

THE ULTIMATE GUIDE TO PLANNING YOUR
OWN GREAT BACK UP BAKE OFF

BACK UP BAKE OFF



back up Have you got the Back Up bug?
www.backuptrust.org.uk



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transforming lives after spinal cord injury

#BackUpBakeOff



THANK YOU FOR SUPPORTING US!

In this pack you will find information on planning your Back Up Bake Off, some tasty recipes and plenty of fundraising ideas. If you would like some materials such as posters or leaflets to advertise your event, or provide information to your guests about Back Up, we also have some great Back Up materials to send out to you.

This pack will give you some ideas, but we know our supporters are motivated and ingenious, so you can use it just as a starting point. And if you want to chat through your plans, our Fundraising Team is here to help.

We really appreciate your support and cannot wait to hear how successful your bake is!

Please do remember to send us any photos you take at the event, we would love to see them.

Have fun, and happy fundraising!

READY, STEADY BAKE!

STEP ONE



Choose your date and location. Then advertise like crazy with posters and social media to make sure everyone knows about it.

STEP TWO



Whip up some yummy baked treats. Your guests might be happy to bring some along as well if you ask.

STEP THREE



Sell and scoff your cakes before counting up the money you've raised. Send it to us (there's a page in this guide on how to do so) and we'll take it from there.

STEP FOUR



We'll turn the money you've raised into support for people affected by spinal cord injury.

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BACK UP BAKE OFF IDEAS

AT SCHOOL

Cake Off

Challenge your classmates to bake their own Showstoppers and offer prizes for different categories such as best looking, most delicious or tallest cake. Charge an entry fee and watch the variety of cakes roll in!

Baking Competition

Pick a theme such as Halloween or Christmas and offer prizes for the best in categories such as bread, biscuits, cakes etc. You might even offer a prize for Best in Show.

AT WORK

Bring & Buy

Ask colleagues to bake and donate something to hold a bake sale at work. Pick a time when everyone's likely to be feeling peckish and you'll definitely raise more money.

Cake Trolley

Don't wait for people to come to you, load a trolley and tour the office to put the temptation right under their noses. It's all for a good cause so you just can't say no.

FOR FRIENDS

Bake Off challenge

Ask someone to be a judge and issue your challenge. Whether it's a Signature Bake, Technical or Showstopper it'll bring out everyone's competitive spirit.

Afternoon Tea

Bake your heart out and throw a tea party. To make it special use beautiful china cups and saucers, and serve plates of sandwiches, scones, cakes and biscuits. Whether it's for four or forty people it will be a treat.

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A man with dark hair and a beard, wearing a blue and white checkered shirt, is smiling and sifting white flour through a metal sieve. The background is a kitchen setting with a white wall and a bowl of flour on the counter.

BACK UP BAKE OFF RECIPES

**2 special recipes from
Eric Lanlard
Award winning master patissier
International baking star
Owner of 'Cake Boy'
And our very own Back Up patron!**

CUPCAKES BY ERIC LANLARD

For the sponge

110g butter or margarine,
softened at room temp
110g caster sugar
2 eggs, lightly beaten
1 tsp vanilla extract
110g self-raising flour
1-2 tbsp milk

For the buttercream icing

140g butter, softened
280g icing sugar
1-2 tbsp milk
a few drops food colouring

Preheat the oven to 180C and line a 12-hole muffin tin with paper cases.

Cream the butter and sugar together in a bowl until pale. Beat in the eggs a little at a time and stir in the vanilla extract. Fold in the flour using a large metal spoon, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are half full.

Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 10 minutes, then remove from the tin and cool on a wire rack.

For the buttercream icing, beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth. Then add the remaining icing sugar with one tablespoon of the milk, adding more milk if necessary, until the mixture is smooth and creamy.

Add the food colouring and mix until well combined. Spoon the icing into a piping bag with a star nozzle and pipe the icing using a spiralling motion onto the cup cakes in a large swirl.

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BACK UP BAKE OFF RECIPES



CHEWY GINGERBREAD BISCUITS BY ROSE CAKE CREATIONS

175g plain flour
½ tsp bicarbonate of soda
1 tsp ground ginger
½ tsp cinnamon
60g butter (cubed)
85g soft dark brown sugar
2 tsp golden syrup (or try treacle for a different flavour)
1 small egg

Preheat oven to gas mark 5/190C. Grease and line a baking tray with baking paper.

Sift flour, bicarb and spices into a bowl.

Rub in butter and mix with your fingertips until it resembles coarse bread crumbs.

Stir in sugar.

Beat syrup into egg then stir into flour mixture.

Knead dough until smooth.

Roll out dough to 1/2cm thick onto lightly floured surface.

Cut out shapes.

Bake 10-15 minutes.

Let them sit on the tray for a few minutes before moving to a wire rack to cool completely.

RESOURCES FOR YOU!

To assist you in your fabulous fundraising activities we can provide you with loads of goodies:

In this pack:

- Posters
- Our favourite recipes

We can send to you:

Cake toppers
Cloth banners
Balloons
Back Up bugs

And remember to...

- Label all baked goods with ingredients for people with allergies
- Try and cater for all diets and include some treats for vegans and gluten-free guests.
- Check out Food Standards Agency guidelines. Search 'charity community groups' on **food.gov.uk**
- Price up your cakes, but encourage people to give as generously as they can
- Have a cash float so you can give change to customers

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Any money that you collect at your event should be counted and recorded by at least two people wherever possible. Cash should be kept and counted in a secure and safe environment. The money should be banked and sent to Back Up either by cheque or by bank transfer as soon as possible.

Please make the cheque payable to 'Back Up' and send to:

Back Up, 4 Knightley Walk, London, SW18 1GZ

Or make a bank transfer to our charity account:

Account name: The Back-Up Trust

Sort code: 60-22-28

Account number: 81493118

Please reference the payment to your event!

Anticipate being asked questions about Back Up and know what you are going to say.

Gift Aid cannot be applied to money raised by cake sales.

COLLECTING & SENDING US YOUR DONATIONS



GOOD LUCK & HAPPY BAKING!

If you have any questions or want to chat through any fundraising ideas, please give us a call on 020 8875 1805 or email us at fundraising@backuptrust.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity Numbers 1072216 and SC040577
Company No 3596996

Registered in England & Wales Registered Office:
Back Up, 4 Knightley Walk, London, SW18 1GZ

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