Healthy Meals in Schools Programme Criteria 2016

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 bread1 2) fruit 3) vegetables 4) meat & others2 shall be made available in main meals3. Vegetables and fruit shall be served in the following amounts:
   a) Vegetables: At least 2 heaped dessert spoons
   b) Fruit: At least ½ serving. Examples of ½ serving of fruit are ½ small apple and ½ wedge of watermelon

   Self-service of fruit is acceptable.

2. Include whole-grains:
   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) Use only wholemeal/whole-grain bread to prepare sandwiches
   d) For 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. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be sold.

5. When high-fat ingredients (e.g. coconut milk/cream, milk, 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 milk, 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, 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 dessertspoons of gravy/sauce/oily or salty soup. This criterion is not applicable to noodles/pasta.

7. Stalls selling snacks shall only sell home-made snacks (e.g. salad, sandwiches) or commercially-prepared products with the Healthier Choice Symbol / Healthier Snack Symbol. Home-made snacks shall be prepared according to the criteria below (where applicable):
   a) Comply with the Healthy Meals in Schools Programme criteria 1*-6
   b) Sugar content shall be equal to or less than 1 tablespoon per serving4

<table>
<thead>
<tr>
<th>*Examples of snacks that are required to comply with criterion 1</th>
<th>Examples of snacks that are not required to comply with criterion 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Roti prata</td>
<td>1. Different types of pau</td>
</tr>
<tr>
<td>2. Roti john</td>
<td>2. Simple sandwich (peanut butter/margarine)</td>
</tr>
<tr>
<td>4. Chappati</td>
<td>4. Soon kueh</td>
</tr>
</tbody>
</table>

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1 Examples of food in the ‘brown rice & wholemeal bread’ food group are brown rice, wholemeal noodles, wholemeal pasta and wholemeal bread.
2 Examples of food in the ‘meat & others’ food group are chicken, fish, lentils, beans and tofu.
3 Examples of main meals are economic rice, fried rice, noodle soup and fried noodles.
4 Per serving refers to a typical serving portion of the home-made snack.
5. Wrap  
6. Marconi cheese  
7. Egg Banjo  
8. Sandwich with filling  
9. Croissant with filling  
10. Baguette with filling  
11. Sushi/Bread Roll (Tuna/Chicken Floss/Egg/Cucumber)  
12. Pizza  
13. Chicken burger  
14. Curry puff  
15. Poh pia  
16. Hot dog  
17. Xiu mai  
18. Putu mayam  
19. Croissant (without filling)  
20. Baguette (without filling)  
21. Bread/bun (without filling)  
  - Red bean roll  
  - Chocolate bun  
  - Peanut butter roll  
  - Raisin bread  
  - Cheese bun  
22. Bread/bun (with filling)  
  - Floss bun  
  - Spinach tuna bun  
  - Sausage roll  
  - Ham and cheese roll  
  - Potato bun  
23. Cake/muffin  
24. Cheesy meatball  
25. Tempura prawn  
26. Nachos with cheese  
27. Cereals with or without milk

*These examples are listed based on the assumption that the serving size of these items is similar to those of main meals (e.g. rice, noodles) served in schools. If the serving size of these items is smaller than those of main meals, it is not required to comply with criterion 1.

8. Sale of drinks and desserts with less sugar.
   a) For commercially prepared sweetened drinks, the sugar level shall follow the table below regardless the drinks carry the Healthier Choice Symbol logo.

<table>
<thead>
<tr>
<th>Types of drink</th>
<th>Sugar level (per 100ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Drinks / Ready-to-drink Tea</td>
<td>≤ 6g</td>
</tr>
<tr>
<td>Juice Drinks</td>
<td>≤ 6g</td>
</tr>
<tr>
<td>Carbonates</td>
<td>≤ 7g</td>
</tr>
<tr>
<td>Sports Drinks</td>
<td>≤ 6g</td>
</tr>
<tr>
<td>Dairy / Soy / Malted</td>
<td>≤ 6g (added sugar)</td>
</tr>
<tr>
<td>Yogurt / Cultured milk drinks</td>
<td>≤ 7g (added sugar)</td>
</tr>
<tr>
<td>Pure fruit &amp; vegetable juices</td>
<td>&lt; 12.5g (no added sugar)</td>
</tr>
</tbody>
</table>

b) All drinks that are sweetened with intense sweeteners 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 home-made drinks and desserts (e.g. barley, coffee, tea, green bean soup, tau huay, “pearl”/“bubble” tea, chin chow and sago),
- 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 sweetener (e.g. syrup, sugar, honey) added to home-made fruit juices.

9. There shall be at least two working water coolers\(^5\) within the canteen area.

*Note: These criteria are valid from 1 Jan to 31 Dec 2016*

\(^5\) 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.