Whose dessert is whose? Label chilled cups before serving

Label chilled dessert cups so each guest gets the right one. The sheet has twelve cut-out labels, 1.75 by 1.25 inches, and a guest list for the full ingredients. Check that the labels fit your cups.

What you need

- Chilled dessert cups with lids
- The recipe or package ingredient list for each dessert
- The printed label sheet and guest list
- Scissors and a pen
- Tape or a removable adhesive for the outside of the cup

1. Write the full ingredients on the guest list

For each dessert, copy the ingredient list from the recipe or package onto the guest list, not from memory. Ask guests directly about allergies and needs; a name on a cup does not make a dessert suitable for someone.

2. Fill in the small labels

Each label has room for the guest name, the dessert, the main allergens and the date made. Number the labels so each one matches a row on the guest list, where the full ingredients are.

3. Cut and attach outside the cup

Print a test sheet at 100% and check the 1-inch square measures 1 inch. Cut along the solid outlines and tape each label to the outside of the cup, below the rim, so paper and adhesive stay away from the food and the lid still closes. On a tapered cup, place it near the top, where the side is widest.

4. Match, chill and serve

Check each cup against the guest list before serving and keep the cups refrigerated until then. FDA advises refrigerating at 40 °F or below and never leaving food out more than 2 hours (1 hour if the outside temperature is above 90 °F). Make a new label if a cup is refilled with a different dessert.

Important

A label identifies a cup; it does not make a dessert safe for an allergy. Keep the full ingredient list on the guest list and ask guests directly.

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Print at 100% on plain paper or label paper. Each label is 1.75 x 1.25 inches. Cut along the solid outlines.

Label no. ____ Name _____ Dessert _____ Contains _____ Made _____	**Label no. ____** Name _____ Dessert _____ Contains _____ Made _____	**Label no. ____** Name _____ Dessert _____ Contains _____ Made _____
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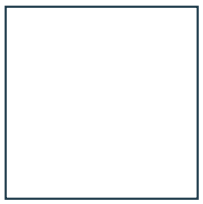
Label no. ____ Name _____ Dessert _____ Contains _____ Made _____	**Label no. ____** Name _____ Dessert _____ Contains _____ Made _____	**Label no. ____** Name _____ Dessert _____ Contains _____ Made _____



Check: this square should measure 1 inch on each side. If not, reprint at 100% (no 'fit to page').

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Guest list

No.	Guest	Dessert	Full ingredients (from recipe or package)	Asked guest
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐
11				☐
12				☐

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Tips and disclosures

- If the lid is flat on top, a label can also go on the lid; keep it off any vent or seal.
- Use a removable adhesive so the cups can be washed and reused.
- Check the label size against the outside of your cup; use a flat lid if needed and keep adhesive away from food.

Notice: AI concept illustration

AI concept illustration: the image is an original AI editorial illustration of labelled dessert cups, not a photograph of a tested result or of the linked product. It does not establish colour, capacity, fit, temperature or results; check the retailer listing and the maker's directions.

Sources

Main source: FDA: Are You Storing Food Safely?

FDA: Are You Storing Food Safely?
https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely

Source note: FDA supports refrigeration at 40 °F or below and the 2-hour (1-hour above 90 °F) limit for foods requiring refrigeration. Label size, placement and guest list are FigureNook guidance; measure your cups to check fit.