

FREE CAKES FOR KIDS

Derby, Nottingham & Loughborough

Allergens and the Law .

Since Dec 2014 there is a requirement that food businesses must provide information about the major allergenic ingredients and colours associated with hyperactivity that's used in any food that they sell or provide. That is a legal requirement and as a community voluntary organisation making products to give to members of the community it is good practise that we comply with regulations.

On our allergen sheet you will see 9 major allergens (highlighted below) commonly found cakes and sweet treats. The others are for information. When filling in the allergen form for your cake , please ensure you check the packaging ingredients list so appropriate and accurate information can be given.

- Celery: This can include celery stalks, leaves, seeds and the roots called celeriac. You can find celery in salt, salads, some meat products, soup and some stock cubes.
- Cereals Containing Gluten: Wheat, rye, barley and oats is often found in foods containing flour inc some types of baking powder, butter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried food.
- Crustaceans: Crabs, lobsters, prawns and scampi are crustaceans. Shrimp paste is often used in Thai and South East Asian as an ingredient.
- Eggs: Eggs are often found in cakes, meat products, mayonnaise, mousses, pasta, quiches and foods brushed with egg to give the a glaze.
- Fish: Fish can be found in fish sauces , pizzas, relishes, salad dressings and stock cubes.
- Lupin: Lupin is a flower but it can be used as a flour or as seeds. It can be found in some types of bread, pastries and pasta.
- Milk: Milk is a common ingredient in butter, cheese, cream, milk powders, yoghurt and foods brushed with milk to give them a glaze.
- Molluscs: These include mussels, land snails, squid and welks. They can commonly be found in oyster sauce or as an ingredient in fish stew.
- Mustard: Liquid mustard, powder and seeds all fall into this category. Commonly found in breads, curries, sauces, salad dressings and soups.
- Nuts: These are the nuts that grow on trees, like cashew nuts, almonds and hazelnuts. They can be found in breads, biscuits, nut powders, marzipan, sauces and as oils.

- **Peanuts:** Peanuts are actually legumes and grow underground and hence they are called groundnut. They can be found in bread, biscuits, nut powders, sauces and as oils.
- **Sesame Seeds:** These seeds are often found in bread, as an oil,, in houmous or as tahnini.
- **Soya:** Often found in margarine, bean curd, edamame beans, textured vegetable protein or soya sauce.
- **Sulphur Dioxide:** Sometimes known as sulphites and is an ingredient used in dried fruit. (like apricots, raisons). It can also be found in meat product, soft drinks and vegetables.

Food Colours and hyperactivity

A European union-wide mandatory warning must be put on any food or drink (except drinks with more than 1.2% alcohol) that contains any of the 6 colours listed below. The label must carry the warning 'may have an adverse effect on activity and attention in children'.

These 6 colours are listed on our allergen form, please ensure you check the packets and ingredients lists so appropriate and accurate information can be given.

- **Sunset Yellow FCF (E110)**
- **Quinoline Yellow (E104)**
- **Carmoisine (E122)**
- **Allura Red (E129)**
- **Tartrazine (E102)**
- **Ponceau 4R (E124)**

