

**Calling all bakers! We are looking for donations to the bake sale table at
Urban Retreats Garden Tour, Tea, Craft and Plant Sale, Saturday, June 20, 2026.**

All the proceeds from the Bake Table go directly to 1JustCity to support the vital work they do in the inner city on our behalf. Your generosity is appreciated.

Regulation Requirements

According to Manitoba Health regulations all baking donations **must** be labelled with the name of the item, ingredients, the church affiliation, and date baked. **If you are not affiliated with a church** please put your name and contact information on a piece of paper with your donation. This is just for our reference: your information will not be made public.

What we can accept and not accept

The following is a list of the baked goods **we can accept**:

Bread & Buns	Matrimonial Cake
Brownies	Muffins
Butter Tarts	Peanut Brittle
Cakes and cupcakes with sugar icing (no whipped cream, synthetic cream, or whipped topping products)	Popcorn
Cereal Products	Puffed wheat cake
Cinnamon Buns, Hot Cross Buns, etc.	Quick breads (Banana, cherry, etc.)
Cookies	Rice Krispie Cake
Flaked Pastry with Fruit Filings	Toffee
Fruit-filled Pies and Fruit-filled Tarts (see exceptions below)	
Fudge	

This is a short list of items **we can not accept**:

Cream or custard filled pastries	Pumpkin Pie
Cakes and cupcakes iced with whipped cream, synthetic cream, or whipped topping products	Whipped Icings (with water activity at or above 0.85 or pH above 4.6)
Pies with Meringue (egg product)	

For a more comprehensive list go to https://www.gov.mb.ca/health/publichealth/environmentalhealth/protection/docs/farmers_market.pdf

If in doubt, contact us. (see below)

Packaging your baking

We welcome baking that is packaged in new, clean packaging. Please do not reuse styrofoam or plastic trays (such as those which held meat products.) In general, smaller packages are better: 6 muffins, tarts or buns; 12 cookies or dainties, etc. We are happy to package the items for you as well, leaving you time to focus on baking. We will make individual ingredient labels if you include one with the information.

Fresh or Frozen?

Baking is always best when fresh but busy schedules may not allow for that. We can accept items previously frozen. Put the date the item was made on the package and indicate “Previously Frozen” if that is the case.

Drop off locations

Friday, June 19, between 10am and 12pm, and **Saturday, June 20 BEFORE 9:30 am** at Norwood Community Centre at 87 Walmer Street (this is where the sale is being held on Saturday)

Thursday, June 18, between 1pm and 3 pm United Church in Meadowood, 1111 Dakota Street

More delivery times and locations are being organized: contact us so we can work out something convenient for you.

If you have any questions, please email us at gardentour@1justcity.ca

Thanks again for helping out.