

‘I’M BRAVING THE BAKE – HAVE YOU GOT ANY FOOD HYGIENE TIPS?’

Of course – have a look at our handy tips below. You can also visit the [Food Standards Agency](#) for more advice.

- always wash your hands before preparing food
- make sure that surfaces, bowls, utensils and other equipment is clean
- keep pets out of the kitchen
- 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 butter icing in the fridge and make sure they are only left out of the fridge for the shortest amount of time possible
- clearly label your cake if it contains nuts – or, if it is definitely gluten or dairy-free. You can find out more about allergy and intolerance at the [Food Standard’s Agency website](#).
- store and transport cakes in a clean, sealable container, away from raw foods – especially raw meat
- handle cakes using tongs or a cake slice
- don’t use out of date products
- finally, if you feel unwell please don’t bake! It won’t make you feel better – and it may make others ill.



Alzheimer’s Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland

