

# Making Bake Sales Delicious and Nutritious



## Use healthier recipes



- Score homemade recipes using the [Checklist](#).
- Sell **freshly made** food and beverages to students that meet the Guidelines (score as *Sell* based on the [Checklist](#)).
- Look for recipes that can include fruits and vegetables when they are in season (such as apples, berries, rhubarb and zucchini) for freshness and to support local BC food producers.
- Keep portion sizes moderate. Cookies that are 6 cm in diameter or less, slices of loaves that are 2 cm thick or less and muffins that are the size of a tennis ball or smaller are more likely to meet the Guidelines.
- Work with administrators, parents, teachers and students to promote healthier recipes using resources such as [Bake Better Bites](#) and [Tips and Recipes for Quantity Cooking](#).

## Use sensational substitutes\*:

To	Instead Of	Try
Boost Fibre	1 cup white flour	½ cup whole wheat flour plus ½ cup white flour
		¼ cup ground flaxseed plus ¾ cup white flour
		Adding wheat bran or oatmeal to homemade bread
Use Less Fat	½ cup of fat (oil, margarine, or butter)	¼ cup mashed fruit plus ¼ cup of fat
	1 cup of solid fat	¾ cup ricotta cheese plus ¼ cup solid fat
	Whole milk	Skim, 1% or evaporated skim milk, fortified unsweetened soy beverage
	Cream	Milk, low-fat evaporated milk or low fat sour cream
Use Less Sugar	1 cup sugar	2/3 to ¾ cup sugar plus cinnamon, vanilla or almond extract to boost flavour
	1 cup chocolate chips	½ cup mini chocolate chips plus ½ cup to 1 cup chopped nuts or chopped dried fruit
	Icing or frosting	Fresh chopped or pureed fruit and/or a dusting with powdered or icing sugar

\*Based on "Sensational Substitutes" from [Bake Better Bites: Recipes and Tips for Healthier Baked Goods](#), pg 5.

## Act to support healthy eating:

- Ensure that everyone bringing food uses the Checklist so they meet the nutrition standards in the Guidelines.
- Ensure that everyone bringing food understands how to be food safe and allergy aware at home.
- Label all food sold with ingredient lists and nutrition information from recipes (when available).
- Keep it simple and do not sell products at bake sales that require refrigeration, such as food with dairy or egg products in liquid form and meats.
- Consider selling bottled water, fresh fruits & vegetables and other healthy snack options alongside baked goods at school events.
- Include non-food items and prizes at events and physical activities/games that promote a healthy lifestyle.



### FOOD FOR THOUGHT

Meet the Guidelines with healthier recipe ingredients such as:

- Dried fruit, fruit sauce with no added sugar or sweetener, grated vegetables or bran
- Nuts and seeds (where there is no allergy limitation)
- Oil or non-hydrogenated margarine as the fat source

## Where Can We Find Out More?

- HealthLink BC: [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)
  - Speak to a Dietitian by dialing **8-1-1** or [Email a HealthLinkBC Dietitian](#)
- Bake Better Bites: Recipes and Tips for Healthier Baked Goods: [www.healthyschoolsbc.ca/program/resources/80/25666/Bake-Better-Bites.pdf](http://www.healthyschoolsbc.ca/program/resources/80/25666/Bake-Better-Bites.pdf) (PDF 2.34 MB)
- Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies: [www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf](http://www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf) (PDF 2.75 MB)
- Food Safe Program: [www.foodsafe.ca](http://www.foodsafe.ca)

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