#### **SUPPLIERS/DISTRIBUTORS OF HEALTHIER INGREDIENTS (1)**

This is a list of some suppliers/distributors with healthier ingredients such as brown rice, HCS oil, wholegrain fresh noodles, soft margarine, etc for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact <u>denise tan@hpb.gov.sg</u>.

| Name of supplier/distributors       | Contact Information                 | Food Products   | Image |
|-------------------------------------|-------------------------------------|---|-------|
| Tong Seng Produce                   | Contact person: Ms Chong / Angeline | ■ Brown rice  |       |
|                                     | Tel: +65 6756 6128                  | ■ HCS oil   |       |
| Sengkang Trading Enterprise         | Contact person: Mr Tay              | ■ Brown rice  |       |
|                                     | Tel: +65 9456 9985                  | ■ HCS oil   |       |
|                                     | Email: sk@sengkanggrp.com           | <ul> <li>Brown rice bee hoon</li> </ul>                               |       |
| Jia Jia Wang Trading Pte Ltd        | Contact person: Mei Yuen            | <ul><li>Wholegrain fresh noodles</li></ul>                            |       |
|                                     | Tel: +65 67527718                   | ■ HCS oil   |       |
| Chia and Thai Food Supplies Pte Ltd | Contact person: Samuel Koh          | ■ Brown rice  |       |
|                                     | Tel: +65 67787862/ 97217736         | ■ HCS oil   |       |
|                                     |                                     | <ul> <li>Wholegrain fresh noodles</li> </ul>                          |       |
|                                     |                                     | <ul><li>Wholegrain pasta</li></ul>                                    |       |
|                                     |                                     | <ul> <li>Brown rice bee hoon</li> </ul>                               |       |
| Leong Guan Food Trading             | Contact person: Mr Lawrence Law     | <ul> <li>Wholegrain fresh noodles</li> </ul>                          |       |
|                                     | Tel: +65 67547911                   |   |       |
| Lamsoon                             | Contact person: Ms May              | <ul> <li>Naturel soft margarine, 500g</li> </ul>                      |       |
|                                     | Tel: +65 67687139/140               |   |       |
| Ifood Pte Ltd                       | Tel: +65 63364161                   | <ul> <li>Healthy the better choice low fat mayonnaise, 2kg</li> </ul> |       |
|                                     | Email: alvins@ifood.com.sg          | <ul> <li>No nitrite sausages/ham<sup>1</sup></li> </ul>               |       |
| QQ Group of Companies               | Contact person: James Eow           | <ul><li>Purple Rice, 1kg and 3kg</li></ul>                            |       |
|                                     | Tel:6515 9905 ( ext 943 )           | <ul> <li>Mixed Grain, 1kg &amp; 3kg</li> </ul>                        |       |
|                                     | Email: james.eow@qqgroup.sg         |   |       |

<sup>&</sup>lt;sup>1</sup> Sausages and ham that meet the following nutrition criteria are allowed to be sold in schools: <450mg/100g sodium, <10g/100g total fat and zero nitrite. HPB will require a lab report of these sausages and ham from the supplier prior to sales in schools. Every 2 years, OPM will conduct an audit laboratory check of these food products to ensure the nitrite content is as per committed and fulfil the HCS criteria.

## **SUPPLIERS/DISTRIBUTORS OF HEALTHIER INGREDIENTS (2)**

| Name of supplier/distributors | Contact information  | Food products   | Image |
|-------------------------------|--|---|-------|
| Goh Joo Hin                   | Contact Person: Eric Chan  Tel: [DID] +65 6508 1004: [mobile] +65 9487 3424: [fax] +65 6476 5088  Email Address: | New Moon Wholemeal Bun<br>(Variants- vegetables,<br>mushroom, black sesame,<br>pandan lotus, red bean |       |
|                               | mailto:eric.chan@gjh.com.sg  | New Moon Wholemeal Mantou (Original, brown rice, pumpkin)   |       |
|                               |  | New moon Edible Oil (Canola, Corn, Soya Bean, Sunflower oil) (HCS)                                    |       |

# SUPPLIERS/DISTRIBUTORS OF HEALTHIER INGREDIENTS (3)

| Name of supplier/distributors  | Contact information  |   | Food products   | Image  |
|--|--|---|---|--|
| Tat Hui Foods Pte Ltd<br>37 Quality Road, Jurong<br>Singapore 618808 | Contact person: Lee Tek Ming<br>Sales Manager<br>Tel: (65) 6261 1010 Ext 33<br>Mobile: (65) 9850 4567<br>Email: leetekming@koka.com.sg | • | KOKA Purple Wheat Noodles - Aglio Olio (5's x 60g)    | Purple Wheel Novilles Agita Olio Paculi  The Company of the Compan |
|  |  | • | KOKA Purple Wheat Noodles - Chilli & Lime (5's x 60g) | Purple Wileart Noviles  Children House Service |
|  |  | • | KOKA Purple Wheat Noodles - Soy & Vinegar (5's x 60g) | Purple Wheat Noorles  Bay A Vinegar  Bay A Vinegar  Bay  |
|  |  | • | KOKA Purple Wheat Noodles - Plain (5's x 50g)         | KOKA wple Wheat Noodle Fill State Children Fil |

#### SUPPLIERS/DISTRIBUTORS OF ALTERNATIVES TO PRE-DEEP-FRIED FOOD

This is a list of some suppliers/distributors with alternatives to pre-deep-fried food for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact denise tan@hpb.gov.sg.

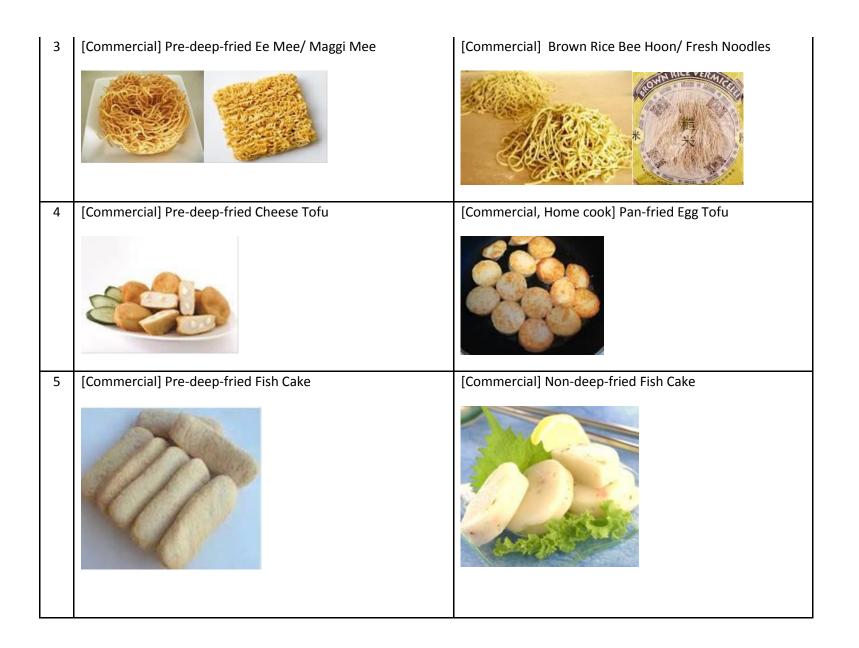
| Name of supplier/distributors  | Contact Information   | Food Products   | Image  |
|--------------------------------|---|---|--|
| Ha Li Fa Pte Ltd               | Contact person: Randall Ang Ghim Hui<br>Tel: +65 64326012<br>Email: ghimhui@halifa-bobo.com | Sakura Bobo Fish Balls (Cooked)   | AANUMA COMPANIA COMPA |
| Sin Li-Hin Frozen Food Pte Ltd | Contact person: Tel: 67553773 Fax: 67545700 Email: amy@sinlihin.com.sg                      | <ul> <li>Unbreaded chicken patties (R) (Uncooked)</li> <li>Pepper chicken patties (R) (Uncooked)</li> <li>Spicy chicken patties (R) (Uncooked)</li> <li>Breaded spicy chicken patties (Breaded without frying)</li> <li>Breaded pepper chicken patties (Breaded without frying)</li> <li>Breaded chicken patties (Breaded without frying)</li> <li>Roasted chicken fillet (Roasted fully Cook)</li> <li>Cuttlefish ball (Boil)</li> <li>Fish cake (Boil)</li> <li>Fish chip (Breaded without frying)</li> <li>Marinate chicken chop (Raw)</li> <li>Chicken meat ball (Boil)</li> <li>Chunky fish otak (Raw)</li> <li>Crab stick (Boil)</li> <li>Pizza Hawaiian/mushroom/cheese (Roasted)</li> </ul> |  |

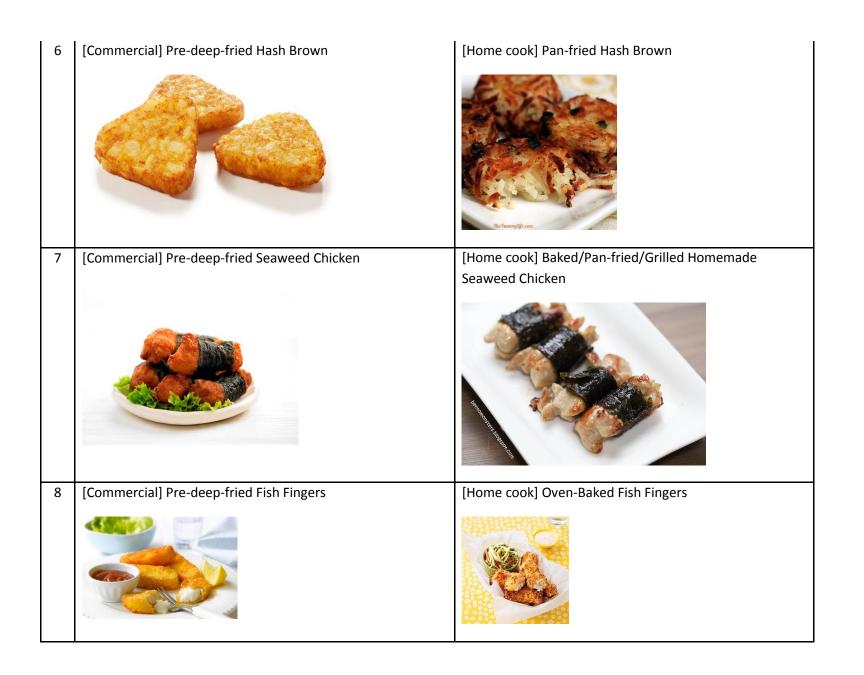
| Goh Joo Hin | Contact Person: Eric Chan Tel: [DID] +65 6508 1004: [mobile] +65 9487 3424: [fax] +65 6476 5088 Email Address: mailto:eric.chan@gjh.com.sg | New Moon Cuttlefish/ Prawn/ Mackerel fillet Otah | Project Co.    |
|-------------|--|--|----------------|
|             |  | New Moon Whole Shrimp Wonton/Dumpling            | Balling Street |
|             |  |  | White Street   |

# **Alternatives of Pre-Deep Fried Foods**

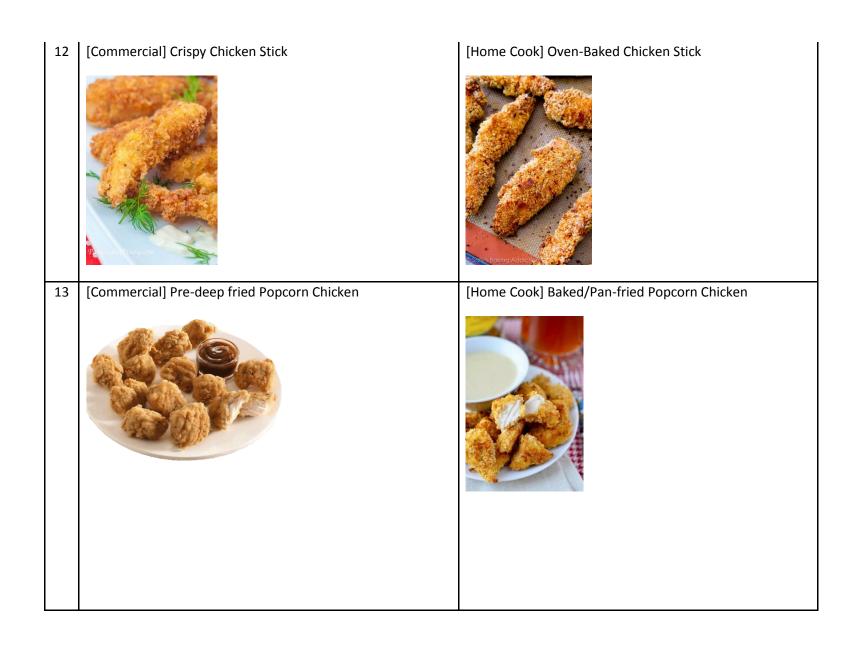
Some commercial food products are pre-deep-fried or par-fried (deep-frying at a shorter time) during the manufacturing process before it is chilled/frozen and packaged to be sold in supermarkets/shops. Here are some suggestions to replace these pre-deep-fried commercial products with healthier alternatives:

| S/N | Instead of                               | Go for  |
|-----|--|---|
| 1   | [Commercial] Pre-deep-fried French Fries | [Home cook] Baked/Pan fried Potato Wedges           |
| 2   | [Commercial] Pre-deep-fried Nuggets      | [Home cook] Baked/Pan fried Chicken or Fish Nuggets |





[Commercial] Uncooked wonton [Commercial] Pre-deep fried Wonton [Commercial] Uncooked or Pan-fried Gyoza 10 [Commercial] Pre-deep fried Gyoza [Commercial] Pre-deep fried Spring Rolls [Commercial] Uncooked Spring Rolls 11 [Home Cook] Baked/pan-fried Spring Rolls



14 [Commercial] Pre-deep fried Samosa



[Commercial] Uncooked Samosa



15 [Commercial] Pre-deep fried Fish Ball



[Commercial] Fresh Fish Ball



## SUPPLIERS/DISTRIBUTORS OF HEALTHIER SNACKS (1)

This is a list of some suppliers/distributors with healthier snacks, for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact denise tan@hpb.gov.sg.

| Name of supplier/distributors                                  | Contact information   | Food products   | Image   |
|--|---|---|---|
| Tat Hui Foods Pte Ltd 37 Quality Road, Jurong Singapore 618808 | Lee Tek Ming Sales Manager Tel: (65) 6261 1010 Ext 33 Mobile: (65) 9850 4567 Email: | KOKA Creamy Soup With Crushed Noodles - Chicken (60g)     | IOKA STATE OF THE PARTY OF THE |
|  | leetekming@koka.com.sg  | KOKA Creamy Soup With Crushed Noodles - Curry (60g)       | IOXA<br>SOUTH   |
|  |   | KOKA Creamy Soup With Crushed Noodles – Hot & Spicy (60g) | KOKA SOU  |
|  |   | KOKA Creamy Soup With Crushed Noodles - Mushroom (60g)    | KOKA South  |

# SUPPLIERS/DISTRIBUTORS OF HEALTHIER SNACKS (2)

| Name of supplier/distributors                                  | Contact information  | Food products  | Image      |
|--|--|--|------------|
| Tat Hui Foods Pte Ltd 37 Quality Road, Jurong Singapore 618808 | Lee Tek Ming<br>Sales Manager<br>Tel: (65) 6261 1010 Ext<br>33<br>Mobile: (65) 9850 4567 | KOKA Creamy Soup With Crushed Noodles - Mushroom (60g)   | KOKA Soul  |
|  | Email: leetekming@koka.com.sg  | KOKA Creamy Soup With Crushed Noodles - Sweet Corn (60g) | KOKA South |