

# WHO'S BAKING NUTRITION AND HEALTH POLICY

## Who's Baking – Nutrition & Health Policy

**Last Updated**: 08/11/2024 **Review Due Date**: 08/11/2025

In addition to providing delectable, home-baked delights, we at 'Who's Baking Swansea' are dedicated to being open and honest about the ingredients used in each product. Our objective is to provide a range of baked goods that satisfy various dietary requirements and tastes while upholding the highest standards of quality. To help our members make educated decisions about the delights they like, this nutrition policy provides the essential details on ingredients, allergens, and nutritional content. To ensure that everyone has a positive experience, we place a high priority on transparent labelling, ethical sourcing, and, whenever feasible, the ability to accommodate dietary restrictions.

### The Policy Aim

#### 1. Transparency of Ingredients and Ethical Purchasing

We are aware that a product's ingredients determine its overall quality. For this reason, we
collaborate closely with reliable vendors who share our dedication to quality, ethical
sourcing, and sustainability. Every product is meticulously crafted to ensure that it is as
delicious and healthful as possible.

#### 2. Specific Allergen Data & Cross-Contamination Procedures

Our customers' health and safety are our first concern. To help you choose the tasty treats
you like, we properly label every one of our products with complete allergen information. To
give people with severe allergies peace of mind, we provide special preparation spaces for
allergen-free items and adhere to strict cross-contamination prevention procedures. Do not
hesitate to contact us if you have any questions; we would be happy to give you with
detailed information about our procedures.

#### 3. Providing for Customization & Special Diets

• We are pleased to provide a wide variety of items at "Who's Baking Swansea" to accommodate individuals with different dietary requirements. Whether you are on a low-sugar, vegan, gluten-free, or dairy-free diet, we offer baked goods that will still taste great.

#### 4. Nutritional Data and Portion Management

We think that enjoying your favourite baked items should be a mindful and fulfilling
experience. We offer thorough nutritional information for all our goods, including calorie
counts, sugar levels, and more, to help you make healthy decisions. Whether you want a
low-calorie alternative or something a bit more extravagant, this transparency lets you enjoy
your pleasures guilt-free. To help you enjoy our treats in moderation, we also offer portion
size guidelines.

#### 5. Packaging & Environmental Responsibility

 Many of our clients place a high value on environmental sustainability, and we are aware of this. Using environmentally friendly packaging materials wherever possible is our top focus because of this. Our goal is to lessen our influence on the environment by using recyclable boxes.

#### 6. Constant Feedback & Improvement

We're constantly trying to develop new ideas and get better. We value your opinions greatly
as we develop and improve our products. Please don't hesitate to voice any problems or
recommendations you may have. We guarantee that everyone can savour a delectable
delight catered to their needs by offering baked goods that not only meet but beyond your
expectations.

We appreciate you selecting "Who's Baking Swansea." We feel privileged to be a part of your delicious adventure and are eager to share our love of baking with you!

Signature here: L.Holland

Who's Baking Project Manager