Restricted

Healthy Meals in Schools Programme - Food Service Guidelines 2014/2015
Note: Guidelines are valid until 31 Dec 2015

The following guidelines 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.

Guideline 1

Sale of drinks and desserts with less sugar.

a) For commercially prepared sweetened drinks, these must have the Healthier Choice Symbol (HCS) logo.
b) At least 10% of all the commercially prepared drinks sold in the school must be calorie-free (e.g. bottled water).
c) 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 must be equal to or less than 6g/100ml
   - There shall be no artificial sweeteners (e.g. aspartame) added
   - Solid ingredients (e.g. canned fruit in syrup, “pearl”/“bubble”, chin chow and sago) which are sweetened shall not be used.
d) There shall be no sweetener (e.g. syrup, sugar, honey) added to home-made fruit juices.

Guideline 2

Deep-fried food and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be sold.

Guideline 3

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

Use oils with the Healthier Choice Symbol (HCS) in food preparation. Butter, lard and ghee shall not be used in food preparation.

Guideline 4

Use skinless poultry and lean meat when preparing food.

Guideline 5

Gravy/sauce/oily or salty soup shall not be served unless requested.

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

Guideline 6

There must be at least two working water coolers within the canteen area.
Guideline 7

Inclusion of food from the four food groups in each set meal. Vegetables and fruit are to be served in the following amounts:

a) Vegetables: At least 2 heaped dessert spoons
b) Fruit: At least ½ serving of fruit. Examples of ½ serving of fruit is ½ small apple and ½ wedge of watermelon

Guideline 8

Inclusion of whole-grains where available

a) Rice/porridge served must contain at least 20% unpolished rice e.g. brown rice
b) Noodles/pasta served must contain at least 20% of wholemeal noodles/pasta
c) Use only wholemeal/whole-grain bread to prepare sandwiches
d) For instant noodles, these must have the Healthier Choice Symbol.

Guideline 9

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 guidelines below (where applicable):

a) Comply with the Healthy Meals in Schools Programme guidelines 2,3,4,5,7,8
b) Sugar content must be equal to or less than 1 tablespoon per student per serving