



南 华 小 学

NAN HUA PRIMARY SCHOOL

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7 March 2018

Dear Parents & Guardians,

HEALTHY MEALS IN SCHOOL PROGRAMME (HMSP)

1. Last year, the school started the Healthy Meals In School Programme (HMSP) on Tuesdays and Thursdays to get students attuned to the concept of healthy eating habit with servings of vegetables and fruits as part of their meals.
2. With effect from Term 2, 19 March 2018 (Monday), the HMSP will be extended to be on a daily basis. 6 out of 8 of our canteen stalls will be offering healthy set meals comprising main food items (e.g. brown rice, wholemeal bread, meat and others) with servings of vegetables and fruits. To ensure affordability, most of the healthy set meals will cost between \$1.00 and \$1.80 each.
3. The aim of HMSP is to encourage students to consume a balanced diet with the inclusion of fruits, vegetables and whole-grains in their food choices. It helps to cultivate a good eating habit and promote a healthy development from young. You may refer to HMSP guidelines from the Health Promotion Board's website for more details.
4. To achieve the aim of HMSP, students will be briefed of the healthy set meals available at the canteen stalls, and be educated on the benefits of healthy eating continually. Likewise, we seek parents and guardians' support by reminding and encouraging their children to choose and consume healthy set meals daily.
5. Thank you very much for your partnership in the holistic and healthy development of our students.

Yours faithfully,

Mrs Ong Hui Khim
Principal