

## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products



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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### **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

### **Common FAQ's 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-ppds-allergen-labelling-changes-for-schools-colleges-and-nurseries](http://www.food.gov.uk/business-guidance/prepacked-for-direct-sale-ppds-allergen-labelling-changes-for-schools-colleges-and-nurseries)


## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

New York Bakery Co ® Original Bagels (Added Fibre)			
<p><b>Ingredients:</b>  <b>Wheat Flour</b> (<i>Wheat Flour</i>, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Spirit Vinegar, <b>Wheat Fibre</b>, Maize, Salt, Rapeseed Oil, Preservative (Calcium Propionate), <b>Malted Barley Flour</b>, Cultured Dextrose, Flour Treatment Agent (Ascorbic Acid).</p> <p><b>Allergen Information:</b>            Contains <b>Wheat flour (gluten)</b>, <b>Malted Barley Flour (gluten)</b>.            May contain <b>Sesame</b> (manufactured in a facility that handles Sesame).</p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Suitable for Vegetarians and Vegans.</li> <li>• Free from artificial colours and flavours.</li> <li>• Made on a nut-free site.</li> </ul>			
Nutritional Profile	Per 100g	Per 85g serving (whole bagel)	% RI per serving
Energy	259 Kcal	220 Kcal	11%
Fat	1.2g	1g	1%
Saturated Fat	0.2g	0.2g	1%
Carbohydrates	50.2g	42.7g	-
Sugar	5.3g	4.5g	5%
Fibre	3.8g	3.3g	-
Protein	9.8g	8.4g	-
Salt	0.8g	0.7g	11%
<p><i>*This is the manufacturer's suggested serving size.</i></p> <p>School Food Standards Recommended Portion Guide</p>			
Primary		Secondary	
50 – 70g (between half and whole bagel)		80 – 100g (1 whole bagel)	


## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

New York Bakery Co ® Bagels (Frozen, boxed, 85g servings)			
<p><b>Ingredients:</b>  <b>Wheat Flour</b> (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, <b>Wheat Gluten, Malted Barley Flour</b>, Flour Treatment Agent (Ascorbic Acid).</p> <p><b>Allergen Information:</b>  <b>Wheat flour (gluten), Wheat Gluten, Malted Barley Flour (gluten).</b>            May contain <b>Sesame</b> (manufactured in a facility that handles Sesame).            Contains <b>yeast</b>.</p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Suitable for Vegetarians and Vegans.</li> <li>• Halal &amp; Kosher certified</li> <li>• Free from artificial colours and flavours.</li> <li>• Made on a nut-free site.</li> </ul>			
Nutritional Profile	Per 100g	Per 85g serving* (whole bagel)	% RI per serving
Energy	257 Kcal	221 Kcal	11%
Fat	1.6g	1.3g	2%
Saturated Fat	0.2g	0.2g	1%
Carbohydrates	50.0g	42.5g	-
Sugar	5.0g	4.0g	4%
Fibre	3.1g	2.6g	-
Protein	9.1g	7.7g	-
Salt	0.65g	0.58g	10%
<p>*This is the manufacturer's suggested serving size.</p> <p>School Food Standards Recommended Portion Guide</p>			
Primary		Secondary	
50 – 70g (between half and whole bagel)		80 – 100g (1 whole bagel)	


## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

Quaker® Wholegrain Porridge Oats			
<p><b>Ingredients:</b> 100% Wholegrain Rolled Oats</p> <p><b>Allergen Information:</b> 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.</p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• High in fibre.</li> <li>• Contains oat beta-glucan 3.6g per 100g. Each serving (40g) contains 47% of the 3g of oat beta-glucan suggested per day.</li> </ul>			
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	-
Sugar	1.1g	0.4g	<1%
Fibre	9.0g	3.6g	-
Protein	11g	4.4g	-
Salt	0g	0g	<1%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40g – 50g	


## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

Quaker® Oat So Simple (sachets)			
<p><b>Ingredients:</b> 100% Wholegrain Rolled Oats</p> <p><b>Allergen Information:</b> 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. May also contain <b>wheat, barley</b> and <b>soya</b>.</p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• High in fibre.</li> <li>• Contains oat beta-glucan 3.6g per 100g. Each serving (27g) contains 33% of the 3g of oat beta-glucan suggested per day.</li> </ul>			
Nutritional Profile	Per 100g	Per 27g serving*	% RI per serving
Energy	370 Kcal	100 Kcal	5%
Fat	7.7g	2.1g	3%
Saturated Fat	1.3g	0.3g	1%
Carbohydrates	59.0g	16.0g	-
Sugar	1.0g	0.3g	<1%
Fibre	9.0g	2.4g	-
Protein	11.0g	3.0g	-
Salt	0g	0g	<1%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40g – 50g	

## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products


Weetabix® Original			
<p><b>Ingredients:</b>  <b>Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.</b></p> <p><b>Allergen Information:</b>  <b>Wheat (gluten), Malted Barley Extract (gluten)</b></p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Red tractor assured wheat</li> <li>• Fortified with B vitamins and Iron</li> <li>• High in fibre</li> <li>• Suitable for Vegetarians and Vegans</li> <li>• Does not contain nuts – suitable for Peanut Allergy Sufferers</li> </ul>			
Nutritional Profile	Per 100g	Per 38g serving* (2 biscuits)	% RI per serving
Energy	362 kcal	136 kcal	7%
Fat	2.0g	0.8g	1%
Saturated Fat	0.6g	0.2g	<1%
Carbohydrates	69.0g	26.0g	-
Sugar	4.2g	1.6g	2%
Fibre	10.0g	3.8g	-
Protein	12.0g	4.5g	-
Salt	0.28g	0.1g	2%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g (1 - 2 biscuits)		40g – 50g (2 – 3 biscuits)	

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Kellogg's® Raisin Wheats			
<p><b>Ingredients:</b>  <b>Wholewheat</b> (78%), Raisins*(29%), Humectant (Glycerol).</p> <p><b>Allergen Information:</b>            Contains <b>Wheat (gluten)</b></p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Natural grains</li> <li>• High in fibre</li> <li>• No added sugar - contains naturally occurring sugars</li> <li>• No artificial colours or flavours</li> <li>• Suitable for vegetarians and vegans</li> <li>• Halal - HFA Approved</li> <li>• Kosher</li> </ul>			
Nutritional Profile	Per 100g	Per 45g serving*	% RI per serving
Energy	328 kcal	148 kcal	7%
Fat	1.8 g	0.8 g	1%
Saturated Fat	0.2 g	0.1 g	1%
Carbohydrates	71 g	32 g	-
Sugar	13 g	5.9 g	7%
Fibre	7.6 g	3.4 g	-
Protein	11 g	5.0 g	-
Salt	0.01 g	nil	1%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40g – 50g	




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Nestlé® Cheerios Vanilla O's			
<p><b>Ingredients:</b> Whole Grain <b>Oat</b> Flour (31.5%), Whole Grain <b>Wheat</b> (31.5%), Whole Grain <b>Barley</b> Flour (19.0%), Fructo-Oligosaccharides, <b>Wheat</b> Starch, Sugar, Whole Grain Maize Flour (2.2%), Whole Grain Rice Flour (2.2%), Sunflower Oil, Calcium Carbonate, Salt, Flavourings, Antioxidant: (Tocopherols), Iron, Vitamins: C, B3, B5, B9, B6, B2, D.</p> <p><b>Allergen Information:</b> Contains <b>Wheat (gluten), Oat (gluten), Barley (gluten)</b>.</p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Low in sugar</li> <li>• High in fibre</li> <li>• Added vitamins and minerals</li> <li>• Vegetarian</li> <li>• Kosher</li> </ul>			
Nutritional Profile	Per 100g	Per 30g serving*	% RI per serving
Energy	369 kcal	111 kcal	6%
Fat	5.6 g	1.7 g	2%
Saturated Fat	1.0 g	0.3 g	2%
Carbohydrates	60.9 g	18.3 g	-
Sugar	4.5 g	1.4 g	2%
Fibre	17.9 g	5.4 g	-
Protein	9.7 g	2.9 g	-
Salt	0.79 g	0.24 g	4%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40 – 50g	

## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

Nestlé® Original Shreddies			
<p><b>Ingredients:</b> Whole Grain <b>Wheat</b> (96%), Sugar, Invert Sugar Syrup, <b>Barley</b> Malt Extract, Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).</p> <p><b>Allergen Information:</b> <b>Wheat (gluten), Barley (gluten)</b> Manufactured in a facility that processes <b>Nuts</b></p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Red tractor assured wheat</li> <li>• Suitable for Vegetarians and Vegans</li> <li>• Fortified with B vitamins and Iron</li> <li>• High in fibre</li> </ul>			
Nutritional Profile	Per 100g	Per 40g serving*	% RI per serving
Energy	364 kcal	145 Kcal	7%
Fat	1.8g	0.7g	1%
Saturated Fat	0.3g	0.1g	1%
Carbohydrates	70g	28g	-
Sugar	13g	5g	7%
Fibre	13g	5g	-
Protein	11g	4g	-
Salt	0.72g	0.29g	5%
*This is the manufacturer's suggested serving size.			
Primary		Secondary	
30 – 40g		40 – 50g	

## Ingredients, Allergens and Nutritional Information for Magic Breakfast Products

Heinz No Added Sugar Beanz <sup>®</sup>			
<p><b>Ingredients:</b> Beans (50%), Tomatoes (40%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener – Steviol Glycosides, Herb Extract.</p> <p><b>Allergen Information:</b> N/A</p> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• No artificial sweeteners, colours, flavours or preservatives.</li> <li>• Vegetarian &amp; Vegan friendly.</li> <li>• Contains naturally occurring sugars.</li> <li>• 25% less salt than standard Heinz Beanz.</li> <li>• 1 of your 5 a day in ½ can when eaten as part of a balanced diet.</li> </ul>			
Nutritional Profile	Per 100g	Per 208g (½ can)*	% 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%
<p>*This is the manufacturer's suggested serving size.</p> <p>School Food Standards Recommended Portion Guide</p>			
Primary		Secondary	
50 – 70g (1 – 2 tablespoons)		90 – 100g (3 – 4 tablespoons)	