

# Healthy Meals in Schools Programme

## Guidelines

The following criteria are applicable to all the food and beverages sold by the canteen and café to the entire school population which includes students and staff. They are also applicable to all the vending machines in the school.

1. Food in the 4 food groups (1) brown rice & wholemeal bread<sup>1</sup> (2) fruit (3) vegetables (4) meat & others<sup>2</sup>, shall be made available in every main meal<sup>3</sup>.

Vegetables and fruit shall be served in the following amounts:

- a) Vegetables: At least 2 heaped dessert spoons
- b) Fruit: At least ½ serving.

Self-service of fruit is acceptable.

2. Include wholegrains, for example:

- a) Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice
- b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice
- c) Wholemeal / wholegrain bread: use only these options to prepare sandwiches
- d) Instant noodles: these shall have the Healthier Choice Symbol

3. Use skinless poultry and lean meat when preparing food.

4. Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausages<sup>4</sup>, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be sold.

5. When high-fat ingredients (e.g. coconut milk/cream, yoghurt, cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with reduced-fat alternatives (e.g. reduced-fat evaporated milk, reduced-fat yoghurt, reduced-fat cheese, reduced-fat mayonnaise and reduced-fat cream).

Use oils with the Healthier Choice Symbol in food preparation. Butter, hard margarine, shortening, lard and ghee shall not be used in food preparation.

6. Gravy/sauce/oily or salty soup shall not be served unless upon request.

Upon request, do not serve more than 2 dessert spoons of gravy/sauce/oily or salty soup. This criteria is not applicable to noodles/pasta.

7. Stalls selling snacks shall only sell homemade snacks (e.g. salads, sandwiches) and the sugar content shall be equal to or less than 1 tablespoon (15g) per serving<sup>5</sup>, or commercially-prepared products with the Healthier Choice Symbol or HCS-equivalent<sup>6</sup>.

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<sup>1</sup> Examples of food in the 'brown rice & wholemeal bread' food group are brown rice, wholemeal noodles, wholemeal pasta and wholemeal bread.

<sup>2</sup> Examples of food in the 'meat & others' food group are chicken, fish, lentils, beans and tofu.

<sup>3</sup> Examples of main meals are economic rice, fried rice, noodle soup and fried noodles.

<sup>4</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.

<sup>5</sup> Per serving refers to a typical serving portion of the homemade snack.

<sup>6</sup> HPB will verify if snacks without HCS logo are HCS-equivalent by checking product nutrition information panel of product specification from suppliers.

8. Sale of drinks and desserts with less sugar.

a) For commercially prepared sweetened drinks, the sugar level shall follow the table below or refer to the list of drinks allowed for sale in school at HPB's Healthy Meals in School Programme website<sup>7</sup>.

<b>Types of drink</b>	<b>Sugar level (per 100ml)</b>
Asian drinks / Ready-to-drink tea	≤ 6g
Juice drinks	≤ 6g
Carbonated drinks	≤ 7g
Sports drinks	≤ 6g
Dairy / Soya / Malted	≤ 6g
Yoghurt / Cultured milk drinks	≤ 7g
Pure fruit & vegetable juices	≤ 12.5g (no added sugar)

- b) All drinks (with or without Healthier Choice Symbol) that are sweetened with intense sweeteners (e.g. acesulfame K, sucralose, aspartame) are not allowed.
- c) At least 10% of all the commercially prepared drinks sold in the school shall be calorie-free (e.g. bottled water).
- d) For homemade drinks and desserts (e.g. barley, coffee, tea, green bean soup, tau huay),
- The sugar content shall be equal to or less than 6g/100ml
  - Solid ingredients (e.g. canned fruit in syrup, "pearl"/ "bubble", chin chow and sago) which are sweetened shall not be used
- e) There shall be no sweeteners (e.g. syrup, sugar, honey) added to homemade fruit juices.

9. There shall be at least two working water coolers<sup>8</sup> within the canteen area.

*Note: These criteria are valid with effect from 1 Jan 2017*

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<sup>7</sup> <http://www.hpb.gov.sg/HOPPortal/programmes-article/3088>

<sup>8</sup> Schools shall ensure that water coolers are regularly maintained to ensure that water flow rate and temperature are conducive for drinking, and proper hygiene around water coolers is maintained.