



BAKE SALE GUIDELINES

1. Items should be labelled with the preparer's name, item name, and allergens contained (peanuts, wheat, etc.). A full list of ingredients and the preparer's contact information should be available at the bake sale table.
2. Items should be individually wrapped or served by the bake sale host using tongs and/or gloves.
3. Student-led organizations can book bake sale tables at the NUGSS office. Staff and faculty can book bake sale tables with Conference and Event Services.
4. Prior to booking a table, please contact the Director of UNBC Food Services to confirm the date/time for your bake sale. Email: FoodDirector@unbc.ca.
5. Bake sale items should be homemade and/or prepared at your home. Items purchased from commercial food service providers are not permitted.

Why do we need bake sale guidelines?

Bakes sales are popular fundraisers on campus that allow everyone to enjoy homemade goodies while supporting SLOs and other organizations, groups, and activities. While bake sales may have a low risk of causing foodborne illness, it is important to remember that under the right circumstances any food can cause illness.

What can happen if I eat contaminated food?

Foodborne illnesses are most commonly caused by bacteria, but can include viruses and parasites. This microorganism can be present in food but can't be seen, smelled, or tasted. A more common term used for foodborne illness is food poisoning.

Which foods are considered high risk?

Foods that can support the growth of pathogens and/or food that have been associated with causing foodborne illness are considered high risk. Items such as cheesecake, pumpkin pie, items containing frostings or fillings made with cream cheese, custards, whipped cream, or cheese are a few examples of high risk foods. A food service permit is required to sell these foods at a bake sale. If you would like to sell these foods, you must contact an Environmental Health Officer at Northern Health who can help you obtain a free temporary food service permit.

Which foods are considered low risk?

Foods that pathogens have trouble surviving in because they are drier, have a high sugar/salt content, or are more acidic are considered low risk. Items such as cakes, cookies, squares, muffins, cupcakes, fruit pies, tarts, breads, candies, popcorn, chocolates, fudge, and brownies are a few examples of low risk foods. A food service permit is not required to sell these items at a bake sale.

How can I keep my bake sale safe?

- Food safety starts in your home kitchen by ensuring sanitary conditions. Wash, rinse, and sanitize all utensils and food contact surfaces often. Keep your kitchen in good repair to eliminate pest infestation.
- Wrap your prepared food with clean food packaging to protect the items from contamination during storage, transport, and sale.
- Discard perishable food left out for over two hours.

If you have specific concerns about food safety, please contact Northern Health at 250-565-2150 or visit www.northernhealth.ca.