



- ATTENTION ALL BAKERS -

All families are welcome and invited to participate in the Tintern Grammar cake stall. Junior Schools will have a paper plate and food ingredient labels sent home with their child in the week before FAIR.

The following are some notes to read in preparation of labelling and delivering your baked items to school.

Labelling

All items baked need to be labelled with the item name, the date on which it was baked, whether it is fresh or frozen, and a list of all ingredients. **Remember, no cream please.**

If you prepare the product yourself you will know what is in it. If you have used a packet mix write the ingredients from the packet on your label. Remember to include any other ingredients you may have added, such as eggs.

Foods or ingredients that are known to cause allergic reactions

If any of the food you are preparing for the Fair contains any ingredient on the following list, **those specific ingredients must be highlighted on the label:**

- **gluten (a substance found in wheat, rye, barley, oats and spelt, and therefore present in foods made from these grains, such as flour)**
- **fish and fish products**
- **crustacea (shellfish) and products**
- **egg and egg products**
- **milk and milk products**
- **soya beans and products**
- **peanuts and products**
- **sesame seeds and products**
- **other nuts and products**
- **sulphites (a preservative)**
- **royal jelly (a secretion from the salivary glands of honey bees)**
- **bee pollen (pollen collected from the legs of bees)**
- **propolis (a substance collected by bees)**

Delivery and Registration of Items:

You can **deliver your goodies to the cake stall area at Tintern between 2:00pm and 4:30pm on Friday 29th March.** This will be set up in the quadrangle in the Girls Junior School. **Alternatively, please take them directly to the Cake Stall on Fair**

Day from 11:00am located underneath the Boys Middle School. All items must be recorded in the **registration book** when delivered for health regulations, so please make sure you include all the required information on the labels provided.

Baking Suggestions:

- Chocolate Cake
- Cup Cakes
- Muffins (fruit or savoury)
- Caramel Slice
- Lemon Slice
- Choc Chip Cookies
- Tea Cake
- Orange Cake
- White Christmas
- Gingerbread
- Sponge Cake **(no cream please)**
- Apple Cake
- Banana or Carrot Cake
- Fruit Cake
- Honey Joys
- Rum or Chocolate Balls
- Yo-Yo's
- Anzac Biscuits
- Coconut Ice
- **GLUTEN FREE PRODUCTS**

If you are baking multiple items such as slices, cookies etc, feel free to bring them in one big container and we will bag them ready for sale (please be sure to include a handful of completed ingredient labels).

Further Enquiries:

If you require any further information or would like additional bags or labels, please contact Amanda Henshaw on 0409 105 528

Thank you in advance for your time and yummy baking contribution.

