

Party List

Health Promotion Board



This document is a compilation of a list of healthier, affordable and convenient food recommendations* for

- Birthday celebrations
- Picnics
- Special occasions (e.g. Mother's Day, Father's Day, Teacher's Day, Christmas & more)

*Please note that the list is not exhaustive. If you wish to purchase other items, keep a look out for products with the Healthier Choice Symbol (HCS).



Finger-food & Snacks

Nuts & Seeds



Camel Roasted Almond



Nature's Wonders Nuts, Seeds & Dried Fruits Series



Garden Picks Nuts, Seeds & Dried Fruits Series



Fairprice Baked Nuts & Seeds Series

Finger-food & Snacks

Ready-to-Eat



Cooked sushi platter:
Cucumber, Tuna, Prawn,
Egg, Sweet Corn



Wholemeal Sandwiches:
Tuna, Egg Mayonnaise, Mushroom

Finger-food & Snacks

Frozen Finger Food¹



NewMoon Wholemeal
Mushroom Bun



NewMoon Wholemeal
Black Sesame Bun



NewMoon Wholemeal
Vegetable Bun



NewMoon Wholemeal
Red Bean Bun



NewMoon Wholemeal
Pandan Lotus Bun

¹Requires preparation at home (e.g. steaming, baking) before bringing to school

Finger-food & Snacks

Frozen Finger Food (Not Pre-deep-fried)¹



Bobo Cooked Fishballs



Bobo Prawn-Flavoured Fishballs



Bobo Cuttlefish Balls



Bobo Crab-Flavoured Balls



Fairprice Fish Fingers

¹Requires preparation at home (e.g. steaming, baking) before bringing to school

*Parents are encouraged to use healthier cooking methods like baking or pan-frying instead of deep-frying to prepare the items

Finger-food & Snacks

Fruits & Vegetable



Fresh fruits - In skewer, cup or platter form



Salad

Base:

- Iceberg Lettuce
- Cherry Tomatoes
- Cucumber
- Baby Carrots
- Corn kernels

Toppings:

- Tuna Canned in Water
- Boiled Eggs
- Reduced-fat or low-fat cheese

Dressings

- Pepper
- Olive oil
- Orange juice
- Greek yogurt

Finger-food & Snacks

Fruits & Vegetable



Vegetable Sticks with Dips

Vegetable Sticks:

- Celery
- Cucumber
- Baby Carrots

Dippings:

- Reduced-fat or low-fat cream cheese
- Greek yogurt

Finger-food & Snacks

Biscuits & Crackers



Yes Natural Organic Brown Rice Ring



Pola Snack Original



SunMoon Freeze-Dried Apple Crisps



Bread Pan Cheese & Onion Flavour



Oheya Multi-grain Snack French Onion Flavour

Finger-food & Snacks

Others



Plain Wholemeal Crackers with HCS



Low-fat/Reduced-fat Cheese
Cubes with HCS

Drinks

Milk



Any Pasteurised Plain Milk with HCS



Dutch Lady Milky Series

Drinks

Pure Fruits & Vegetable Juices



Capri-sun's Mystic Dragon Juice Pouch



Hansen's Natural Organic Junior Apple Juice



Marigold 100% Juice Series



Marigold Peel Fresh No-Sugar-Added Series



F&N Fruit Tea Tree Fresh Juice Series

Desserts

Cakes, Yogurt & Others



Polar Wholegrain Sugar Roll



Sensoh Grass Jelly Slurpup



Unicurd I'sojoy Soy Desserts

Desserts

Cakes, Yogurt & Others



Marigold Non-Fat Yogurt Series



Meiji High-Calcium & Low-Fat Yogurt



Nestle Fat-Free & Lower-Sugar Yogurt



F&N aLIVE Yogurt Series