## Environmental Health

Advice on cakes and biscuits made for sale at charity events



If you are making cakes and/or biscuits at home for sale at a school, work or coffee mornings in order to raise funds for charity please observe the following guidelines;

#### Personal hygiene:

- Always wash your hands before handling food and during on a regular basis.
- Always wear clean clothes that will not give rise to contamination of food, for example pet hairs, woolen fibres, loose buttons
- Before preparing food remove excess jewellery, broaches etc as jewellery harbours dirt and bacteria and can fall into food
- If you have a cut make sure you cover it with a waterproof dressing, not a gauze dressing.
- If you have sores, boils, septic lesions or any other type of skin condition do not attempt to prepare and handle food for consumption by other persons.
- If you have an acute cough or cold do not attempt to prepare food
- If you have symptoms of vomiting and/or diarrhoea do not attempt to prepare food

#### The kitchen:

- Make sure food-contact surfaces, bowls and utensils are clean before preparing food.
- Never use equipment and/or utensils for raw foods and then cooked foods without cleaning and disinfecting it.
- Do not allow pets into the kitchen as they harbour bacteria and potential hair contamination

#### Ingredients:

- Make sure ingredients are of good quality.
- Do not use food that is out-of-date, for example “best-before” or “use-by”.
- Keep ready-to-eat foods, for example cakes and biscuits away from raw foods, such as raw meat and poultry.
- Never add raw shell egg (yolk or white) to a ready-to-eat product, for example as an ingredient for icing or mousse etc.

#### Safe storage of food:

- Cheesecake and products that contain cream or butter-cream icing must be kept in a refrigerator at < 8°C.
- Cover food - all products must be protected from contamination, for example: Bacterial contamination from - raw foods, refuse, dirty hands, animals, insects etc
- Chemical contamination from - cleaning agents, disinfectants etc
- Physical contamination from - hair, jewellery, buttons, pet hair, etc

#### Transport of food:

- Products should be placed into a food-grade container, preferably with a tight-fitting lid.
- If possible cheesecake and products that contain cream/ butter-cream icing should kept cool with the aid of frozen ice-block.
- Make sure the vehicle is clean and does not present a risk of contamination to such products.

#### Labelling of food:

- Cakes and biscuits that are sold unpackaged at a one-off event need not be subject to the Food Labelling Regulations 1996.
- Cakes and biscuits sold in boxes may well be subject to the Food Labelling Regulations 1996.
- If products contain irradiated and/ or genetically modified ingredients then this would need to be declared.

If cakes and biscuits are labelled then the following information must be offered:

- Product name
- List of ingredients ( in descending order of weight)
- Details of any ingredients that may give rise to allergic reactions or anaphylaxis (see below)
- In any event make known to the purchaser of any potential allergens that may be present