

## Party list<sup>1</sup>

This document is a compilation of a list of healthier, affordable and convenient food recommendations for birthday celebrations, picnics, and special occasions (e.g. Mother's Day, Father's Day, Teacher's Day, Children's Day, Christmas & more).

Please note that the list of food items below is not exhaustive. If you wish to purchase other items, as a rule of thumb, look out for products with the healthier choice symbol (HCS) shown below.



### Finger-food & Snacks

Categories	Products
Nuts & seeds	<ol style="list-style-type: none"><li><b>1. Camel nuts products range</b><ul style="list-style-type: none"><li>• Macadamia nuts</li><li>• Roasted Peanuts</li><li>• Roasted Almonds</li></ul></li></ol>
Ready-to-eat	<ol style="list-style-type: none"><li><b>1. Roasted chicken from local supermarket</b></li><li><b>2. Cooked sushi platter</b></li><li><b>3. Wholemeal Sandwiches:</b><ul style="list-style-type: none"><li>• Tuna sandwich</li><li>• Egg mayonnaise sandwich</li></ul></li></ol>
Frozen finger food <sup>2</sup>	<ol style="list-style-type: none"><li><b>1. New Moon Wholemeal Bun</b><ul style="list-style-type: none"><li>• Vegetable wholemeal bun</li><li>• Mushroom wholemeal bun</li><li>• Black sesame wholemeal bun</li><li>• Pandan lotus wholemeal bun</li><li>• Red bean wholemeal bun</li></ul></li><li><b>2. Fairprice fish finger<sup>2</sup> (not pre-deep-fried)</b></li><li><b>3. Ha Li Fa Bobo<sup>3</sup> (not pre-deep-fried)</b><ul style="list-style-type: none"><li>• Bobo fish balls</li></ul></li></ol>

<sup>1</sup> Relevant for children 2 years and above

<sup>2</sup> Requires preparation at home (e.g. steaming, baking) before bringing to schools.

<sup>3</sup> Parents are encouraged to use healthier cooking methods like baking or pan-frying instead of deep-frying to prepare the items.

	<ul style="list-style-type: none"> <li>• Bobo cuttlefish balls</li> <li>• Bobo crab-flavoured balls</li> <li>• Bobo prawn-flavoured balls</li> </ul> <p>How about HCS pizza?</p>
Fruits & vegetable	<ol style="list-style-type: none"> <li><b>1. Fresh fruits</b> Parents may consider skewering different fruits using a satay stick to make fruit “satay”. Or a fruit platter or fruit cups</li> <li><b>2. Salad</b> Here are some ingredients that you could add to customise the salad: <ul style="list-style-type: none"> <li><b>Salad base</b> <ul style="list-style-type: none"> <li>• Iceberg lettuce</li> <li>• Cherry tomatoes</li> <li>• Cucumber</li> <li>• Baby carrots</li> </ul> </li> <li><b>Salad toppings</b> <ul style="list-style-type: none"> <li>• Tuna canned in water</li> <li>• Boiled eggs</li> <li>• Reduced-fat or low-fat cheese slices</li> </ul> </li> </ul> </li> <li><b>3. Vegetable sticks with dip</b> <ul style="list-style-type: none"> <li><b>Vegetable sticks</b> <ul style="list-style-type: none"> <li>• Baby carrots</li> <li>• Celery sticks</li> </ul> </li> <li><b>Dips</b> <ul style="list-style-type: none"> <li>• Reduced-fat/ low-fat cream cheese</li> <li>• Greek yoghurt</li> </ul> </li> </ul> </li> </ol>
Biscuit	<ol style="list-style-type: none"> <li><b>1. Yes Natural Organic Brown Rice Ring</b></li> <li><b>2. Pola Snack Original</b></li> <li><b>3. Sazzy Freeze-dried Apple Crisp</b></li> <li><b>4. Oishi Onion Rings</b></li> <li><b>5. Bread Pan Cheese &amp; Onion Flavour</b></li> </ol> <p><b>Add - Wholemeal cracker and cheese cubes</b></p>
Bread	<ol style="list-style-type: none"> <li><b>1. Polar breads</b> <ul style="list-style-type: none"> <li>• 8-grains bread</li> <li>• Wholemeal oat bread</li> </ul> </li> </ol>

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## Drinks

Categories	Products
Milk	<ol style="list-style-type: none"> <li>1. <b>Flavoured milk</b> <ul style="list-style-type: none"> <li>• Dutch Lady Milky Low-Fat Chocolate</li> <li>• Dutch Lady Milky Low-Fat Strawberry milk</li> </ul> </li> <li>2. <b>Pasteurised plain milk</b> <ul style="list-style-type: none"> <li>• Any low-fat/non-fat with the HCS</li> </ul> </li> </ol>
Pure fruits & vegetable juices	<ol style="list-style-type: none"> <li>1. <b>Capri-sone's Mystic Dragon Juice Pouch</b></li> <li>2. <b>Hansen's Natural Organic Junior Juice Apple Juice from Concentrate (125 mL)</b></li> <li>3. <b>Marigold 100% Juice range</b></li> <li>4. <b>Marigold Peel Fresh range</b></li> <li>5. <b>F&amp;N Fruit Tea Fresh Juice range</b></li> </ol>

## Desserts

Categories	Products
Cakes	<ol style="list-style-type: none"> <li>1. <b>Polar wholegrain sugar roll</b></li> <li>2. <b>Gardenia chocolate muffins</b></li> </ol>
Yoghurt	<ol style="list-style-type: none"> <li>1. <b>Marigold Non-fat Yogurt range</b></li> <li>2. <b>Meiji High-Calcium &amp; Low-fat Yoghurt range</b></li> <li>3. <b>Nestle Fat-Free Yogurt range</b></li> <li>4. <b>F&amp;N aLIVE Yogurt range</b></li> </ol>
Others	<ol style="list-style-type: none"> <li>1. <b>Sensoh Grass Jelly Slurpup</b></li> <li>2. <b>Unicurd I'sojoy Soy Dessert</b></li> </ol>