magic breakfast
fuel for learning

Magic Breakfast Products

Ingredients, allergens and nutritional information



Registered with FUNDRAISING REGULATOR

Magic Breakfast, Fora, 42-46 Princelet Street, London, E1 5LP
Registered Charity No: 1102510 in England & Wales, SC048202 in Scotland

Contents

Subject	Page
Introduction	3
Introduction to Natasha's Law	5
Allergen guidance key	6
Bakery: allergens, nutritional information and ingredients	7
Cereal: allergens, nutritional information and ingredients	11
Porridge: allergens, nutritional information and ingredients	24
Instant porridge: allergens, nutritional information and ingredients	25
Beans: allergens, nutritional information and ingredients	29
Milk: allergens, nutritional information and ingredients	30
Natasha's Law: further guidance and FAQs	31

Introduction

Magic Breakfast are committed to providing a nutritionally balanced breakfast at the start of the school day, using the NHS's Eatwell Guide as a reference to help us and schools provide a variety of offer across the school week. Through our Magic Menu, we are working hard to increase our offering across all of these food groups and to make products available to all schools.



Starchy carbs	Dairy and alternatives	Proteins	Fruit and vegetables
Warburtons Half and Half bread	Arla UHT Semi-Skimmed Milk	Heinz No Added Sugar Beans	To be confirmed
NYBC bagels		Eggs (to be confirmed)	
Crumpets			
Cereals			
Quaker porridge oats and OSS sachets			

In the following pages we provide a list of ingredients, allergens, nutritional and advisory guidance relating to all Magic Breakfast sourced food supplied to your school. Ingredients, allergens and nutritional information will be listed in the Magic Menu categories:

Starchy carbs

- Bakery
- Cereal
- Porridge
- Instant Porridge

Proteins

- Beans
- Eggs

Dairy

- Milk

We will update this document when we introduce new items, guidance changes, or if food manufacturers adjust product ingredients. Please note, although we work closely with our suppliers to ensure a continuity of provision, there is a possibility that not all products may be available across the entire range to all schools at all times.

Natasha's Law

Allergen Labelling Requirements in Schools

Natasha's Law requires that any food that is classified as **Pre-Packed for Direct Sale (PPDS)** be labelled with a full ingredients list and allergens highlighted in bold.

PPDS means food that is packaged at the same place it is offered to consumers, even if it is offered free of charge. If it is offered in a public space for people to consume, and is packaged as below, it must be labelled clearly:

- The food is fully or partly enclosed by the packaging
- The food cannot be altered without opening or changing the packaging
- The food is ready to offer to the final consumer

Examples of **PPDS** food that may be provided by schools include:

- fruit pots / breakfast pots made in advance of children choosing them
- a sandwich completely enclosed in cling film
- bread or bagel placed in a paper bag with the bag folded over or twisted to encase the bread

For more information on Natasha's Law, labelling, and how we apply it to our products see page 29.

Ingredients, Allergens and Nutritional Information Guidance Key

What do the colour codes mean?
Nutritional information is given using the UK Government's food labelling guidance, School Food Standards (SFS) and Nutritional Requirements for Healthy Eating in Schools (Scotland) Regulations 2020.

Key information is given for the amount of fat, sugar and salt per 100g, and is colour coded in the following pages coded (as below) as a visual guide, and for ease of use.

Green	Orange	Red
Low content (encouraged by SFS)	Medium content (accepted by SFS)	High content (not permitted by SFS)

Products that are classified as high fibre (more than 6g per 100g) have also been highlighted in green text to highlight higher fibre options. For more details on fibre and portion size please see Magic Breakfast Portion Size Guide.

Ingredients, Allergens and Nutritional Information: Bakery

Warburtons half and half ®			
Ingredients: Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)] and Wholemeal **Wheat** Flour, Water, Yeast, Vegetable Oils (Rapeseed and Sustainable Palm), Salt, **Wheat** Gluten, Malted **Barley** Flour, Emulsifiers: E471, E472e; **Soya** Flour, Preservative: Calcium Propionate; Flavouring, Flour Treatment Agent: Ascorbic Acid (Vitamin C). **Allergen Information:** Contains **Barley (gluten), Wheat (gluten), Soya flour.** Produced in a bakery that uses sesame seeds and milk. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 40.3g serving***	**% RI per serving**
Energy	248 Kcal	100 Kcal	5%
Fat	2.8g	1.1g	2%
Saturated Fat	0.7g	0.3g	2%
Carbohydrates	43.6g	17.6g	
Sugar	2.7g	1.1g	1%
Fibre	**4.2g**	1.7g	
Protein	10.0g	4.0g	
Salt	0.95g	0.38g	6%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
50g – 70g/ 1 slice		80g – 100g/2 slices	

Ingredients, Allergens and Nutritional Information: Bakery

Hovis Best of Both ® Medium	
Ingredients: Water, **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal Flour (**Wheat**) (32%), Yeast, Calcium Sulphate, Salt, **Wheat Protein**, **Soya** Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid. **Allergen Information:** Contains **Gluten**, **Wheat** and **Soya** **Additional information:**	

Nutritional Profile	Per 100g	Per 40.3g serving*	% RI per serving
Energy	226 Kcal	91 Kcal	5%
Fat	1.6g	0.6g	1%
Saturated Fat	0.3g	0.1g	1%
Carbohydrates	40.8g	16.3g	6%
Sugar	2.9g	1.1g	1%
Fibre	**5.6g**	2.2g	
Protein	9.5g	3.8g	8%
Salt	0.90g	0.36g	6%

*This is the manufacturer's suggested serving size (not by age).

Primary	Secondary
50g – 70g/ 1 slice	80g – 100g/2 slices

Ingredients, Allergens and Nutritional Information: Bakery

New York Bakery Co ® Original Bagels (Added Fibre)			
Ingredients: Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Spirit Vinegar, **Wheat** Fibre, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), Malted **Barley** Flour, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid). **Allergen Information:** Contains **Wheat** flour (gluten), **Malted Barley** Flour (gluten). May contain **Sesame** (manufactured in a facility that handles Sesame). **Additional information:** Suitable for Vegetarians and Vegans. Free from artificial colours and flavours. Made on a nut-free site.			
Nutritional Profile	**Per 100g**	**Per 85g serving (whole bagel)***	**% RI per serving**
Energy	259 Kcal	220 Kcal	
Fat	1.2g	1g	
Saturated Fat	0.2g	0.2g	
Carbohydrates	50.2g	42.7g	
Sugar	5.3g	4.5g	
Fibre	**3.8g**	3.3g	
Protein	9.8g	8.4g	
Salt	0.8g	0.7g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
50g – 70g /half bagel		80g – 100g/ whole bagel	

Ingredients, Allergens and Nutritional Information: Bakery

Village Bakery Long-Life Crumpets ® (Magic Breakfast Crumpets)			
Ingredients: Water, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Inulin, Fermented **Wheat** Flour, Raising Agents (E450, E501, E500, E509), Sugar, Yeast, Salt, Vinegar, Preservative (Potassium Sorbate), Dextrose. **Allergen Information:** Contains **Wheat Gluten.** **Additional information:** Suitable for Vegetarians			
Nutritional Profile	**Per 100g**	**Per 55g serving (whole crumpet) ***	**% RI per serving**
Energy	173 Kcal	95 Kcal	
Fat	0.7g	0.4g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	39.6g	21.8g	
Sugar	1.6g	0.9g	
Fibre	**4.7g**	2.6g	
Protein	4.7g	2.6g	
Salt	0.92g	0.52g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
50g – 70g		80g – 100g/1.5 or 2 whole crumpets	

Ingredients, Allergens and Nutritional Information: Cereal

Kellogg's Cornflakes ®			
Ingredients: Maize, **Barley** Malt extract, Sugar, Salt. Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12 **Allergen Information:** Contains **Barley (gluten).** May contain gluten from other cereals. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	378 Kcal	113 Kcal	
Fat	0.9g	0.3g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	84g	25g	
Sugar	8.0g	2.4g	
Fibre	**3.0g**	0.9g	
Protein	7.0g	2.1g	
Salt	1.1g	0.34g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Kellogg's Rice Krispies ®			
Ingredients: Rice, Sugar, Salt, **Barley** Malt extract, Vitamins and Minerals: Niacin, Iron, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin 12 **Allergen Information:** Contains **Barley (gluten).** May contain gluten from other cereals. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	378 Kcal	85 Kcal	
Fat	1.2g	0.3g	
Saturated Fat	0.4g	0.1g	
Carbohydrates	86g	19g	
Sugar	7.9g	1.7g	
Fibre	2.0g	0.4g	
Protein	7.0g	1.5g	
Salt	1.0g	0.22g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Quaker Oat Granola Golden Crunch ®			
Ingredients: Rolled **Oats** (62%), Sugar, Glucose Syrup, Sunflower Oil, Cereal Crisps, Rice Flour, **Wheat** Flour, Natural Flavouring (contains **Wheat**), Emulsifier (Lecithins), **Oat Bran**, Honey, Natural Flavouring **Allergen Information:** Contains **Oat** and **Wheat** flour **(gluten)**. May contain Barley, Rye, Milk, Nuts. **Additional information:** This product may have been manufactured on a site that also handles nuts.			
Nutritional Profile	**Per 100g**	**Per 45g serving***	**% RI per serving**
Energy	429 Kcal	193 Kcal	
Fat	10g	4.6g	
Saturated Fat	1.4g	0.6g	
Carbohydrates	72g	32g	
Sugar	19g	8.6g	
Fibre	**7.2g**	3.2g	
Protein	8.7g	3.9g	
Salt	0.10g	0.05g(<1%)	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Quaker Oat Crisp ®			
Ingredients: Wholegrain **Oat** Flour (77%), **Wheat** Bran, Sugar, **Barley Malt** Extract, Raising Agent (Potassium Hydrogen Carbonate), Salt **Allergen Information:** Contains **Oat** Flour, **Wheat** Bran, and **Barley (gluten)**. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	375 Kcal	113 Kcal	
Fat	6.7g	2.0g	
Saturated Fat	1.1g	0.3g	
Carbohydrates	58g	17g	
Sugar	9.3g	2.8g	
Fibre	15g	4.4g	
Protein	13g	4.0g	
Salt	0.84g	0.25g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Weetabix ® Original			
Ingredients: Wholegrain **Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid **Allergen Information:** Contains **Wheat (gluten)** and **Barley (gluten)**. Not suitable for Coeliacs. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	371 Kcal	111 Kcal	
Fat	1.4g	0.0g	
Saturated Fat	0.2g	0.0g	
Carbohydrates	77g	23g	
Sugar	13g	3.9g	
Fibre	**7.4g**	2.2g	
Protein	9.0g	2.7g	
Salt	0.28g	0.08g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Weetabix BranFlakes ®			
Ingredients: Wholegrain **Wheat** (80%), **Wheat** Bran (20%), Sugar, Malted **Barley** Extract, Salt, Niacin, Iron, Pantothenic Acid (B5), Thiamin (B1), Riboflavin (B2), Vitamin B6, Folic Acid, Vitamin B1 **Allergen Information:** Contains **Wheat (gluten)** and **Barley (gluten)**. Not suitable for Nut and Milk allergy sufferers, or Coeliacs. **Additional information:** This product may have been manufactured on a site that also handles nuts.			
Nutritional Profile	**Per 100g**	**Per 40g serving***	**% RI per serving**
Energy	360 Kcal	108 Kcal	
Fat	2.7g	0.8g	
Saturated Fat	0.5g	0.2g	
Carbohydrates	64g	19g	
Sugar	12g	3.6g	
Fibre	**16g**	4.8g	
Protein	12g	3.6g	
Salt (equivalent) 1	0.35g	0.10g	
Sodium	0.14g	0.04g	
*This is the manufacturer's suggested serving size. See earlier guidance on serving size for very young children			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Weetabix Crunchy Bran ®			
Ingredients: Wheat Bran (52%), Wholegrain **Wheat** (30%), **Oat** Bran (12%), Sugar, Malted **Wheat** Flour, Salt, Calcium, Niacin, Iron, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12 **Allergen Information:** Contains **Wheat (gluten**) and **Oat (gluten)**. Not suitable for Milk allergy sufferers. Not suitable for Vegans or Coeliacs. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 40g serving***	**% RI per serving**
Energy	351 Kcal	140 Kcal	
Fat	4.3g	1.7g	
Saturated Fat	0.8g	0.8g	
Carbohydrates	54g	22g	
Sugar	14g	5.6g	
Fibre	**22g**	8.8g	
Protein	13g	5.2g	
Salt	0.58g	0.23g	
*This is the manufacturer's suggested serving size. See earlier guidance on serving size for very young children			

Primary	Secondary
30 – 40g	40g – 50g

Ingredients, Allergens and Nutritional Information: Cereal

Weetabix ® Multigrain Hoops			
Ingredients: Cereal Flours (Wholegrain **Wheat** (31%), Wholegrain **Oat** (27%), **Barley**, Maize, Rice, Sugar, **Wheat** Starch, Colours (Paprika Extract, Carotene), Salt, Caramelised Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin(B2), Thiamin (B1), Vitamin D **Allergen Information:** Contains **Wheat (gluten), Oat (gluten), Barley (gluten).** May contain milk. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	378 Kcal	113 Kcal	
Fat	3.2g	1.0g	
Saturated Fat	0.5g	0.2g	
Carbohydrates	75g	23g	
Sugars	17g	5.1g	
Fibre	**7.0g**	2.1g	
Protein	8.7g	2.6g	
Salt	0.56g	0.17g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

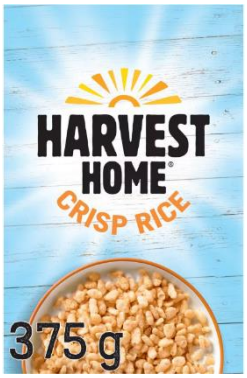
Nestle ® Harvest Home ® Cornflakes			
Ingredients: Maize Grits, Sugar, **Barley** Malt Extract, Iron, Vitamin B3, B5, D, B12, B9, B6, B1, B2 **Allergen Information:** Contains **Barley** Malt Extract (below 20ppm) **Additional information:** Nestle advise that the Barley tests below 20ppm.			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	387 Kcal	116 Kcal	6%
Fat	1.2g	0.3g	<1%
Saturated Fat	0.3g	0.1g	<1%
Carbohydrates	85.2g	25.5g	
Sugars	6.1g	1.8g	2%
Fibre	**2.5g**	0.8g	
Protein	7.7g	2.3g	
Salt	0.59g	0.18g	3%
*This is the manufacturer's suggested serving size (not by age).			

Primary	Secondary
30 – 40g	40g – 50g

Ingredients, Allergens and Nutritional Information: Cereal

Shreddies Original ®			
Ingredients: Wholegrain **Wheat** (96.1%), Sugar, Invert Sugar Syrup, **Barley** Malt Extract, Salt, Molasses, Iron, Vitamin B3, B5, B9, B6, B2 **Allergen Information:** Contains **Wheat (gluten)** and **Barley** Malt Extract. May contain Peanuts and Nuts **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 40g serving***	**% RI per serving**
Energy	364 Kcal	146 Kcal	7%
Fat	1.8g	0.7g	1%
Saturated Fat	0.3g	0.1g	<1%
Carbohydrates	70.4g	28.2g	
Sugars	12.5g	5.0g	6%
Fibre	**12.0g**	4.8g	
Protein	10.8g	4.3g	
Salt	0.72g	0.29g	5%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Nestle ® Harvest Home ® Crisp Rice			
Ingredients: Rice, Sugar, **Barley** Malt Extract, Salt, Iron, Vitamin D, B3, B5, B12, B9, B6, B2, B1 **Allergen Information:** Contains **Barley** Malt Extract **(gluten)** **Additional information:** Nestle advise that the Barley tests below 20ppm.			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	385 Kcal	116 Kcal	6%
Fat	1.3g	0.4g	<1%
Saturated Fat	0.4g	0.1g	<1%
Carbohydrates	84.8g	25.4g	
Sugars	4.9g	1.5g	2%
Fibre	1.6g	0.5g	
Protein	7.9g	2.4g	
Salt	0.53g	0.16g	3%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Cereal

Nestle Multigrain Cheerios ®	
Ingredients: Wholegrain **Oat** Flour (29.6%), Wholegrain **Wheat** (29.6%), Wholegrain **Barley** Flour (17.9%), Sugar, **Wheat** Starch, Invert Sugar Syrup, Wholegrain Maize Flour (2.1%), Wholegrain Rice Flour (2.1%), Molasses, Calcium Carbonate, Sunflower Oil, Salt, Colours: Carotene, Annatto Norbixin; Caramelised Sugar Syrup, Antioxidant: Tocopherols, Iron, Vitamin C, B3, B5, B9, D, B6, B2 **Allergen Information:** Contains **Oat, Barley** and **Wheat (gluten).** **Additional information:**	

Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	382 Kcal	115 Kcal	6%
Fat	4.7g	1.4g	2%
Saturated Fat	0.9g	0.3g	2%
Carbohydrates	71.2g	21.4g	
Sugars	17.6g	5.3g	6%
Fibre	**8.9g**	2.7g	
Protein	9.4g	2.8g	
Salt	0.84g	0.25g	4%

*This is the manufacturer's suggested serving size (not by age).

Primary	Secondary
30 – 40g	40g – 50g

Ingredients, Allergens and Nutritional Information: Cereal

BEST Choco Crunch ®			
Ingredients: WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, **WHEAT** Bran, Maize, Fat Reduced Cocoa Powder, Rice Flour, Natural Flavourings, Raising Agent(Calcium Carbonate), Salt, Caramelised Sugar Syrup Powder, Folic Acid, Iron, Niacin, Pantothenic Acid, Thiamin (Vitamin B1), Vitamin B12, Riboflavin (Vitamin B2), Vitamin B6, Vitamin D, Vitamin E **Allergen Information:** Contains **Wheat (gluten).** May contain Tree NUTS, MILK, OATS, BARLEY **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 30g serving***	**% RI per serving**
Energy	366 Kcal	109 Kcal	5%
Fat	1.8g	0.5g	1%
Saturated Fat	0.6g	0.2g	1%
Carbohydrates	76.1g	22.8g	9%
Sugars	17.3g	5.2g	6%
Fibre	**5.9g**	1.8g	
Protein	8.4g	2.5g	5%
Salt	0.43g	0.13g	2%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

Ingredients, Allergens and Nutritional Information: Porridge

Quaker ® Wholegrain Porridge Oats			
Ingredients: 100% Wholegrain Rolled **Oats** **Allergen Information:** Contains **Oats** - can contain traces of gluten due to farming and manufacturing processes. Oats also contain avenin – a protein which some coeliacs may be intolerant to. Therefore, this product is not certified as gluten free. **Additional information:** Contains oat beta-glucan 3.6g per 100g. Each serving (40g) contains 47% of the 3g of oat beta-glucan suggested per day.			
Nutritional Profile	**Per 100g**	**Per 40g serving***	**% RI per serving**
Energy	374 Kcal	150 Kcal	8%
Fat	8g	3.2g	5%
Saturated Fat	1.5g	0.6g	3%
Carbohydrates	60g	24g	
Sugars	1.1g	0.4g	<1%
Fibre	**9.0g**	3.6g	
Protein	11g	4.4g	
Salt	0.0g	0.0g	5%
*This is the manufacturer's suggested serving size (not by age).			

Primary	Secondary
30 – 40g	40g – 50g

Ingredients, Allergens and Nutritional Information: Instant Porridge

Quaker Oat So Simple No Added Sugar Apple ®			
Ingredients: Quaker Wholegrain Rolled **Oats** (81%), Sweetener (Erythritol), Dried Apple Pieces (4%), Salt, Natural Flavourings **Allergen Information:** Contains **Oats (gluten).** May contain Wheat, Barley, Milk, and Soya. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 32.5g serving***	**% RI per serving****
Energy	376 Kcal	127 Kcal	11%
Fat	6.7g	2.3g	8%
Saturated Fat	1.2g	0.4g	12%
Carbohydrates	66g	22g	
Sugars	4.2g	1.4g	11%
Fibre	**7.8g**	2.6g	
Protein	9.2g	3.1g	
Salt	0.3g	0.1g	5%
*This is the manufacturer's suggested serving size (not by age).			

Primary	Secondary
30 – 40g	40g – 50g

****RI with 180ml of semi-skimmed milk**

Ingredients, Allergens and Nutritional Information: Instant Porridge

Quaker Oat So Simple Golden Syrup ®			
Ingredients: Quaker Wholegrain Rolled **Oats** (80%), Sugar, Natural Flavouring, Salt **Allergen Information:** Contains **Oats (gluten).** May contain Wheat, Barley, Milk and Soya. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 36g serving***	**% RI per serving****
Energy	376 Kcal	135 Kcal	11%
Fat	6.5g	2.3g	8%
Saturated Fat	1.2g	0.4g	13%
Carbohydrates	67g	24g	
Sugar (England)	18g	6.4g	17%
Fibre	**7.3g**	2.6g	
Protein	9.0g	3.2g	
Salt	0.56g	0.20g	7%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

****RI with 180ml of semi-skimmed milk**

Ingredients, Allergens and Nutritional Information: Instant Porridge

Quaker Oat So Simple No Added Sugar Strawberry ®			
Ingredients: Quaker Wholegrain Rolled **Oats** (86%), Sweetener (Erythritol), Dried **Allergen Information:** Contains **Oats (gluten).** May contain Wheat, Barley, Milk and Soya. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 32.5g serving***	**% RI per serving****
Energy	373 Kcal	121 Kcal	10%
Fat	7g	2.3g	8%
Saturated Fat	1.3g	0.4g	
Carbohydrates	64g	21g	10%
Sugars	2.0g	0.7g	
Fibre	**8.1g**	2.6g	
Protein	9.6g	3.1g	
Salt	0.31g	0.1g	5%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

****RI with 180ml of semi-skimmed milk**

Ingredients, Allergens and Nutritional Information: Instant Porridge

Quaker Oat So Simple Original ®			
Ingredients: Quaker Wholegrain Rolled **Oats** **Allergen Information:** Contains **Oats (gluten).** May contain Wheat, Barley, and Soya. **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 27g serving***	**% RI per serving****
Energy	370 Kcal	100 Kcal	9%
Fat	7.7g	2.1g	7%
Saturated Fat	1.3g	0.3g	12%
Carbohydrates	59g	16g	
Sugar	1.0g	0.3g	9%
Fibre	**9.0g**	2.4g	
Protein	11g	3.0g	
Salt	0g	0g	3%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
30 – 40g		40g – 50g	

****RI with 180ml of semi-skimmed milk**

Ingredients, Allergens and Nutritional Information: Beans

Heinz No Added Sugar Beanz ®			
Ingredients: Beans (50%), Tomatoes (40%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener (Steviol), Glycosides, Herb Extract **Allergen Information:** N/A **Additional information:**			
Nutritional Profile	**Per 100g**	**Per 208g (half a can) serving***	**% RI per serving**
Energy	66 Kcal	136 Kcal	7%
Fat	0.2g	0.4g	1%
Saturated Fat	<0.1g	<0.1g	<1%
Carbohydrates	9.5g	19.6g	
Sugar	1.9g	3.9g	4%
Fibre	**3.6g**	7.5g	
Protein	4.6g	9.5g	
Salt	0.4g	0.9g	15%
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
50-70g (1-2 tbsp) per serving		90-100g (3-4 tbsp) per serving	

Ingredients, Allergens and Nutritional Information: Milk

Arla Long Life Milk Semi-Skimmed ®			
Ingredients: British UHT homogenised UHT milk **Allergen Information:** Contains **Lactose** and **Milk** **Additional information:**			
Nutritional Profile	**Per 100ml**	**Per 200ml serving***	**% RI per serving**
Energy	49 Kcal	98 Kcal	
Fat	1.7g	3.4g	
Saturated Fat	1.0g	2.0g	
Carbohydrates	4.8g	9.7g	
Sugar	4.8g	9.7g	
Fibre			
Protein	3.6g	7.2g	
Salt	0.1g	0.2g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
200ml as a drink		250ml as a drink	

Natasha's Law

Further guidance on changes to allergen labelling requirement in schools

From October 2021, Natasha's Law came into force and changed the requirements for labelling food served in a variety of settings, including schools. Natasha's law requires any food that is classed as **Pre-Packed for Direct Sale (PPDS)** to be labelled with a full ingredients list and allergens highlighted in bold.

PPDS food is food that is packaged at the same place it is offered to consumers. Even if the food is offered free of charge, if it is offered in a public space for people to consume, and is packaged as in the examples below, it must be labelled clearly.

Food is PPDS if it is packaged as follows:

- the food is fully or partly enclosed by the packaging
- the food cannot be altered without opening or changing the packaging
- the food is ready to offer the final consumer

Examples of PPDS food that may be provided by schools include:

- fruit pots / breakfast pots made in advance of children choosing them
- a sandwich completely enclosed in cling film
- bread or bagel placed in a paper bag with the bag folded over or twisted to encase the bread

Common FAQs regarding PPDS food labelling in schools

If I display allergen information on a menu or on our website to inform parents, do I still need to label PPDS food? Yes. Using an allergen information sheet is not a substitute for PPDS food labelling.

Do I need to label food if I prepare and wrap food and keep it warm before it is ordered? Yes. If you prepack food in anticipation of consumer orders, these products will require PPDS labelling.

Do I need to label food wrapped in cling film? If the food is completely or partially enclosed by cling film before it is ordered (and is ready for presentation to the consumer), it is PPDS food. If an item is removed from cling film before it is presented to the consumer, then this is not PPDS food. This is non-prepacked food and so allergen information must be provided in some form.

Do I need to label food items if they are sold loose? No. Loose food which is not sold in packaging does not require a label. It must meet current allergen information requirements for non-prepacked food.

Do the PPDS changes affect school meals that are plated to order? No. If you are plating food (not prepacked before the point that it is ordered) there is no need to list ingredients. You must be able to provide information, in writing or orally, on the presence of any allergens in the food you are serving.

The Food Standards Agency provide further information, FAQs and a helpful labelling guide for PPDS food. You can access the site at: www.food.gov.uk/business-guidance/prepacked-for-direct-sale-ppdsallergen-labelling-changes-for-schools-colleges-and-nurseries