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

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

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



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:

Dressings

- -Tuna Canned in Water -Boiled Eggs -Reduced-fat or low-fat cheese
- Pepper
- Olive oil
- Orange juice
- Greek yogurt

Fruits & Vegetable



Vegetable Sticks with Dips

Vegetable Sticks:

Dippings:

-Celery -Cucumber -Baby Carrots

-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

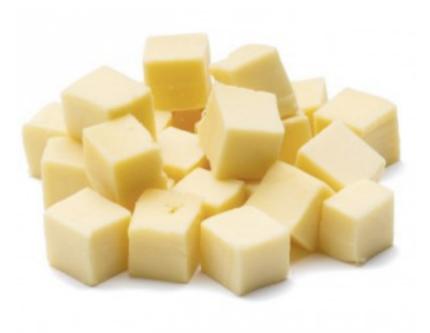


Oheya Multi-grain Snack French Onion Flavour

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



Hanyery Junor Juce Junor Juce



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