

Sugar Smart Bake-Off Guidelines

Date: 21st August 2018

Bakes need to have low or no added sugar content.
- Please note added sugar includes honey and syrups

(Low sugar content is food with less than 5g per 100g)



Your bake may be sweet or savoury and can contain fruit or vegetables, so be creative!

Bakers are to use the card template below to present in front of your bake with information of the following;

- The name of the bake
- Any allergens
- Why it is Sugar Smart?
- Your name located on the **back**

The winner will be rewarded a prize at the end of the celebration once judged by fellow attendees.

Your bake:

Allergens:

Why is it Sugar Smart...

Until then.....

Ready.
Set
Bake.