

Cake Sheds & Home Baking – what you need to know!

Labelling, Natasha’s Law & Local Authority Registration

If you are baking from home, running a cake shed, or selling via social media, correct labelling is not optional, it is a legal requirement. This guidance summarises what you must do under Natasha’s Law and general food labelling regulations in England.

What is Natasha’s Law?
[Natasha’s Law \(October 2021\)](#) requires full ingredient labelling with allergens clearly emphasised on all Prepacked for Direct Sale (PPDS) foods.
 PPDS applies if:

- The food is packed before the customer orders it.
- It is packaged on the same premises where it is sold.
- It is ready for sale (e.g. boxed slices, wrapped brownies, cupcakes in clamshells)

This includes:

- Cake sheds
- Home bakers
- Market stalls
- Coffee shops – when supplying into coffee shops
- Farm shops



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Registering with Your Local Authority
 Before trading, you must register your food business with your local council at least 28 days before starting.
You must:

- Register as a food business (even if working from home)
- Be inspected by Environmental Health
- Have a Food Safety Management System (e.g. [Safer Food Better Business](#))

You cannot legally sell food without registration.

Allergens - What You CANNOT Do

✗ You cannot say:

- “May contain all allergens”.
- “May contain any allergen”.
- Blanket statements covering all 14 allergens.

Precautionary allergen statements must be:

- Based on a **risk assessment**
- Specific

Acceptable example:
 “May contain PEANUTS, ALMONDS”

This statement should appear after the ingredients list.
 (Only if cross-contamination risk has been identified and cannot be controlled - be specific.)

✗ You cannot list allergens only on the front of the pack

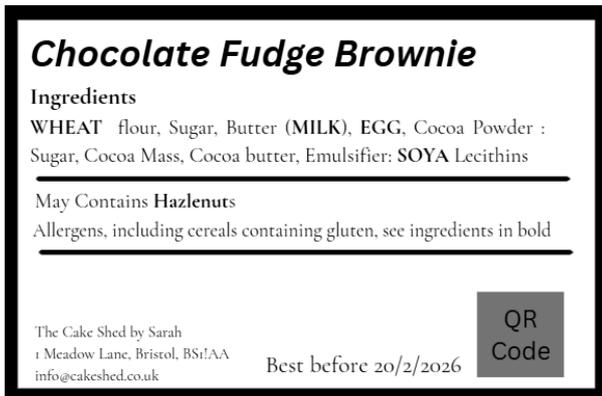
Allergens **must ONLY appear in the ingredients list**, highlighted clearly.

You can have a sign stating please check ingredient labels for allergens in the food s you prepare.

Additional Fact sheets

- ✓ Check out our fact sheet on the Top #14 UK allergens [Link](#)
- ✓ Check out our Fact sheet on allergens outside the Top #14 [Link](#)
- ✓ Gluten free oats and labelling [Link](#)

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Note: Do not bold the ingredient e.g. Butter, QR code optional for more details

✗ You cannot hide allergens in small print

The font must be:

- Easy to read.
- Clearly legible
- Not obscured or stylised

As a guide, minimum font size is:

- 1.2mm x-height
- 0.9mm for small packaging (under 80cm² surface area)

If Environmental Health cannot read it easily, it is not compliant.

What MUST Be on Your Label

Every PPDS product must include:

✓ Name of the food

Example: “Chocolate Fudge Brownie”

✓ Full ingredients list

Listed in descending weight order (largest ingredient first).

✓ **List all components** and their ingredients E.g. if including a confectionary like Maltesers list all the ingredients for Maltesers as in the box above need to be included in the label.

✓ Allergens clearly highlighted

Allergens must be emphasised within the ingredients list using:

- **Bold**
 - UNDERLINE
 - **CAPITALS**
 - Different colour
 - Or a clear combination
- ⚠ It must be obvious and stand out.

✓ Name of your business

Example: The Cake Shed by Sarah Smith

✓ Address of the business

This must be a physical address (not just social media).

✓ Contact details

 Phone, email, or website.

A QR code linking to your website is acceptable, but the required written information must still be present.

INGREDIENTS: SUGAR, SKIMMED MILK POWDER, COCOA BUTTER, GLUCOSE SYRUP, **BARLEY** MALT EXTRACT, COCOA MASS, PALM FAT, WHEY PERMEATE (**MILK**), **MILK** FAT, EMULSIFIERS (**SOYA** LECITHIN, E492), PALM KERNEL FAT, **WHEAT** FLOUR, RAISING AGENTS (E341, E501, E500), **WHEAT** GLUTEN, WHEY POWDER (**MILK**), SALT, GLAZING AGENT (PECTINS).

✓ Date marking

- **Use By** – for highly perishable foods (e.g. fresh cream cakes)
- **Best Before** – for quality-based shelf life (e.g. sponge cake, biscuits)

Choose the correct one based on shelf life and risk assessment.

Final Advice If you:

- ✓ Pre-pack food before sale
- ✓ Sell via a cake shed.
- ✓ Supply farm shops or cafés.
- ✓ Take orders via Instagram/Facebook

You are legally responsible for accurate labelling. When in doubt — check with your Environmental Health Officer.

✦ Important Reminders for Cake Shed Businesses

- ✓ Keep ingredient specifications from suppliers.
- ✓ Update labels if recipes change.
- ✓ Reprint labels if ingredients change brand.
- ✓ Carry out allergen risk assessments.
- ✓ Train anyone helping you in allergen awareness.
- ✓ Keep traceability records.