Holy Family School Notice 1505
Promotion of Healthy Eating in School

1st September, 2015

Dear Parents/Guardians,

It is well recognised that a healthy diet not only promotes the health of children but also prevents future problems such as obesity, heart diseases, diabetes, cancer or many other chronic diseases. To help our children grow healthily, I am pleased to inform you that our school has already implemented the “Healthy Eating School Policy” to cultivate a healthier eating environment. We 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. Healthy lunch:
   - All lunch sets prepared for your children should contain at least one serving of vegetables (i.e. half bowl of cooked vegetables) and should not contain “Strongly Discouraged Food Items” (e.g. deep-fried and items high in salt, like salted fish, salted eggs or smoked sausages).
   - No desserts.
   - The volume of grains, vegetables and 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 should only make up the smallest portion.

2. Healthy snacks:
   - 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.
   - Parents are suggested to prepare healthier snacks for children such as fresh fruit, boiled egg, low-fat milk, low-sugar soy milk or plain biscuit.
   - Please bear in mind that the amount and timing of snack should not affect children’s appetite for their next meal.

To learn more about healthy eating, please visit the EatSmart@school.hk Thematic Website [http://school.eatsmart.gov.hk](http://school.eatsmart.gov.hk). Thank you for your attention.

Yours faithfully,

[Signature]

Ng Lai Ying
Principal

Note: *Nutritional Guidelines on Lunch for Students, Nutritional Guidelines on Snacks for Students* are available at the EatSmart@school.hk Thematic Website ([http://school.eatsmart.gov.hk](http://school.eatsmart.gov.hk))