

Ingredients, Allergens and Nutritional Information for Magic Breakfast Products – Addition Milk



Magic Breakfast's aim first and foremost is to end hunger as a barrier to education through the provision of healthy breakfasts to school children. Our commitment to food safety is therefore a priority.

Due to the increase in awareness of food allergens and dietary allergies, it is essential that schools have the relevant information on the composition of the food supplied.

Below is a list of ingredients, allergens and advisory information relating to all Magic Breakfast food that may be supplied to your school. We will regularly update this document with any changes so please familiarise yourself with the information provided.

Occasionally substitutions to the regular products may be offered e.g. in the case of supplier shortages. **Please always check the individual packaging for allergens before offering to children with allergies, even if you have checked the brand name previously.**

Nutritional information is given in relation to Government food labelling guidance and School Food Standards (SFS). Key information is given for the amount of fat, saturated fat, sugar and salt per 100g, and is colour coded as follows to encourage consumption of food lower in sugar, salt and saturated fat:

Green	low content (encouraged by SFS)
Orange	medium content (accepted by SFS)
Red	high content (not permitted by SFS)

Products that are classified as '**high fibre**' (more than 6g fibre per 100g) have also been highlighted in green text to highlight higher fibre options.

Note on recommended portion sizes: Serving sizes given in the nutrition profile for each product are suggestions by the manufacturers. Where School Food Standards for portion sizes exist, these are given below each profile for primary and secondary aged students. It is important to remember that this is general guidance and individuals' needs will differ from person to person. Be flexible in your approach to portion sizes. If a child is still hungry, offer more. Likewise, if they do not finish their breakfast, do not force them to do so. Breakfast staff should be made aware of any particular health conditions that children in their care may have so they can recommend and monitor appropriate breakfast foods.

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The guidance for daily fibre is 20g for children aged 5 – 11, with a 'suggested' breakfast intake of 4g (20% of daily amount). For those cereals with a high fibre content, particularly for nursery aged children, a smaller serving than the manufacturer suggested one may be more appropriate, which would reduce the fibre content per serving. Really young children may eat less cereal, especially as it is served with milk, providing the protein element (with no extra fibre) that fills them up, or may benefit from having a smaller portion of the cereal with a slice of toast or fruit alongside. An offer of water throughout the day will also help keep them hydrated.

Natasha's Law: Changes to Allergen Labelling Requirements 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 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

**Ingredients, Allergens and Nutritional Information for Magic Breakfast Products –
Addition Milk**

Arla Cravendale Semi-Skimmed Milk ®

Ingredients:

Milk

Allergen Information:

Contains **Lactose** and milk.

Additional Information:



Nutritional Profile	Per 100g	Per 250g serving*	% RI per serving
Energy	49 kcal	123 kcal	
Fat	1.7g	2.5g	
Saturated Fat	1g	2.5g	
Carbohydrates	4.8g	12.0g	
Sugar	4.8g	12.0g	
Fibre			
Protein	3.6g	9.0g	
Salt	0.1g	0.25g	
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
200ml as a drink		250ml as a drink	