

2c:GEN20: NUH Food Safety Management System: Standard Operating Procedure.  
Food for Charity Sales.

**Food Safety**

To ensure Patients, Staff and Visitors are safe from the risks of food poisoning and any adverse reaction to food allergens; the following guidelines for NUH shall be adhered to. Note any foods for charity sales must have the Allergens known and must be displayed on a card in front of the product.

Homemade Food shall not be brought in for charity sales other than cakes which do not contain fresh cream or custard or a cheesecake. Low risks foods such as packaged biscuits, un-peeled fruit and crisps are acceptable.

Do not make cakes if you have sickness or diarrhoea and you must be symptom free for 48 hours before handling food again.

Foods that are **not** acceptable for sale are as noted below.

- 1) High Risk – ready to eat food e.g. Quiche, prawn sandwiches, cooked sliced meats or egg custards.
- 2) Raw foods – e.g. meat, fish, eggs or un-pasturised milk.
- 3) Hot foods made at the event or before the event and/or reheated before or during the event e.g. chicken curry and rice, soup or tuna pasta.
- 4) Home-made cakes or cakes bought from a shop containing fresh cream or custard or cheese cakes.
- 5) All Home-made cakes must be sold within 3 days of being made and all cakes bought from a shop must be sold before the 'Best Before' date expires (as printed on the packet).

**Cakes**

You can serve home-made cakes at charity events. They should be safe to eat, as long as the people who make them follow good food hygiene advice and the cakes are stored and transported safely. Attention must also be given to the preparation of the food items at home that they do not become contaminated with dirt or food poisoning bacteria, along with cross contamination of allergens during preparation.

**Making and transporting cakes**

If you make a cake at home:

- use recipes from reputable sources
- use ingredients from a reliable source, preferably a reputable supermarket

- always wash your hands before preparing food
- make sure that surfaces, bowls, utensils, and any other equipment are clean
- don't use raw eggs in anything that won't be thoroughly cooked
- store cakes in a clean, sealable container, away from raw foods
- Ensure ingredients within a product (ingredients within ingredients) are also noted e.g. Worcestershire sauce has many ingredients of which allergens are present

On the day, when you bring in cakes from home or run the stall, you should:

- transport cakes in a clean, sealable container
- when handling cakes use tongs or a cake slice

### **Storing cakes**

You can keep cakes and baked goods with high sugar content in:

- airtight containers - this will prevent mould growth through absorption of moisture from the atmosphere
- the fridge - cakes will last for longer, but their quality may be affected

There are some types of icing, such as ganache and buttercream, which can be kept outside the fridge. It's best to store them somewhere cool and dry. Check the guidelines for storage of the particular icing product you will be using.

### **Serving cakes**

You can serve cakes using

- Tongs or cake slices or similar serving utensils
- Napkins

Cake sales shall last no longer than 4 hours as to minimise any cross contamination issues from the environment.

## **Cakes Food Standards Agency Guidance**

You can serve home-made cakes at community events. They should be safe to eat if:

- a recipe from a reputable source is used
- the people who make them follow good food hygiene advice
- the cakes are stored and transported safely

## **Making and transporting cakes**

If you make a cake at home:

- use recipes from reputable sources
- always wash your hands before preparing food
- make sure that surfaces, bowls, utensils, and any other equipment are clean

- 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 fresh cream in the fridge
- store cakes in a clean, sealable container, away from raw foods

On the day, when you bring in cakes from home or run the stall, you should:

- transport cakes in a clean, sealable container
- make sure that cheesecake and any cakes or desserts containing fresh cream are left out of the fridge for the shortest time possible, ideally not longer than 4 hours
- when handling cakes use tongs or a cake slice

## Storing cakes

You can keep cakes and baked goods with high sugar content in:

- airtight containers - this will prevent mould growth through absorption of moisture from the atmosphere
- the fridge - cakes will last for longer, but their quality may be affected

Any cakes with high moisture additions, such as cream added after baking, should not be left at room temperature. They must be stored chilled (in the fridge) and eaten within the use-by date of the added product.

There are some types of icing, such as ganache and buttercream, that can be kept outside the fridge. It's best to store them somewhere cool and dry. Check the guidelines for storage of the particular icing product you will be using.

## Allergens

December 2014, new legislation came into force: businesses must provide allergy information on food sold unpackaged. 'Staff must be Allergen Aware'. Inform your customers.

The 14 Allergens that must be tracked: Gluten, Crustaceans, Eggs, Fish, Peanuts, Soy beans, Milk, Nuts, Celery, Mustard, Sesame, Sulphur Dioxide / Sulphites Lupin & Molluscs.

What is food allergy and food intolerance?

A food allergy occurs when the body's immune system reacts in some people when eating offending foods, the immune system is attacking the food protein. Allergic reactions give a release of chemicals in the body that cause symptoms, which can occur within minutes or may take an hour or more after ingestion of the allergen. Allergic reactions can vary in severity but can be fatal in some people. Symptoms include stomach pain, nausea, vomiting, rashes, itching of the skin or mouth, swelling, difficulty in breathing. Food intolerance does not affect the immune system but the body is still reacting to the food. Symptoms may include stomach pain, bloating, diarrhoea, rashes. It is not life threatening.

Those people with severe food allergies may experience anaphylaxis shock, which can be life-threatening, it may cause a drop in blood pressure, loss of consciousness, and even death. Many people with severe allergies will carry an adrenaline pen (commonly known as Epi-pen)

Natasha's law October 2021 – Food Standards Agency.

The law applies to food known as prepacked for direct sale (PPDS), which is packaged onsite by a business (Applies to charity or supplier of that food in a hospital setting) before a customer selects or orders it from the same premises.

It means that PPDS food will be required to have a label with an ingredients list and the allergens contained emphasised on the list. This brings the way allergen information is provided for it in line with other prepacked food and reduces consumer confusion.

Further advice contact Mark Fulford [mark.fulford@nuh.nhs.uk](mailto:mark.fulford@nuh.nhs.uk) or 07812268790

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If you are in any doubt then please contact your Team Leader / manager.

Non adherence to this procedure could result in disciplinary action.

I have understood and been trained in the procedure – Food for Charity Sales.

Sign.....Date.....

Print.....Manager.....