



成康中学

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Dear Parent/Guardian,

Healthy Meals in Schools Programme (HMSP)

Health has always been an important aspect of a child's holistic development. To ensure students grow optimally, they need to consume well-balanced meal. Our students have been educated on healthy eating during their Physical Education and Food & Consumer Education lessons. The school has been working closely with the canteen vendors since 2016 to implement the Healthy Meals in Schools Programme (HMSP).

The programme supports increased consumption of wholegrains, fruits and vegetables, while reducing saturated fat, sugar and salt. The canteen vendors have been using the following guidelines when preparing and serving food for our students:

- Inclusion of food from the four food groups (brown rice/ wholemeal bread/ wholegrain noodles, meat and meat alternatives, fruits and vegetables) in each set meal
- Inclusion of wholegrains, where applicable
- Use skinless poultry and lean meat when preparing food
- No sale of deep fried and preserved food items
- High fat ingredients are replaced with low fat alternatives
- Use oil with Healthier Choice Symbol
- No serving of gravy, sauce, salty and oily soup
- Homemade snacks must be low in sugar, salt and fats
- Sale of drinks and desserts with Healthier Choice Symbol

We seek your support in encouraging your child to select healthy food and consume the fruits provided as part of a healthy meal to improve their physical well-being.

3 Quick Tips on how you can also bring home the Healthy Meals in Schools Programme:

		
1. Look out for snacks/drinks with the Healthier Choice Symbol	2. Include at least 20% whole-grain in meals	3. Include more fruits and vegetables to obtain 2 servings of fruits and 2 servings of vegetables a day

To find out more about how your child is benefitting from HMSP, please visit <https://www.healthhub.sg/live-healthy/1114/healthy-eating-in-school-and-at-home>

Thank you.