

Dear Parents and Guardians,

**Circular on Promotion of Healthy Eating in School**1<sup>st</sup> September, 2017

To help our children grow healthily, I am pleased to inform you that our school has already joined the "EatSmart School Accreditation Scheme" organised by the Department of Health. By implementing the "Healthy Eating School Policy and cultivating a healthier school environment, we very much hope that our students could eventually be benefited. To achieve this end, your support is indispensable and your attention is drawn to the following points:

1. According to the contract signed between the school and the lunch supplier, it has been prescribed that all lunches are produced in accordance with the standard laid down in the Nutritional Guidelines on Lunch for Students<sup>i</sup>, i.e. all lunch sets should contain at least one serving of vegetables (i.e. half bowl of cooked vegetables), do not contain "Strongly Discouraged Food Items" and contain no desserts. Examples of such items include foods that have been deep-fried and items high in salt, like salted fish, salted egg or smoked sausage. At the same time, the volume of grains, vegetables and meat (or its substitute) should be in the ratio of 3:2:1, which implies that the major ingredient of a lunch set should be rice or pasta, followed by vegetables, and meat (or its substitute) should only make up the smallest portion. Parents who prepare lunch set for their children should follow the above guidelines.
2. Parents should also make reference to the standard specified in the Nutritional Guidelines on Snacks for Students when preparing snacks for children, meaning that you should totally avoid items classified as "Snacks to Choose Less", such as French fries, chocolates, butter cookies, candies, sodas, fruit juices with added sugars or food and beverages high in oil, salt or sugar content. Examples of healthier snacks include fresh fruit, boiled egg, low-fat milk, low-sugar soy milk or plain biscuit. You can also check the "Database of Prepackaged Snacks" at the website of "Hong Kong Nutrition Association" for available "Green Light Snacks" and "Yellow Light Snacks" in the market. In addition, you can wish to learn that the DH's "Snack Nutritional Classification Wizard" can help you to classify pre-packaged snacks according to guideline. Last but not least, please bear in mind that the amount and timing of snack should not affect children's appetite for their next meal.
3. In addition to the fruit provided by school (one time per week), parents should also encourage their children to take one to two medium-sized fruit a day.

Parents can scan the QR code to know more about the "EatSmart@school.hk" Campaign.

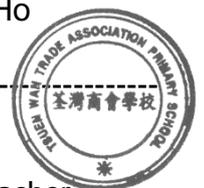
For enquiries, please contact Ms. POON Yuk Chi.



Yours faithfully,

*Chow Kim Ho*

Chow Kim Ho  
Principal



Tsuen Wan Trade Association Primary School

Reply Slip of Circular no. 17-007/D06<Please return to Ms Poon Yuk Chi via the class teacher>

**Circular on Promotion of Healthy Eating in School**

Dear Principal,

I have acknowledged receipt of the circular regarding the Promotion of Healthy Eating in School.

Student's Name: \_\_\_\_\_ ( ) Parent's Signature: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_