



TIPS FOR BETTER BAKE SALES

following the Guidelines for Food and Beverage Sales in BC Schools.

Choose your recipe carefully:

- Some recipes provide nutritional information: choose a recipe that provides less than 7 g fat, 16 g simple sugars (20 g if fruit is the 1st or 2nd largest quantity of ingredients) and 450 ml sodium per serving.
- No time to bake? Check the nutrition facts panel on the mix package. Some mixes fit the criteria above.

Using a recipe without nutritional information?

- Look for these ingredients: at least 50% whole wheat flour, added fruit and vegetables like unsweetened apple sauce, grated vegetables, chopped fruit pieces, individual berries, oil or trans-fat free margarine.
- For 36 cookies, the recipe should use less than 1 cup or less sweetener (sugar, honey, syrup, etc.) and 1 cup or less fat source (butter, margarine, shortening, oil, etc.)..
- For 12 muffins or 12 slices of loaf, look for recipes that use less than ½ cup sweetener and less than ¼ cup fat.
- Keep the portions small: A cookie is about 6 cm diameter a loaf slice is 2 cm wide; a muffin is about size of a tennis ball.
- If the recipe calls for candy or chocolate chips, reduce these additions by 50%. To decorate, use a sprinkle of icing sugar or a single, small candy rather than frosting.
- Don't use artificial sweeteners.
- Avoid recipes that include common allergens like nuts and peanuts.
Are there any other food allergies at your child's school that you can avoid?
- No cream fillings or cream toppings as these require constant refrigeration.
- Choose a recipe that creates a food that can be safely held at room temperature.
Hint: Think about where your grocery store keeps this kind of product? Is it on a shelf at room temperature?

Food Safety Principles for Food Preparation:

1. Purchase all ingredients from the grocery store
2. Keep the perishables like eggs, milk and margarine refrigerated until needed.
3. Wash fresh fruits and vegetables in clean water before using them for baking.
4. Before you begin:
 - a. Remember to wash your hands with warm water and liquid hand soap before you begin, and every time you touch something that isn't clean.
 - b. Sanitize your countertops with hot soapy water, a hot rinse and wipe with sanitizing solution (15 ml unscented household bleach diluted with 2 litres of water is an inexpensive sanitizer but will bleach fabrics).
 - c. Kitchen sanitizing wipes, available at the grocery store, can also be used. They cost more to begin with, but don't damage clothing and last longer.
 - d. Clean the cutting boards, utensils and bowls in the dishwasher on the sanitize cycle or they can be washed by hand (hot soapy water, a clear hot rinse, and 2 minutes under a bleach sanitizing solution (see b).
5. Use utensils for measuring, scooping, mixing, and portioning, *not your hands*.
6. Don't taste raw ingredients or mixtures.

At the Bake Sale:

1. Please label donated baking with the Baker's name, the date prepared, its name and the ingredients. This will help keep everyone safe, especially children with food allergies. For example:

| | | |
|--|-----------|-------------|
| Best Cookies, | J. Hansen | Feb 2, 2017 |
| Flour, margarine, egg, milk, sugar, carob, vanilla | | |

2. Wrap each serving in plastic wrap or bag, for fast and easy serving at the sale, and to prevent contamination.
3. At the bake sale, only people who have washed their hands and kept them clean can handle the food.
4. Protect food from germs spread by sneezing and coughing. If portions aren't individually wrapped, cover serving plates and containers with plastic wrap or keep the food in a transparent container with fitted lid (lift to serve a portion).

5. Ask customers to point to what they'd like to purchase, rather than letting them help themselves.
6. Use tongs, lifters or scoops when portioning to avoid hand-to-food contact for items that haven't been pre-wrapped.
7. Only money people should handle the money.

Sensational Substitutions: Make your favourite baking recipe a little healthier!

| | Instead of | Try |
|--------------------|---|---|
| More Fibre | 250 ml all purpose (white) flour | 125 ml all-purpose flour plus 125 ml whole wheat or whole grain flour. |
| Use Less Fat | 125 ml oil, margarine or butter | Substitute 50% the total fat with applesauce, apple butter, mashed banana, pureed prunes or pureed pumpkin. |
| | 250 ml oil, margarine or butter | Reduce to 150 to 175 ml total. |
| | 250 ml margarine, butter or shortening for yeast bread products | Reduce the margarine, butter or shortening to 50 ml, and add 175 ml ricotta cheese. |
| | Homo Milk and Cream | Use skim, 2% or evaporated skim milk or plain low-fat calcium fortified soy beverage. |
| Use Less Sweetener | 250 ml sugar | Use 150 to 175 ml sugar and add cinnamon or vanilla extract to enhance the sweet taste. |
| | 250 ml chocolate chips | Reduce to 125 ml, and add 125 ml chopped dried fruit. |
| | Fruit canned in syrup | Substitute fruit canned in its own juice or water or fresh fruit. |
| | Fruit flavoured yoghurt | Try plain yoghurt mixed with fresh or unsweetened canned fruit. |
| Use Less Salt | Icing or frosting | Replace with sliced fresh fruit, a dollop of pureed fruit or a light dusting of icing sugar. |
| | Don't change the measurements for Baking Soda and Baking Powder. However, added table salt can be omitted without difficulty. | |

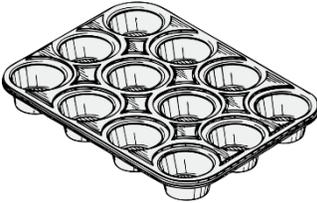
Simple Oatmeal Cookie Recipe

Yield: 36 cookies, 1 cookie per serving

| Ingredients | Method |
|---|---|
| <p>1 cup margarine or softened butter ½ cup brown sugar 1 cup granulated sugar 2 large eggs 2 tsp vanilla 2 1/3 cups quick cooking rolled oats 1 cup all-purpose flour 1 cup whole wheat flour 1 tsp baking soda</p> <p>Choose one addition:</p> <ul style="list-style-type: none"> • ½ cup raisins or dried cranberries • ½ cup shelled pumpkin and sunflower seeds • ½ cup semisweet chocolate or butterscotch or white chocolate chips • ½ cup Smarties <p>Nutrition per serving: 145 calories, 10 g simple sugars, 7 g fat, 1 g saturated fat, 20 g carbohydrate</p> |  <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. In a large mixing bowl, combine wet ingredients and beat until smooth and well blended. Add fruit, chips or candy to this mixture. 3. Combine dry ingredients in a separate bowl. Mix until well blended. 4. Add dry ingredients to the wet ingredients and stir until well blended. 5. Drop 15 ml spoonfuls of dough onto a greased cookie sheet, about 2" apart 6. Bake for 16 to 18 minutes or until slightly golden brown, <u>checking often</u>. For a softer cookie, bake for 14 minutes; for a crisper cookie, bake for 20 minutes. 7. Cool on rack. When cool, store in an air tight container. |

Applesauce Muffin

Yield: 12 muffins, 1 muffin per serving

| Ingredients | Method |
|---|--|
| <p>½ cup unsweetened applesauce ¼ cup brown sugar ½ cup granulated sugar ¼ cup margarine 1 large egg ½ tsp vanilla 1 cup all-purpose flour 1 tsp cinnamon ½ tsp baking powder ½ tsp baking soda</p> <p>Nutrition per serving: 122 calories, 1 g protein, 4 g fat, 21 g carbohydrate</p> |  <ol style="list-style-type: none"> 1. Preheat oven to 350oF. 2. Prepare muffin tins by adding muffin cups (paper liners). 3. In a large mixing bowl, combine wet ingredients and beat until smooth and well blended. 4. Combine dry ingredients in a separate bowl. Mix until well blended. 5. Add dry ingredients to the wet ingredients and stir until just blended. 6. Divide batter by filling the 12 muffin cups half full, and bake for 20 to 25 minutes or until a toothpick comes out clean. 7. Cool on rack. When cool, store in an air tight container. |

Interested in more information about healthy eating at school? Go to [www. http://healthyeatingatschool.ca/](http://healthyeatingatschool.ca/)