

Guidelines for Safe Bake Sales



Bake sales can provide good fund raising opportunities. However, making certain the food sold is **safe** is a must! Customers should be confident that basic food safety practices were followed to prepare those foods. Here are some common sense safety procedures.

Although the traditional bake sale foods rarely cause illness, remember, under certain circumstances, any food can cause food-borne illness. **Avoid potentially hazardous foods.** These include those with raw eggs or cream filling, such as lemon meringue, or those high in moisture or protein, like pumpkin pie.

These guidelines will improve your chances for a successful bake sale:

- Maintain list of each item prepared with the name, address, and phone number of the person who prepared it.
- Post a sign indicating that these items are “Home Baked.”
- Package food individually in plastic, foil, or waxed paper to protect from contamination while being transported, stored or displayed.
- Use tongs, tissues or other utensils for necessary handling of unprotected single units during service.
- Provide a list of ingredients for buyers with allergies.

Acceptable bake sale items:

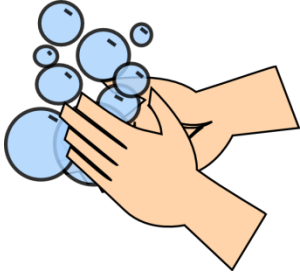
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| ✓ Breads – quick breads and yeast | ✓ Muffins |
| ✓ Cakes (except cheesecake or cream filled) | ✓ Fruit-based pies not requiring refrigeration |
| ✓ Cookies | ✓ Candies |
| ✓ Cupcakes (except cream-filled) | ✓ Dried fruits, herbs and spices |
| ✓ Bars | |

Not acceptable for bake sales:

- ✓ Meat, poultry, or fish in salads or sandwiches
- ✓ Cheesecake
- ✓ Pastries
- ✓ Cream, meringue, custard, or pumpkin pies
- ✓ Cream-filled cakes, cupcakes, muffins, or doughnuts
- ✓ Frosting and fillings made with cream cheese
- ✓ Home-canned foods



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Food Preparation

Food preparers should thoroughly wash hands with soap and warm water before beginning. Hands should be washed again after coughing, eating, handling garbage, or using the restroom.

Prior to preparing any foods, all surfaces should be thoroughly cleaned and then sanitized. You can use a bleach solution: 1/2 tsp. bleach per quart of water.

Food Allergens

Individuals who are allergic or very sensitive to food can touch or smell food and have an allergic reaction. Some allergic reactions can be severe and require hospitalization.

These are the eleven most common food allergens: Milk, Citrus, Eggs, Soy, Peanuts, Wheat, Tree nuts, Melon, Strawberries, Shellfish, and Fish.

Please consider the following:

- Label items that containing allergens, e.g., “contains nuts.”
- Position foods containing known allergens away from other items or use a separate table
- Designate a person to handle the sales of only allergen-free foods.

Additional consumer food safety information can be obtained by visiting www.foodsafety.gov