

Birthdays and Treats Policy

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1. Rationale

Over a number of years staff became increasingly concerned about the casual arrangements that were sometimes made around children's birthdays. Whilst the school recognised that every child is special and that birthdays are significant and important, an inequality and pressure around birthdays began to arise. Furthermore, we must be confident that we know the ingredients and that risk of contamination is eradicated.

To reduce this, the school have made the following policy to ensure we can celebrate the children's birthdays and ensure that what the children consume on the school's site is healthy and free from allergens.

2. Natasha's Law: Your Allergen and Food Labelling Requirements

From **1 October 2021**, you have a duty to list ingredients on food that's prepacked for direct sale (PPDS) on your school premises. This covers food that's:

- Packaged at your school, **and**
- In this packaging before it's selected or ordered by pupils or staff

This is outlined in the [Food Information \(Amendment\) \(England\) Regulations 2019](#).

These changes are to help anyone with a food allergy or intolerance make safe food choices. This is following the death of teenager Natasha Ednan-Laperouse, who had an allergic reaction to an undeclared ingredient in a baguette that was pre-packed on-site.

3. Home-Made Cakes

If you wish to bake cakes at home, the produce must arrive at school with a clear list of ingredients. This must be accompanied by the name and signature of the individual who baked the goods.

3.1 What must be on the label?

The package, or label attached to the package, must include:

- Name of the food
- List of ingredients

3.1 Free From

Consumers may be allergic or have intolerance to other ingredients, but only the [14 allergens](#) are required to be declared as allergens by food law.

The 14 allergens are:

1. **Celery**
2. **Cereals containing gluten** (such as barley and oats)
3. **Crustaceans** (such as prawns, crabs and lobsters)
4. **Eggs, fish, lupin, milk, molluscs** (such as mussels and oysters)
5. **Mustard**

6. **Peanuts**
7. **Sesame**
8. **Soybeans**
9. **Sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million)
10. **Tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

3.3 Healthy Eating at Hampstead Hill School

In addition to the allergens list, all cakes or treats that are shared on the school's site must be free from:

1. **Gluten**
2. **Dairy**
3. **Sugar**
4. **Strawberries**
5. **All nuts**
6. ***Please limit the amount of sugar**

See Appendix 1 for a list of approved recipes for home baking.

4. Party Bags

Please do not bring party bags to school. Thank you.


5. Opting Out

Please email jenni@hampsteadhillschool.co.uk if you would like your children to avoid the additional sugar and we will provide a free-from snack for them to enjoy - this includes any concerns with allergen contamination.

6. Approved Suppliers

If you do not wish to bake your children's treats, then please only order from of the following vegan and gluten free options:

- [Chocolate cake](#)
- [Vanilla cake](#)
- [Banana cake](#)
- [Chocolate, vanilla or banana cupcakes](#)

Dates Reviewed	October 2023
Next Review	October 2024
Name	 Ross Montague Headteacher

Appendix 1: Cake recipes

Gluten-, Egg-, and Dairy-Free Chocolate Cake

★★★★★ 4.8 from 12 reviews

Chocolate cake that is delicious, decadent, and so easy to make. It's also gluten, dairy, and egg-free, so whether you make it for a birthday party, special occasion, or well-deserved treat, everyone can enjoy a slice, or two!



Author: MOMables

Prep Time: 15
minutes

Cook Time: 25 –
30 minutes

Total Time: 45 –
50 minutes

Yield: 2 layer 9-inch cake, 12 slices

Category: Dessert

Method: Oven

Cuisine: Baking

Diet: Gluten Free

Ingredients

SCALE

- 3 cup **gluten-free all-purpose flour**
- 1 ³/₄ cup granulated sugar
- 6 tablespoon unsweetened cocoa powder
- 2 teaspoon baking soda
- 2 teaspoon **xanthan gum*** if using
- 1 teaspoon salt
- 2 cup chocolate non-dairy milk
- ¹/₂ cup vegetable oil
- 2 tablespoon apple cider vinegar
- 1 teaspoon **vanilla**



Gluten Free and Vegan Chocolate Cake

★★★★★ 2 reviews [Write a review](#)

Try baking this deliciously moist and scrumptious gluten free chocolate sponge cake that's also vegan, it's the ideal cake to bake for any special occasion.

Makes

1 cake

Cooking Time

25-30 minutes

Without

Gluten

Egg

Wheat

Milk

Nuts

Peanuts

Good to Know

Vegetarian

Vegan

Equipment



Ingredients



Cakes

225g FREEE Self Raising White Flour
 35g FREEE Chickpea Flour (or FREEE Gram Flour)
 15g cocoa
 225g sugar
 150ml oil
 1 ripe banana
 150ml water
 1 ½ tsp vanilla extract
 oil, for tins

Filling

100g vegan butter
 75g icing sugar
 1 ½ tbsp cocoa

Topping

100g icing sugar
 1 tbsp cocoa
 2 tbsp vegan milk