

Healthy Meals in School Programme (HMSP) Toolkit



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Introduction

The Healthy Meals in Schools Programme (HMSP) toolkit has been developed by Health Promotion Board (HPB) with the following objectives:

- (1) Deepen schools' and stakeholders' understanding of the programme.
- (2) Equip schools with the knowledge, tools and resources to facilitate the implementation of the programme
- (3) Support canteen vendors in the preparation of healthier meals that are appealing to students

What is Healthy Meals in School Programme (HMSP)?

What is HMSP about?

Healthy Meals in Schools programme is a programme where canteen vendors from participating schools are expected to follow food service criteria which aim to encourage canteen vendors to cut down fat, sugar, salt and serve wholegrains, fruit and vegetables in the meals. These healthy meals incorporate food from the four main food groups – brown rice and wholemeal bread, meat and others, vegetables and fruit – thereby helping students receive the right nutrients necessary for their growing needs.

When did HMSP start?

The HMSP started in 2011.

Why is HMSP important?

Research has shown that food preferences are generally acquired during childhood and eating habits that are acquired after adolescence are more resistant to change.

The school environment plays an important role in nurturing and sustaining good eating habits. Most students consume at least one snack or one meal in their school canteen on most days of the week over a period of several years.

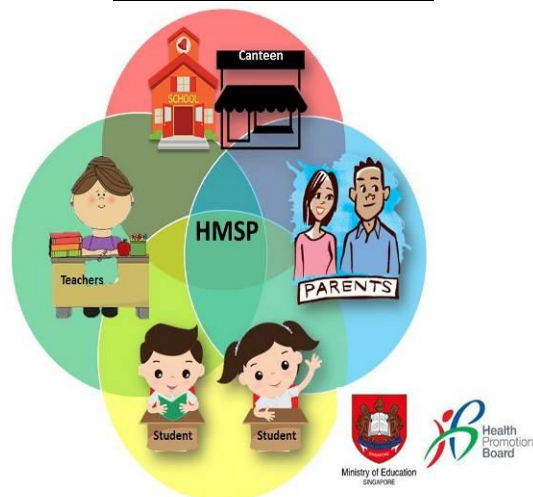
In view of this, the HMSP seeks to enhance the availability of healthier food and beverage choices in schools through an integrated programme involving teachers, canteen vendors and students. The Health Promotion Board (HPB), in collaboration with the Ministry of Education (MOE), actively encourages schools to participate in this programme.

How to successfully implement HMSP?

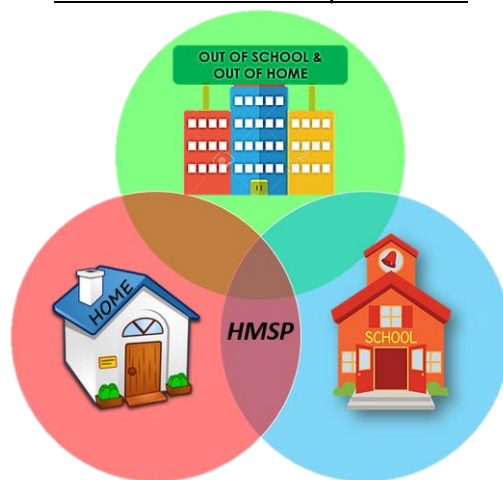
Schools are encouraged to monitor the food and beverages sold in the school to ensure the adherence to the guidelines. To monitor school canteen vendors' compliance with HMSP guidelines, participating schools are assessed by nutritionists and dieticians commissioned by HPB. A report is given to schools after each assessment to help canteen vendors improve their compliance with HMSP guidelines. In addition to the assessment of food and beverages sold in schools, HPB supports participating schools by:

- organising a nutrition culinary training and workshop for the canteen vendors to equip them with knowledge of nutrition and culinary skills to prepare healthier and appealing meals.
- conducting briefings for the School Canteen Committee to guide them in monitoring the food sold in schools.
- providing educational resources which encourage students to eat healthily.

Who are involved in HMSP?



Where can HMSP be implemented?



HMSP Criteria 2020

The following criteria apply to all food and beverage sold in school canteens, cafés and vending machines serving both staff and students.

1. Food in the four food groups shall be made available in every main meal¹:
 - (1) Brown rice, wholegrain noodles or wholemeal bread
 - (2) Vegetables: At least two heaped dessertspoons
 - (3) Meat and alternative protein food²
 - (4) Fruit: At least half a serving (optional if fruit is served at any time during the school day e.g. during assembly, snack break, etc.)

Self-service of fruit is acceptable.

2. Serve wholegrains:
 - a. Rice/porridge: Use at least 20% of unpolished rice, e.g. brown rice mixed with other types of rice.
 - b. Noodles³: Serve only wholegrain oriental noodles⁴/instant noodles.
 - c. Bread: Use only wholemeal/wholegrain bread to prepare sandwiches.
3. Use skinless poultry and lean meat when preparing food.
4. Deep-fried food, pre deep-fried food (e.g. pre deep-fried chicken nuggets or pre deep-fried French fries) and preserved food (e.g. sausages, ham, luncheon meat⁵, preserved vegetables or preserved eggs) shall not be sold.
5. When high-fat ingredients (e.g. coconut milk/cream, cheese, mayonnaise and cream) are used, 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 cheese, reduced-fat mayonnaise and reduced-fat cream).

Only fats and oils (e.g. cooking oil, margarine) endorsed with the Healthier Choice Symbol (HCS) are allowed in food preparation.

6. For rice dishes, gravy, sauce or soup shall not be served unless requested. If requested, do not serve more than two dessertspoons or one tablespoon of gravy/sauce/soup.
7. Stalls selling snacks shall only sell homemade snacks (e.g. salad and sandwiches) with a sugar content equal to or less than one tablespoon (15g) per serving⁶, or commercially prepared products with the HCS or HCS-equivalent⁷.

¹ Examples of main meals are economic rice, fried rice, noodle soup and fried noodles.

² Examples of food in the 'meat and alternative protein' food group are chicken, fish, lentils, beans and tofu.

³ With effect from January 2020. For spaghetti, minimum 20% of the wholegrain variant must be included.

⁴ Examples of oriental noodles include yellow noodles, kuey teow, and bee hoon.

⁵ Sausages, ham and luncheon meat that meet the following nutrition criteria are allowed to be sold in schools: <450mg/100g sodium, <10g/100g total fat and no nitrite.

⁶ Per serving refers to a typical serving portion of the homemade snack.

⁷ HPB shall verify if snacks without the HCS are HCS-equivalent by checking the product nutrition information panel of product specifications from suppliers.

8. Sale of drinks and desserts with less sugar:

- a. Only commercially prepared sweetened drinks and commercially packed drinks such as canned and bottled beverages that meet the sugar levels shown in the table below are allowed for sale in schools. (Please refer to the Health Promotion Board's HMSP webpage⁸ for the list of drinks allowed for sale in schools.)

Common Categories of Drinks Sold in Schools	Sugar level (per 100ml)	
	Current	With effect from 1 May 2021*
Sweetened beverages		
Non-carbonated drinks/ Asian drink	≤6g	≤5g
Isotonic drinks	≤6g	≤5g
Juice drinks (at least 10% fruit juice)	≤6g	≤5g
Carbonated drinks	≤7g	≤5g
Juice drinks	≤6g	≤5g
Fruit, fruit and veg juices	≤12.5g	≤5g
Dairy/ creamer-based drinks		
Malted or chocolate drink	≤6g	≤5g
Cultured milk drink/ yogurt drink	≤7g	≤5g

*In support of nation-wide efforts to reduce sugar intake from sugar-sweetened beverages (SSB), beverage manufacturers will reformulate their products in accordance to the measures in the table above. Schools should deplete their current stock by 30 April 2021. More information can be found on the HMSP webpage.

- b. Drinks, including commercially packed drinks and freshly brewed/squeezed beverages such as homemade barley and fruit juice, can only be sweetened with sugar. Non-sugar substitutes such as sugar alcohol (e.g. sorbitol and xylitol) and intense sweeteners (e.g. acesulfame K, sucralose and aspartame) are not allowed⁹.
- c. At least 10% of all the commercially prepared drinks and commercially packed 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 and soya bean pudding),
- the sugar content shall be equal to or less than 6g/100ml (5g/100ml with effect from 1 May 2021).
 - solid ingredients (e.g. canned fruit in syrup, "pearl"/"bubble", chin chow and sago) that are sweetened shall not be used.
- e. No sweeteners (e.g. syrup, sugar and honey) shall be added to homemade fruit juices or freshly brewed/squeezed drinks. On average, freshly squeezed fruit juices contain 8g of sugar/100g. Therefore, stall owners must dilute their fruit juices with water. Stall owners could add 1/3 cup of water or ice to 2/3 cup freshly squeezed fruit juice. Please see **Annex** for visual examples.
9. To encourage students to opt for water as their preferred choice of drink, each school must have at least two working water coolers¹⁰ within the canteen area.

⁸ <https://www.hpb.gov.sg/schools/school-programmes/healthy-meals-in-schools-programme>

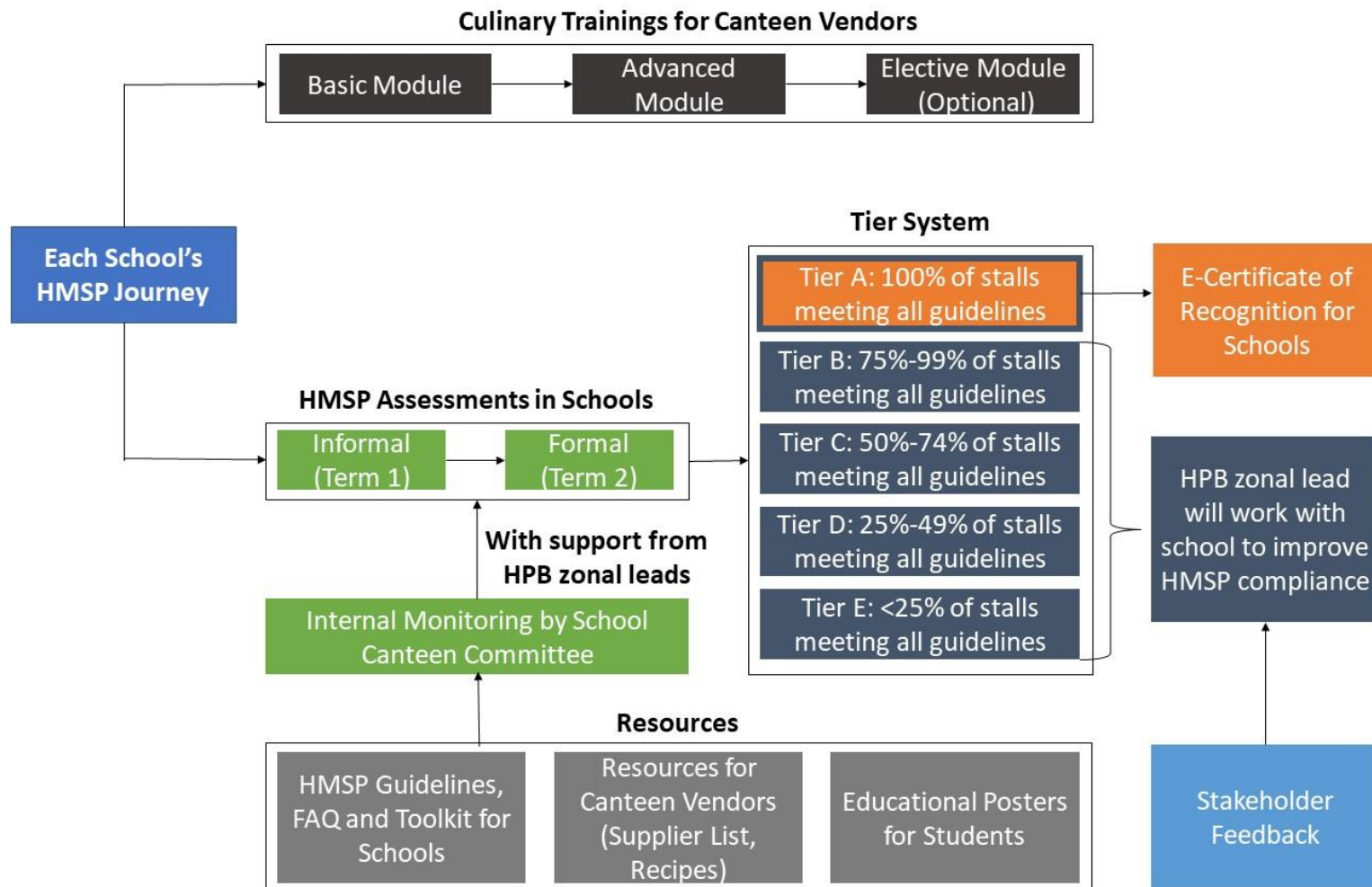
⁹ The aim is to cultivate a palate for less sweet drinks among the youths. We recognise that sweeteners may condition our palates to demand sweet food and drinks in our diet, which may lead to excessive calorie and sugar intake. Therefore, drinks containing non-sugar sweeteners are disallowed in schools.

¹⁰ Schools shall ensure that water coolers are regularly maintained to ensure that water flow rate and temperature are conducive for drinking, and that proper hygiene around water coolers is maintained.

HMSP Journey

The following flowchart describes the HMSP journey to be undertaken by all schools.

HEALTHY MEALS IN SCHOOLS PROGRAMME (HMSP)



HMSP Survey for Students

Hi! Can you tell us what you think about healthy eating and your current eating habits?

Please fill in the boxes or tick (✓) one box for each of the following questions.

Fruits

1. How many **servings of fruit should you eat** every day in **school** and at **home**?

- 0 - 1 serving every day
 2 servings every day
 3 servings or more every day

2. How many **servings of fruit do you usually eat** every day in **school** and at **home**?

- 0 - 1 serving every day
 2 servings every day
 3 servings or more every day



Vegetables

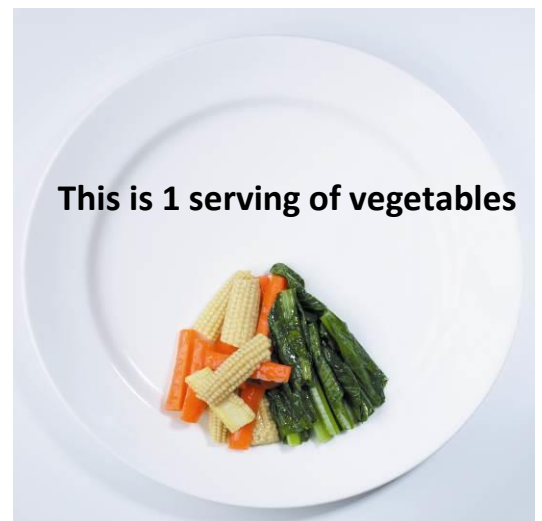
3. How many **servings of vegetables should you eat** every day in **school** and at **home**?

- 0 - 1 serving every day
 2 servings every day
 3 servings or more every day

Include the vegetables you eat in **ALL** food e.g. *mixed vegetables in fried rice, green leafy vegetables in noodle soup, bean sprouts in mee rebus*

4. How many **servings of vegetables do you usually eat** every day in **school** and at **home**?

- 0 - 1 serving every day
 2 servings every day
 3 servings or more every day



Wholegrains

5. How often do you eat whole-grains or wholegrain products in **school** and at **home**?

Examples of whole-grains and whole-grain products



Brown rice

Brown rice beehoon or
Whole-wheat spaghetti

Oats



Wholemeal bread

Chapatis

Whole-wheat biscuits

- 0 - 1 day per week
 2 days per week
 3 days per week
 4 days per week

- 5 days per week
 6 days per week
 7 days per week

Canteen Food

6. Describe the **canteen food**?

- Taste : Very good Good Ordinary Bad Very bad
 Appearance : Very good Good Ordinary Bad Very bad
 Cost : Very cheap Cheap Reasonable Expensive Very expensive
 Overall: Like Dislike

Water

7. How many glasses of water do you drink daily in **school and at home**?

- None 6 - 8 glasses
 1 - 2 glasses More than 8 glasses
 3 - 5 glasses



(One glass of water = 250ml)

8. How often do you drink sweetened drinks (choose one option only)?

- Daily → How many times a day _____
 Weekly → How many times a week _____
 Monthly → How many times a month _____
 Less than once a month (e.g. once in two months, almost never)

9. Do you bring water bottle to school?

- Yes No

😊 Thank You 😊

Wholegrains and Ways to Cook

Introduction

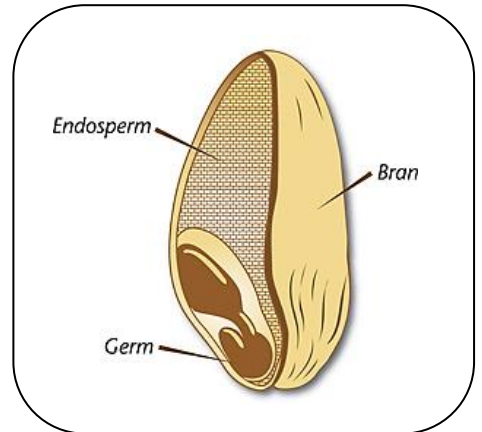
You may have heard that eating wholegrains is good for you. But do you really know what wholegrains are or why they are beneficial? Many people still have reservations because they think wholegrains don't taste good, while some simply don't know what they are. Are you one of them? Perhaps it's time to start reaping the benefits of wholegrains by getting to know them.

What is a wholegrain?

A grain is considered to be a wholegrain as long as all three original parts; the bran, germ, and endosperm are still present in the same proportions as when the grain was growing in the fields.

What is so good about wholegrains?

When you think of healthy food, what comes first to your mind? Fruits and vegetables? Like most people, you would know that fruit and vegetables contain disease-fighting phytochemicals and antioxidants, but many do not realise wholegrains do contain some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fibre.



Bran	This outer layer is rich in fibre, B vitamins, minerals and phytochemicals (beneficial plant substances).
Endosperm	This middle layer contains many carbohydrate and protein.
Germ	This portion of the grain is packed with B vitamins, vitamin E, trace minerals and phytochemicals.

Types of wholegrain	Name
Wholewheat	Durum, Graham, Wheat Berries, etc.
Grass	Barley, Rye, Sorghum, Wild rice, etc.
Rice	Brown, Purple, Black, Red, etc.
Pseudo-Cereals	Quinoa, Buckwheat, etc.
Oats	Rolled Oats, Old Fashion Oats, etc. (Avoid instant oats and sugary oatmeals)

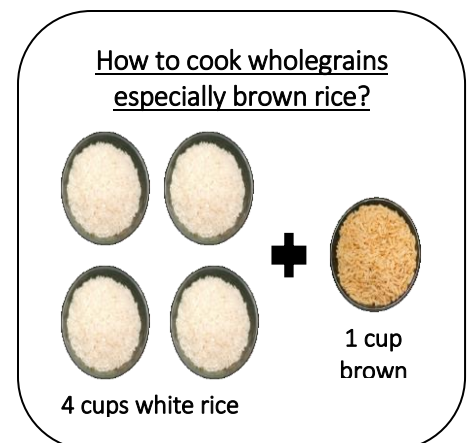


How much wholegrains to use?

Schools could use My Healthy Plate as a guide when planning meals and snacks for students and aim to have them to consume wholegrains instead of refined grains wherever possible by replacing refined items with wholegrain items. For example, instead of white rice, go for brown rice.

Examples of one serving of wholegrains:






















- ½ bowl brown rice
- 2 slices wholemeal bread
- ½ bowl brown rice beehoon/whole-wheat spaghetti
- 2 chapatis
- ¾ bowl uncooked oats (50g)
- 4 whole-wheat biscuit



Creative Ways of Including Fruit & Vegetables in Meals

1) Colourful Fruit & Vegetables

- Serve a variety of fruit and vegetables. The different colours in fruits and vegetables offer different super nutrients. Some examples of fruit and vegetables according to colours:

Colour	Vegetables		Fruit		
Red					
Yellow/Orange					
Green					
White					
Purple					

- Encourage children to track the colours of their foods using Eric's Colour Food Tracker (refer to Annex F).
- Pair up vegetable sticks (e.g. carrots, cucumber) with a small amount of popular children dip (e.g. peanut butter, jam, mustard, bbq sauce) as a healthier snack.

2) Deceptively Delicious – Sneaky Vegetables

Here are ways you can sneak vegetables for more nutritious meals without your diners noticing!







- Add minced boiled/steamer cauliflower to omelettes or mac & cheese
 - Cauliflower has a neutral/mild taste by nature and it doesn't change the texture of the dish.
- Mix mashed pumpkin into rice/oat porridge or pancakes
 - Pumpkins are naturally sweet and will enhance the flavours of carbohydrate-based dishes.
- Replace some meat with minced mushrooms
 - Mushrooms have a natural 'meaty' flavour and texture, a good replacement for meat in dishes.
- Add in grated zucchini or blended/mashed sweet potato, pumpkin or carrots in homemade chocolate desserts e.g. muffin, pudding
 - Chocolate in desserts can disguise the flavour/texture of blended/mashed/grated vegetables.







3) Nutritious & Fun Meals

- Make eating fun! Use cookie cutters to slide fruit and sandwiches
- Create fun dish names to enhance appeal for food to the children e.g. Pumpkin Soup vs Cinderella's Pumpkin Soup
- Plan your weekly menu to include a variety of foods. Eating is more fun when it involves new foods and flavours.
- Water should always be the main choice of beverage and this can be cultivated at a young age. Make drinking water fun for children by adding cucumber or fruit slices (e.g. orange, strawberry, and apple) for a colourful and tasty fruit-infused water.

Alternatives to Deep Fried / Pre Deep Fried Food

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 
3	[Commercial] Pre-deep-fried Ee Mee/ Maggi Mee 	[Commercial] Brown Rice Bee Hoon/ Fresh Noodles 

4	<p>[Commercial] Pre-deep-fried Cheese Tofu</p> 	<p>[Commercial, Home cook] Pan-fried Egg Tofu</p> 
5	<p>[Commercial] Pre-deep-fried Fish Cake</p> 	<p>[Commercial] Non-deep-fried Fish Cake</p> 
6	<p>[Commercial] Pre-deep-fried Hash Brown</p> 	<p>[Home cook] Pan-fried Hash Brown</p> 

7	<p>[Commercial] Pre-deep-fried Seaweed Chicken</p> 	<p>[Home cook] Baked/Pan-fried/Grilled Homemade Seaweed Chicken</p> 
8	<p>[Commercial] Pre-deep-fried Fish Fingers</p> 	<p>[Home cook] Oven-Baked Fish Fingers</p> 
9	<p>[Commercial] Pre-deep fried Wonton</p> 	<p>[Commercial] Uncooked wonton</p> 
10	<p>[Commercial] Pre-deep fried Gyoza</p> 	<p>[Commercial] Uncooked or Pan-fried Gyoza</p> 

11	<p>[Commercial] Pre-deep fried Spring Rolls</p> 	<p>[Commercial] Uncooked Spring Rolls [Home Cook] Baked/pan-fried Spring Rolls</p> 
12	<p>[Commercial] Crispy Chicken Stick</p> 	<p>[Home Cook] Oven-Baked Chicken Stick</p> 
13	<p>[Commercial] Pre-deep fried Popcorn Chicken</p> 	<p>[Home Cook] Baked/Pan-fried Popcorn Chicken</p> 

14	[Commercial] Pre-deep fried Samosa 	[Commercial] Uncooked Samosa 
15	[Commercial] Pre-deep fried Fish Ball 	[Commercial] Fresh Fish Ball 

Annex A: Useful Links

Supplementary HMSP resources can be found on the HMSP website¹.

- i) HMSP Frequently Asked Questions (FAQ)
- ii) List of Suppliers that Provide Healthier Ingredients
- iii) School Beverage List
- iv) HMSP Posters

You may download these resources from the HMSP website. Do take note that the resources may be updated over time.

¹ <https://www.hpb.gov.sg/schools/school-programmes/healthy-meals-in-schools-programme>

Annex B: Sample Recipes

This section provides a list of sample recipes for school's consideration. You may find more recipes on the HMSP webpage: www.hpb.gov.sg/schools/school-programmes/healthy-meals-in-schools-programme

Sample Recipes (1)

Sample Recipe: Tommy To Omelette

Did you know? Tomatoes contain natural glutamate and is the 'G' in MSG (Monosodium Glutamate). Therefore, it is an ingredient used to add in dishes for more flavours!

Preparation time: 5 minutes

Cooking time: 5 minutes



* Choose products with Healthier Choice Symbol (HCS)

Ingredients

- 2 fresh eggs*
- 1 tomato, sliced
- A pinch of salt
- A pinch of black pepper
- 1 tsp sunflower oil*

Methods

1. Beat the eggs and add the sliced tomato, salt and pepper, stir to mix well.
2. Heat oil in a non-stick frying pan.
3. Fry the egg mixture into an omelette.
4. Serve with brown rice and stir-fried vegetables.

Tips

- Prepare fillings first because eggs cook quickly, so any fillings should be ready to go before starting on the eggs.
- Ingredients used as fillings should be chopped into small pieces to prevent tearing the omelette when it's folded.
- You can also use one or more of other flavourful ingredients such as mushroom, bell peppers, broccoli or even cheese!

Recipe adapted from: Yio Chu Kang Secondary School 50th Anniversary

Sample Recipes (2)

Sample Recipe: *Summer Rice Roll*

Did you know? Carrot is a good source of beta-carotene, a form of Vitamin A that is good for our eyes!

Preparation time: 15 minutes

Cooking time: 20 minutes



* Choose products with Healthier Choice Symbol

Ingredients

- ½ tsp salt
- ½ tbsp sugar
- 1 tbsp rice vinegar
- 50g short grain white rice, cooked
- 50g brown rice, cooked
- 2 pieces seaweed
- ¼ carrot, sliced
- ¼ cucumber, sliced
- Egg omelette, sliced

Methods (Sushi)

1. Dissolve the salt and sugar into vinegar and mix evenly together with the cooked mixed rice.
2. Spread the rice onto the sushi mat covered with a piece of seaweed followed by the sliced carrot, cucumber and omelette.
3. Roll the sushi mat tightly, cut neatly in slices and serve.

Tips

- Use a moist and sharp knife to make a clean cut on the sushi roll.
- You could also use other healthier fillings such as canned tuna, bell peppers, green leafy vegetables or even avocado to add a splash of colour!
- Using wholegrain in sushi not only adds more colours, but also a nutty crunch with extra dietary fibre!

Recipe adapted from: Yio Chu Kang Secondary School 50th Anniversary

Sample Recipes (3)

Sample Recipe: *Grandma's Baked Chicken*

Did you know? Lean meats are rich sources of proteins that our body need to build muscle, organs and body fluids.

Preparation time: 10 minutes

Cooking time: 20 minutes



* Choose products with Healthier Choice Symbol

Ingredients

- 1 piece of skinless chicken breast, lightly scored
- 1 tsp sunflower oil*
- A pinch of salt
- A pinch of pepper
- 1 tbsp barbeque sauce

Methods

1. Season the chicken with oil, a pinch of salt and pepper and bake at 175°C for 20 minutes.
2. Add a tablespoon of barbeque sauce on the chicken.
3. Serve with potatoes and boiled vegetables.

Tips

- Avoid overcooking the chicken as it would give it a dry and stringy texture.
- Instead of baking the chicken meat, you can also use other healthier cooking methods that requires little or no fat like steaming, stir-frying with minimal oil, grilling or even broiling!
- For an Asian twist, instead of potatoes, you can serve this with soba!

Recipe adapted from: Yio Chu Kang Secondary School 50th Anniversary

Sample Recipes (4)

Sample Recipe: ABC Alphabet Soup

Did you know? Seasoning your dishes with herbs and spices allows you to use less of other ingredients linked with health problems such as salt and added sugar.

Preparation time: 15 minutes

Cooking time: 30 minutes



* Choose products with Healthier Choice Symbol

Ingredients

- 150g onion, chopped
- 40g garlic, minced
- 1 tbsp sunflower oil*
- 500g tomato, chopped
- 100g carrot, chopped
- 100g celery, chopped
- 10g basil leaves, raw
- 10g parsley flakes
- 2.5 litres of water
- 30g tomato puree*
- A pinch of salt
- 150g alphabet pasta, uncooked

Methods

1. Stir-fry the chopped onions and garlic with oil for 30 seconds.
2. Add the chopped vegetables and herbs (basil and parleys) and stir-fry for 30 seconds.
3. Add the water, tomato puree and salt, stir and let it simmer for 20 minutes.
4. Add the pasta, cook until it is soft and serve.

Tips

- Cut the vegetables into interesting shapes like stars with a sharp cookie cutter.
- For a boost of protein, add chopped or minced lean meat in Step 2!
- To prevent the pasta from getting mushy, cook the pasta separately and add it into the serving bowl before serving.

Recipe adapted from: HPB Healthilicious Recipe Book

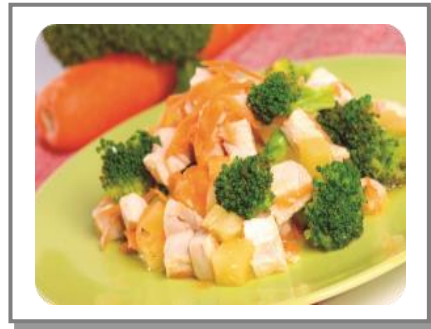
Sample Recipes (5)

Sample Recipe: Zesty Chicken Salad

Did you know? Commercially prepared salad dressing is often high in fat, homemade dressing is so easy to make and can be a healthier option that taste just as great!

Preparation time: 15 minutes

Cooking time: 10 minutes



* Choose products with Healthier Choice Symbol

Ingredients (Salad)

- 250g skinless chicken breast
- 500ml of water
- 200g broccoli, chopped
- 40g carrot, grated
- 30g celery, chopped
- 50g fresh pineapple, chopped

Ingredients (Dressing)

- 10ml of lemon juice
- 15g low-fat plain yoghurt*

Methods

1. Mix the lemon juice and plain yoghurt in a bowl and set aside.
2. Boil the chicken in a pot of water for 10 minutes until it's cooked.
3. Cut the chicken into bite-sized pieces and mix together with the chopped fruit and vegetables.
4. Pour the dressing over the salad, toss well and serve.

Tips

- Retain the water used for boiling the chicken as it can be used to prepare stock for other dishes.
- You can simply add any form of boiled wholemeal pasta to the salad to create a complete meal!
- Cut the fruits and vegetables into uniform pieces as it makes it easier to eat the salad.

Recipe adapted from: HPB Healthilicious Recipe Book

Sample Recipes (6)

Sample Recipe: *Hainanese Chicken Rice*

Did you know? Chicken skin contains saturated fat and limiting the consumption of saturated fats helps to reduce your blood cholesterol and the risk of heart diseases.

Preparation time: 15 minutes

Cooking time: 10 minutes



* Choose products with Healthier Choice Symbol

Ingredients (Chicken)

- 250g skinless chicken breast or fillet
- 1.2 litres of water
- 8g ginger, peeled and sliced

Ingredients (Rice)

- 2 cups uncooked brown rice* - washed
- ½ tsp sunflower oil*
- 2 pandan leaves
- 8g ginger – peeled and sliced
- 4 cloves garlic – peeled and sliced
- ½ tsp salt
- 2 cups chicken stock (from poaching the chicken)

Ingredients (Sauce)

- ½ tsp sesame seed oil*
- 1 tsp light soya sauce*
- 1 ½ tsp garlic oil
- 3 tbsp chicken stock (from poaching the chicken)

Methods (Chicken)

1. Cook the chicken in a pot of simmering hot water with ginger slices for 20 minutes.
2. Remove the chicken and cut into bite size pieces.
3. Retain the chicken stock (from poaching the chicken).

Recipe adapted from: HPB Healthilicious Recipe Book

Sample Recipes (6) – Cont.

Methods (Rice)

1. To cook the chicken rice, fry the uncooked washed brown rice with minimal oil, pandan leaves, sliced ginger, garlic and salt for about 5 minutes.
2. Transfer the rice mixture to a rice cooker, add in the chicken stock and cook until the rice is soft.

Methods (Sauce)

1. Mix all the ingredients into a mixing bowl, and pour it over the chicken.
2. Serve the chicken together with brown rice and boiled mixed vegetables.

Tips

- Adding raisins to the rice will add flavour to it and make the dish more appetising and attractive.
- After cooking the chicken, turn off the heat and let the chicken rest in pot, covered, for another 30 minutes to keep the meat moist and tender.
- Adding barley not only adds additional fibre but also gives an additional chewy texture!

Sample Recipes (7)

Sample Recipe: *Brown Congee*

Did you know? Brown rice is a type of wholegrain packed with more vitamins, minerals and fiber than white rice.

Preparation time: 10 minutes

Cooking time: 30 minutes



* Choose products with Healthier Choice Symbol



Ingredients

- 1 ½ cup uncooked brown rice*
- 2.5 litres of water
- 500ml chicken stock* or vegetable stock*
- 250g soft tofu*, cut into cubes
- 200g cauliflower, cut into florets
- 150g broccoli, cut into florets
- 150g carrots, peeled and chopped
- ½ tsp salt

Methods

1. Wash the brown rice and cook in a pot with water for 20 minutes.
2. Add the stock, tofu, chopped vegetables and salt into the pot and mix well.
3. Continue to cook the rice further for 2 minutes and serve.

Cooking tips:

- Brown rice absorbs more water than white rice, so more water is needed during cooking.
- Swirl in a beaten egg to give a smooth and creamy texture to the porridge as it cooks.
- Add mushroom to give a strong flavour to the porridge.

Sample Recipes (8)

Sample Recipe: *Hearty Barley Soup*

Did you know? The presence of fibre in barley aid in lowering the risk of high blood pressure.

Preparation time: 10 minutes

Cooking time: 30 minutes



* Choose products with Healthier Choice Symbol



Ingredients

- 150g pearl barley, uncooked
- 200g sweet potato, peeled and chopped
- 2.5 litres water
- 20g brown sugar
- 50g white fungus, soaked and washed
- 300g papaya, chopped into cubes
- 10 pieces of dried or fresh longans, shell removed and pitted

Methods (Brown rice porridge)

1. Rinse the barley and cook with sweet potatoes in a pot of hot water for 20 minutes.
2. Add in the sugar and white fungus, and cook for another 10 minutes.
3. Add in the papaya cubes and longans before serving.

Cooking tips:

- Use pearl barley because it is small and can be cooked in a very short time.
- Rock sugar can be substituted with white sugar or honey.
- Add a small amount of lemon juice to the dessert soup for a refreshing flavour.

Sample Recipes (9)

Sample Recipe: *Golden Pumpkin Pasta*

Did you know? Pumpkin could help protect the eyes from cataracts and degeneration with their Vitamin A content.

Preparation time: 30 minutes

Cooking time: 20 minutes



* Choose products with Healthier Choice Symbol



Ingredients

- 5 cups whole wheat pasta
- 200g onion, peeled and chopped
- 3 cloves garlic, crushed
- 1 tbsp sunflower oil*
- 100ml of water
- 700g pumpkin, peeled and sliced thinly
- 200g carrots, peeled and chopped finely
- 300g broccoli, cut into florets
- 250ml low-fat milk*
- A pinch of salt
- A pinch of pepper
- 5 slices of low-fat cheddar cheese*, chopped finely

Methods (Pumpkin Pasta)

1. Cook the pasta as per instructions on the package and keep aside once is done.
2. Stir-fry the onions and garlic with minimal oil in a pan for 1 minute.
3. Add water into the pan and place the pumpkins, carrots and broccoli. Cover the pan with lid and cook until the vegetables are soft.
4. Add in the milk slowly to the sauce and mash the vegetables, into the sauce
5. Season the sauce with salt and pepper and mix well.
6. Pour sauce over pasta and top with cheese before serving.

Tips:

- To reduce cooking time, slice the pumpkin as thinly as possible.
- Add a little bit of oil while boiling the pasta to prevent it from sticking together.
- Make mealtime more enjoyable for students by serving different shapes of pasta such as spirals, bow ties and alphabets.

Sample Recipes (10)

Sample Recipe: *Sailor Sandwich*

Did you know? Using milk and cheese to make sauce for the chicken and vegetables is a healthier substitute for mayonnaise.

Preparation time: 30 minutes

Cooking time: 20 minutes



* Choose products with Healthier Choice Symbol



Ingredients (Pumpkin pasta)

- 2 tbsp soft margarine*
- 2 tbsp all-purpose flour
- 500ml low-fat milk*
- 5 slices of low-fat cheddar cheese*
- A pinch of salt
- A pinch of pepper
- 120g skinless chicken breast, cooked and shredded
- 10 slices of wholemeal bread*
- 75g shredded cabbage
- 75g carrot, peeled and sliced

Methods (Pumpkin Pasta)

1. Melt the soft margarine in a pan and mix with flour.
2. Remove pan from the heat and whisk in the milk gradually to prevent lumps from forming.
3. Continue whisking the sauce on low heat until the sauce thickens, followed by adding the cheese, salt and pepper.
4. Divide the sauce into two bowls; one for chicken and the other bowl for the vegetables.
5. To assemble, spread the chicken on one slice of bread and cover with another slice.
6. Spread the vegetables on the bread and cover with another slice.
7. Cut the sandwiches diagonally and serve.

Cooking tips:

- Squeeze out the water from the vegetables to prevent the sandwiches from becoming soggy.
- Toast the sandwiches for a crusty texture.
- Use a cookie cutter to cut the sandwiches into fun shapes to get children's interested to eat.

Annex C: Assessment Report

Healthy Meals in Schools Programme (HMSP) Assessment Template 2020

School :
 Date : Time of assessment :
 Name of assessor :

Result: A / B / C / D / E (Please circle)

Tiered Grading for Schools: 100% (A), 75% - 99% (B), 50% - 74% (C), 25% - 49% (D), <25% (E) – of stalls passing

SECTION A: FOOD SERVICE GUIDELINES

Please refer to Appendix 1 for the instructions to complete Section A.

HMSP Guidelines	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
Type of Food Sold													
Cost of Meals in Stall													
Stall Pass (P) / Fail (F) Please note stalls will need to pass all guidelines marked with (*), if applicable, to be considered as having passed the assessment.													

HMSP Guidelines Type of Food Sold	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<p>*Guideline 1</p> <p>Food in the four food groups (brown rice, wholegrain noodles or wholemeal bread, vegetables, meat & alternative protein food, and fruit) shall be made available in every main meals. Vegetables and fruit are to be served in the following amounts:</p> <p>a) Vegetables : At least 2 heaped dessert spoons</p> <p>b) Fruit: At least ½ serving of fruit. (Examples of ½ serving of fruit are ½ small apple and ½ wedge of watermelon). Optional if fruit is served at any time during the school day e.g. during assembly, snack break, etc. Self-service of fruit is acceptable.</p>													
<p>bi) Indicate what mode the fruit is being served e.g. self-service at stall, served with each meal, through centralised fridge, fruit subscription, etc</p>													

HMSP Guidelines Type of Food Sold	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<p>*Guideline 2</p> <p>Include brand of the products</p> <p>Serve wholegrains:</p> <p>a) Rice/porridge: Use at least 20% unpolished rice e.g. brown rice mixed with other rice of choice.</p> <p>b) Noodles: Serve only wholegrain oriental noodles / instant noodles.</p> <p>c) Bread: Use only wholemeal/wholegrain bread to prepare sandwiches.</p>													
<p>Guideline 3</p> <p>Use skinless poultry and lean meat when preparing food.</p>													
<p>*Guideline 4</p> <p>Deep-fried food, pre deep-fried food (e.g. pre deep-fried chicken nuggets or pre deep-fried French fries) and preserved food (e.g. sausages, ham, luncheon meat ¹¹, preserved vegetables or preserved eggs) shall not be sold.</p> <p>Include brand of products</p>													

¹¹ Sausages, ham and luncheon meat that meet the following nutrition criteria are allowed to be sold in schools: <450mg/100g sodium, <10g/100g total fat and no nitrite.

HMSP Guidelines Type of Food Sold	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<p><u>Guideline 5</u></p> <p>When high-fat ingredients (e.g. coconut milk/cream, cheese, mayonnaise and cream) are used, 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 cheese, reduced-fat mayonnaise and reduced-fat cream).</p> <p>Only fats and oils (e.g. cooking oil, margarine) endorsed with the Healthier Choice Symbol (HCS) are allowed in food preparation.</p>													
<p><u>Guideline 6</u></p> <p>For rice dishes, gravy, sauce or soup shall not be served unless requested. If requested, do not serve more than two dessertspoons or one tablespoon of gravy/sauce/soup.</p> <p>This criterion is not applicable to noodles and pasta.</p>													

HMSP Guidelines Type of Food Sold	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<p>*Guideline 7</p> <p>a) Stalls selling snacks shall only sell commercially-prepared products with the Healthier Choice Symbol or HCS-equivalent.</p> <p>b) Home-made snacks (e.g. salad and sandwiches) shall be prepared according to the guideline below (where applicable):</p> <ul style="list-style-type: none"> • Comply with the Healthy Meals in Schools Programme guidelines 1 to 6. • Sugar content must be equal to or less than 1 tablespoon (15g) per serving 													

<p style="text-align: center;">HMSP Guidelines</p> <p style="text-align: right;">Type of Food Sold</p>	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<p>Guideline 8 Sale of drinks and desserts with less sugar.</p> <p>*a) Only commercially prepared sweetened drinks and commercially packed drinks such as canned and bottled beverages that meet the sugar levels shown in the table below (Appendix 2 Table 1) <u>OR</u> drinks listed in the List of Beverages are allowed for sale in schools.</p> <p>*b) Drinks, including commercially packed drinks and freshly brewed/squeezed beverages such as homemade barley and fruit juice, can only be sweetened with sugar. Non-sugar substitutes such as sugar alcohol (e.g. sorbitol and xylitol) and intense sweeteners (e.g. acesulfame K, sucralose and aspartame) are not allowed.</p> <p>c) At least 10% of all the commercially prepared drinks and commercially packed drinks sold in the school must be calorie-free (e.g. bottled water).</p>													

HMSP Guidelines Type of Food Sold	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<p>*d) For homemade drinks and desserts (e.g. barley, coffee, tea, green bean soup and soya bean pudding),</p> <ul style="list-style-type: none"> the sugar content shall be equal to or less than 6g/100ml (5g/100ml with effect from 1 May 2021) solid ingredients (e.g. canned fruit in syrup, “pearl”/ “bubble”, chin chow and sago) that are sweetened shall not be used. <p>e) No sweeteners (e.g. syrup, sugar and honey) shall be added to homemade fruit juices or freshly brewed/squeezed drinks. On average, freshly squeezed fruit juices contain 8g of sugar/100g. Therefore, stall owners must dilute their fruit juices with water. Stall owners could add 1/3 cup of water or ice to 2/3 cup freshly squeezed fruit juice. Please see Annex for visual examples.</p>													
<p>Guideline 9</p> <p>To encourage students to opt for water as their preferred choice of drink, each school must have at least two working water coolers (i.e. flow of water is good and temperature is cool) within the canteen area.</p>	<input type="checkbox"/> Yes, there are <u>at least</u> 2 working water coolers within the canteen <input type="checkbox"/> No, there are a total of _____ water cooler(s) within the canteen BUT only _____ are working												

HMSP Guidelines Type of Food Sold	Stall 1	Stall 2	Stall 3	Stall 4	Stall 5	Stall 6	Stall 7	Stall 8	Stall 9	Stall 10	Café	Vending machine 1	Vending machine 2
<u>Cross-check the dustbins</u> Indicate level of wastage in dustbins. Include pictures where possible.													
Name & Signature of vendor													

SECTION B - FEEDBACK SESSION

Date of feedback session: _____ Time period : _____ to _____

Name and appointment of staff present:

1) _____

2) _____

Best practices by school (if any): _____

	Areas done well	Areas to be improved and suggestions/recommendations	Other comments
Stall 1			
Stall 2			
Stall 3			
Stall 4			
Stall 5			
Stall 6			
Stall 7			
Stall 8			
Café			
Water coolers			
Vending machine(s)			

I acknowledge receipt of feedback/comments given by the assessor for the Healthy Meals in Schools Programme.

Name & Signature of Staff (please include school stamp): _____ Date : _____

APPENDIX 1 – INSTRUCTIONS FOR COMPLETION OF SECTION A

1. Please write the type of foods sold under each stall number. For stalls that are vacant, please indicate [**Vacant**]. For consistency, please follow the stall numbering assigned by the school.
 Examples of types of foods are Chinese mixed-dishes rice, Chinese noodles, Malay mixed-dishes rice, Malay noodles, Indian food, Western food, fruit, drinks and snacks.

2. Some guidelines may not be applicable to every stall. Therefore for each criteria,
 - Give a [**✓**] if the vendor is practicing the intervention
 - Give a [**X**] if the vendor is supposed to practice the intervention but is NOT doing so
 - Write a [**NA**] if the intervention is NOT APPLICABLE for the foods sold

3. If there is more than one point in a guideline, please indicate the assessment result of each point separately. **Please do not leave any blanks.**

4. For Guidelines 1(a), 1(b), 2(a) and 2(b), please specify the portions served in addition to the indication of [**✓**], [**X**] or [**NA**] mentioned in point 2.

For example,

Guideline 1								
Food in the 4 food groups (brown rice & wholemeal bread, fruit, vegetables and meat & others) shall be made available in main meals. Vegetables and fruit are to be served in the following amounts:								
a) Vegetables : At least 2 heaped dessert spoons	✓ <i>2 dessert spoons of veg served</i>	X <i>1 dessert spoon of veg served</i>	X <i>No veg served</i>					
b) Fruit: At least ½ serving of fruit. (Examples of ½ serving of fruit are ½ small apple and ½ wedge of watermelon). Self-service of fruit is acceptable.	✓ <i>1/2 an apple served</i>	X <i>¼ of an apple served</i>	X <i>No fruits served</i>					

For Guidelines 7(b), 8(a), 8(c) and 8(d), please specify the portions served only for the items that do not meet the guidelines. (i.e. if vendor passes the guidelines, there is no need to specify the portions served)

APPENDIX 2

Table 1: Allowed Sugar Levels in Commercially Prepared Drinks Sold in Schools

Common Categories of Drinks Sold in Schools	Sugar level (per 100ml)	
	Current	With effect from 1 May 2021*
Sweetened beverages		
Non-carbonated drinks/ Asian drink	≤6g	≤5g
Isotonic drinks	≤6g	≤5g
Juice drinks (at least 10% fruit juice)	≤6g	≤5g
Carbonated drinks	≤7g	≤5g
Juice drinks	≤6g	≤5g
Fruit, fruit and veg juices	≤12.5g	≤5g
Dairy/ creamer-based drinks		
Malted or chocolate drink	≤6g	≤5g
Cultured milk drink/ yogurt drink	≤7g	≤5g

**In support of nation-wide efforts to reduce sugar intake from sugar-sweetened beverages (SSB), beverage manufacturers will reformulate their products in accordance to the measures in the table above. Schools should deplete their current stock by 30 April 2021. More information can be found on the HMSP webpage.*

APPENDIX 3

This is to be used this in conjunction with the FAQ as a guide for assessing canteen vendors for HMSP.

Criteria	What should assessors look out for? √ / x / NA	Assessor's remarks
<p>Criterion 1 Food in the four food groups shall be made available in every main meal¹²:</p> <p>(1) Brown rice, wholegrain noodles or wholemeal bread (2) Vegetables: At least two heaped dessertspoons (3) Meat and alternative protein food¹³ (4) Fruit: At least half a serving (optional if fruit is served at any time during the school day e.g. during assembly, snack break, etc.)</p> <p>Self-service of fruit is acceptable.</p>	<p><u>Kitchen check</u> Interview the canteen vendor and observe if the portion of vegetables and fruits are served according to criteria.</p> <p><u>Food service</u> Observe if the four food groups are provided during lunch and in the appropriate amounts for vegetables and fruits.</p> <p>----- √ - if above criteria is met x – if above criteria is not met</p>	
<p>Criterion 2 Serve wholegrains:</p> <p>a. Rice/porridge: Use at least 20% of unpolished rice, e.g. brown rice mixed with other types of rice. b. Noodles¹⁴: Serve only wholegrain oriental noodles¹⁵/instant noodles. c. Bread: Use only wholemeal/wholegrain bread to prepare sandwiches.</p>	<p><u>Kitchen check</u> Look out for brown rice, wholegrain oriental noodles and wholemeal bread products in packaging and in cooked version.</p> <p>Ensure that instant noodles used are HCS or equivalent and are wholegrain.</p> <p>Verify with the canteen vendor to ensure that there is at least 20% wholegrain used to cook rice. <i>Amount of white rice: _____ (A)</i> <i>Amount of whole-grain: _____ (B)</i> <i>$B / (A+B) \times 100\% = \text{_____} [should be at least 20\%]$</i></p> <p>Verify with the canteen vendor to ensure that wholegrain oriental noodles are used.</p> <p><u>Food service</u></p>	

¹² Examples of main meals are economic rice, fried rice, noodle soup and fried noodles.

¹³ Examples of food in the 'meat and alternative protein' food group are chicken, fish, lentils, beans and tofu.

¹⁴ With effect from January 2020. For spaghetti, minimum 20% of the wholegrain variant must be included.

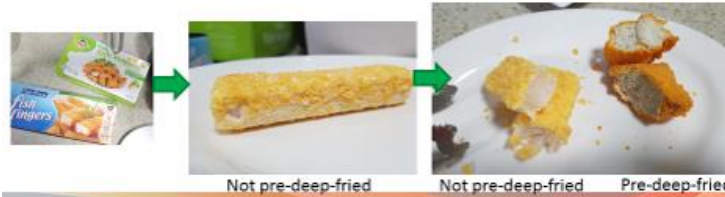
¹⁵ Examples of oriental noodles include yellow noodles, kuey teow, and bee hoon.

	<p>Where applicable, observe that brown rice, brown rice porridge and wholemeal bread are served instead of the refined variety i.e. white rice and white bread. If instant noodles (i.e. noodles with the seasoning) are served, ensure that they have HCS and are wholegrain.</p> <p>-----</p> <p>√ - if above criteria are met x – if above criteria are not met NA – unlikely that this will not be applicable</p>	
<p>Criterion 3 Use skinless poultry and lean meat when preparing food.</p>	<p><u>Kitchen check</u> Observe if skinless poultry and lean meat are used in food preparation and being served</p> <ul style="list-style-type: none"> • Note that meat in dumplings and wontons are permissible <p>-----</p> <p>√ - if above criteria is met x – if above criteria is not met NA – unlikely that this will not be applicable unless center is not serving poultry/meat</p>	
<p>Criterion 4 Deep-fried food, pre deep-fried food (e.g. pre deep-fried chicken nuggets or pre deep-fried French fries) and preserved food (e.g. sausages, ham, luncheon meat¹⁶, preserved vegetables or preserved eggs) shall not be sold.</p>	<p><u>Menu</u> Look out for deep-fried food, pre-deep-fried food and preserved food listed in the menu; these should not be listed.</p> <p><u>Kitchen check</u> Look out for deep-fried food, pre-deep-fried food and preserved food present in the kitchen; these should not be present.</p> <ul style="list-style-type: none"> • Examples of pre-deep fried food are frozen fish fingers/nuggets/fries. 	

¹⁶ Sausages, ham and luncheon meat that meet the following nutrition criteria are allowed to be sold in schools: <450mg/100g sodium, <10g/100g total fat and no nitrite.

How to assess pre-deep-fried food (fish & meat products)

- Assessors to get a sample of the uncooked/frozen version, break it apart
 - Pre-deep-fried food would be white and more compact



Tbc vegetarian products

Checklist to assess if noodles are pre-deep-fried

To verify if commercial noodles are not pre-deep-fried, all of the following criteria have to be met:

- Visually not brown
- Total fat <2g/100g



Food service

Observe if deep-fried food, pre-deep-fried food and preserved food are present during serving of meals; these should not be served.

√ - if above criteria are met

x – if above criteria are not met

NA – unlikely that this will not be applicable

<p>Criterion 5 When high-fat ingredients (e.g. coconut milk/cream, cheese, mayonnaise and cream) are used, 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 cheese, reduced-fat mayonnaise and reduced-fat cream).</p> <p>Only fats and oils (e.g. cooking oil, margarine) endorsed with the Healthier Choice Symbol (HCS) are allowed in food preparation.</p>	<p><u>Menu</u> Clarify with vendor if these ingredients (coconut milk/cream, full-fat yoghurt, full-fat cheese, mayonnaise, cream) are used to prepare meals; the low fat alternatives have to be used if applicable</p> <p><u>Kitchen check</u> Look out for the regular version of coconut milk/cream, , full-fat cheese, mayonnaise, cream; these should not be present, instead should be using the lower fat alternatives</p> <p>All cooking oils used are to have the HCS logo, if not they have to meet the criteria of 35g or less / 100g saturated fat and 0.5g or less / 100g trans fat.</p> <p>----</p> <p>√ - if above criteria are met x – if above criteria are not met NA – unlikely that this will not be applicable</p>	
<p>Criterion 6 For rice dishes, gravy, sauce or soup shall not be served unless requested. If requested, do not serve more than two dessertspoons or one tablespoon of gravy/sauce/soup. This criterion is not applicable to noodles and pasta.</p>	<p><u>Food service</u> Observe that gravy/sauce/oily soup/salty soup are only served upon request and no more than two dessert spoons should be served.</p>	
<p>Criterion 7 Stalls selling snacks shall only sell homemade snacks (e.g. salad and sandwiches) with a sugar content equal to or less than one tablespoon (15g) per serving¹⁷, or commercially prepared products with the HCS or HCS-equivalent¹⁸.</p>	<p><u>Recipe</u> Clarify with the cook that home-made snacks</p> <ul style="list-style-type: none"> • Do not contain butter • Uses low fat ingredients where applicable • Contain ≤ 1 tablespoon (i.e. 15g) sugar per serving <p>Verify amount of added sugar used for the home made snack with the cook -</p> <p><i>Total number of serving for the dessert: _____ pax (A)</i></p> <p><i>Total amount of sugar added: _____ g (B)</i></p> <p><i>B/A = ___ g/pax [should be ≤ 15g/pax]</i></p>	
<p>Criterion 8</p>	<p><u>Kitchen check</u></p>	

¹⁷ Per serving refers to a typical serving portion of the homemade snack.

¹⁸ HPB shall verify if snacks without the HCS are HCS-equivalent by checking the product nutrition information panel of product specifications from suppliers.

Sale of drinks and desserts with less sugar.

a) Only commercially prepared sweetened drinks and commercially packed drinks such as canned and bottled beverages that meet the sugar levels shown in the table below are allowed for sale in schools. (Please refer to the Health Promotion Board's HMSP webpage¹⁹ for the list of drinks allowed for sale in schools.)

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

With effect from 1 May 2021:

Common Categories of Drinks Sold in Schools	Sugar level (per 100ml)
Sweetened beverages	
Non-carbonated drinks/ Asian drink	≤5g
Isotonic drinks	≤5g
Juice drinks (at least 10% fruit juice)	≤5g
Carbonated drinks	≤5g
Juice drinks	≤5g
Fruit, fruit and veg juices	≤5g
Dairy/ creamer-based drinks	
Malted or chocolate drink	≤5g
Cultured milk drink/ yogurt drink	≤5g

Observe and record that

- all drinks sold are lower in sugar
 - there are no drinks with intense sweeteners
 - there are at least 10% of commercially prepared drinks that are calorie-free
- Total no. of commercially prepared drinks: _____ (A)*
- Total no. of calorie-free drinks: _____ (B)*
- B/A x 100 = ____% [should be at least 10%]*
- the solids in drinks (if any) should not be soaked in syrup
 - sweeteners are not added to homemade fruit juices

Recipe

Verify amount of added sugar used for the home made drink or dessert with the cook -

Total weight of drink/dessert: _____ ml (A)

Amount of sugar added: _____ g (B)

B/A x 100 = ____g/100ml [should be ≤6g/100ml]

Annual Laboratory Test

HPB will send a laboratory personnel to schools to collect a sample of homemade drinks to test for the sugar content. The laboratory will contact the schools prior to collection and results will be shared with assessors.

√ - the above criteria is met

x –the above criteria is not met

NA – if center does not serve home made drinks or desserts

¹⁹ <https://www.hpb.gov.sg/schools/school-programmes/healthy-meals-in-schools-programme>

<p>b) Drinks, including commercially packed drinks and freshly brewed/squeezed beverages such as homemade barley and fruit juice, can only be sweetened with sugar. Non-sugar substitutes such as sugar alcohol (e.g. sorbitol and xylitol) and intense sweeteners (e.g. acesulfame K, sucralose and aspartame) are not allowed²⁰.</p> <p>c) At least 10% of all the commercially prepared drinks and commercially packed drinks sold in the school shall be calorie-free (e.g. bottled water).</p> <p>d) For homemade drinks and desserts (e.g. barley, coffee, tea, green bean soup and soya bean pudding),</p> <ul style="list-style-type: none">• the sugar content shall be equal to or less than 6g/100ml (5g/100ml with effect from 1 May 2021).• solid ingredients (e.g. canned fruit in syrup, “pearl”/“bubble”, chin chow and sago) that are sweetened shall not be used. <p>e) No sweeteners (e.g. syrup, sugar and honey) shall be added to homemade fruit juices or freshly brewed/squeezed drinks. On average, freshly squeezed fruit juices contain 8g of sugar/100g. Therefore, stall owners must dilute their fruit juices with water. Stall owners could add 1/3 cup of water or ice to 2/3 cup freshly squeezed fruit juice. Please see Annex for visual examples.</p>		
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²⁰ The aim is to cultivate a palate for less sweet drinks among the youths. We recognise that sweeteners may condition our palates to demand sweet food and drinks in our diet, which may lead to excessive calorie and sugar intake. Therefore, drinks containing non-sugar sweeteners are disallowed in schools.

<p>Criterion 9 To encourage students to opt for water as their preferred choice of drink, each school must have at least two working water coolers²¹ within the canteen area.</p>	<p><u>Onsite observation</u> Verify that there are at least 2 water coolers within the canteen area that are functioning.</p>	
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²¹ Schools shall ensure that water coolers are regularly maintained to ensure that water flow rate and temperature are conducive for drinking, and that proper hygiene around water coolers is maintained.

Annex D: Certificate

CERTIFICATE OF RECOGNITION

This is to recognise

for achieving full compliance of the

Healthy Meals in Schools Programme

Valid from January 2019 – December 2019



Healthy Living Every Day

A handwritten signature in black ink, appearing to read "Zee Yoong Kang".

Zee Yoong Kang
Chief Executive Officer
Health Promotion Board