

Party list¹

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.



Eat All Foods in Moderation

Finger-food & Snacks

Categories	Products
Nuts & seeds	1. Camel nuts products range <ul style="list-style-type: none">• Macadamia nuts• Roasted Peanuts• Roasted Almonds
Ready-to-eat	1. Roasted chicken from local supermarket 2. Cooked sushi platter 3. Wholemeal Sandwiches: <ul style="list-style-type: none">• Tuna sandwich• Egg mayonnaise sandwich
Frozen finger food ²	1. New Moon Wholemeal Bun <ul style="list-style-type: none">• Vegetable wholemeal bun• Mushroom wholemeal bun• Black sesame wholemeal bun• Pandan lotus wholemeal bun• Red bean wholemeal bun 2. Fairprice fish finger² (not pre-deep-fried) 3. Ha Li Fa Bobo (not pre-deep-fried) <ul style="list-style-type: none">• Bobo fish balls

¹ Relevant for children 2 years and above

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

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

Bread	1. Polar breads <ul style="list-style-type: none"> • 8-grains bread • Wholemeal oat bread
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Drinks

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

Desserts

Categories	Products
Cakes	1. Polar wholegrain sugar roll 2. Gardenia chocolate muffins
Yoghurt	1. Marigold Non-fat Yogurt range 2. Meiji High-Calcium & Low-fat Yoghurt range 3. Nestle Fat-Free Yogurt range 4. F&N aLIVE Yogurt range
Others	1. Sensoh Grass Jelly Slurpup 2. Unicurd I'sojoy Soy Dessert