

Healthy Meals in Pre-schools Programme (HMPP)

Good nutrition is vital to a child's learning and physical development. With the rise in childhood obesity from 10% in 2010 to 12% in 2014, this could lead to other chronic diseases in adulthood. Therefore, it is important to consume a diet with higher nutrition quality from a young age to foster healthier eating habits that could reduce the prevalence of childhood obesity. Therefore, these guidelines have been designed to provide meals of higher nutrition value and to educate children of the importance of healthier eating.

1. Pre-schools have to provide a balanced meal and healthier snacks.
2. Meals prepared have to contain higher nutrient quality by including the following:
 - a. Wholegrains
 - b. Lean Protein
 - c. Vitamins, minerals and dietary fibre
3. Meals prepared have to contain lower amounts of the following:
 - a. Sugar
 - b. Saturated and trans fat
 - c. Sodium
4. Pre-schools have to include nutrition education in curriculum.

Healthy Meals in Pre-schools Programme (HMPP)

These are the food service and nutrition education criteria applicable to all pre-schools in Singapore.

Food Service Criteria for Pre-schools with Programmes more than 6 hours

1. Provide calcium food sources every day.
2. For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml.
3. Deep-fried food, pre deep-fried food upon purchase (e.g pre deep-fried chicken nuggets, pre deep-fried French fries, pre deep-fried noodles) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served.
4. When high fat ingredients (e.g. coconut milk/cream, 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 cheese, reduced-fat mayonnaise and reduced-fat cream).

Use oils with the Healthier Choice Symbol in food preparation.

Butter, lard, hard margarine and ghee shall not be used.

5. Use skinless poultry and lean meat when preparing food.
6. Provide water during lunch.
7. Food in the 4 food groups (1) brown rice & wholemeal bread¹ (2) fruit (3) vegetables (4) meat & others² shall be served at lunch. Vegetables and fruit shall be served in the following amounts:
 - a) Vegetables: 1.5 to 3 heaped dessertspoons
 - b) Fruit: ¼ to ½ serving. Examples of ¼ serving of fruit are ¼ small apple or ¼ wedge of watermelon
8. Include wholegrains:
 - 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/wholegrain bread to prepare sandwiches
9. Prepare home-made snacks according to the criteria below (where applicable):
 - a) Comply with the Healthy Meals in Pre-schools Programme criteria
 - b) Sugar content shall be equal to or less than 1 tablespoon per serving³

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 Per serving refers to a typical serving portion of the home-made snack.

Food Service Criteria for Pre-schools with Programmes 6 hours or less

Applicable to pre-schools serving at least 2 hot meals per week.

1. Provide calcium food sources **at least twice per week**.
2. For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml.
3. 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 served.
4. When high fat ingredients (e.g. coconut milk/cream, 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 cheese, reduced-fat mayonnaise and reduced-fat cream).

Use oils with the Healthier Choice Symbol in food preparation.

Butter, lard, hard margarine and ghee shall not be used.

5. Use skinless poultry and lean meat when preparing food.
6. Provide water during breaks.
7. a) Food in the following 3 food groups shall be served as a meal **at least twice a week**:

Food Group 1: Brown rice and wholemeal bread

Examples of food from the 'brown rice and wholemeal bread' food group are rice, noodles, potatoes, oats and bread.

Food Group 2: Meat and others

Examples of food from the 'meat and others' food group are chicken, fish, lentils, beans and tofu.

Food Group 3: Vegetables

Serve at least 1.5 to 3 heaped dessertspoons of vegetables.

b) Serve $\frac{1}{4}$ to $\frac{1}{2}$ serving of fruit at least twice a week. Examples of $\frac{1}{4}$ serving of fruit are $\frac{1}{4}$ small apple or $\frac{1}{4}$ wedge of watermelon.

8. Include wholegrains in food:
 - 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
9. For home-made snacks, keep sugar content not more than 1 tablespoon per serving (typical serving portion of the home-made snack).

Nutrition Education Criteria (For all pre-schools)

1. Introduce My Healthy Plate.
2. Share the basic concept of healthy eating which consists of choosing the right type of food and the right amount of food.
3. Share the importance of taking whole-grains, fruit and vegetables.
4. Introduce the Healthier Choice Symbol (HCS) and explain why HCS products are healthier.
5. Prepare a healthy meal with children involved.
6. Organise field trip to reinforce learning on healthy eating.
7. Set up learning corners to reinforce children's learning on the importance of healthy eating.
8. Engage parents in activities to promote healthy eating.

Note: These criteria are valid as of April 2017.