

HEALTHIER DINING PROGRAMME CRITERIA FOR EVENT CATERERS

	Menu ¹ Guidelines
Healthier beverages (where applicable)	<p>Caterer must offer plain water as the default beverage item.</p> <p>Caterer offering coffee and tea must have syrup/sugar served on the side, not pre-added.</p> <p>(By 1 May 2021) All pre-packaged beverages provided must meet the nutrient thresholds for Grades A or B under the Nutri-Grade, which are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.</p> <p>(By 1 December 2022²) Apart from coffees and teas, all other freshly prepared beverages must also meet the nutrient thresholds for Grades A or B under the Nutri-Grade, which are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.</p>
Healthier ingredients (whole-grains ³ , healthier oils ⁴ and lower-sodium ⁵)	<p>Caterer must include whole-grains in all staple options and use healthier cooking oils for all cooking and food preparation.</p> <p>Menus should reflect that healthier cooking oils have been used.</p> <p>(By 1 May 2021) Caterer must use lower-sodium ingredients for all cooking and food preparation. Caterer can opt to use either:</p> <ol style="list-style-type: none"> Lower-sodium light and dark soy sauces, oyster sauce and seasonings; or Lower-sodium salt; or Both
Fruit and vegetables	<p>Caterer must include fresh fruits as an option for all menus</p> <ul style="list-style-type: none"> For menus which do not have the 'Dessert and Fruits' category, caterers are required to offer the option to substitute any of the item within the buffet with fresh fruit. For menus with 'Dessert and Fruits' category, fresh fruits must be an option offered.
Deep-fried menu items	<p>Caterer must limit deep fried items to no more than the following:</p> <ol style="list-style-type: none"> No deep fried item allowed for buffet orders with ≤3 items; 1 item for buffet/bento line with 4-8 items (including dessert, excluding drinks); 2 items for buffet/bento line with ≥9 items (including dessert, excluding drinks); <p>All deep-fried items must be clearly labelled (e.g. "DF") on the menu.</p>

Note: HPB will be conducting kitchen inspections and lab tests of oil samples as part of its random audit.

Event Caterers selected for a random audit are to submit to HPB invoices of their orders of healthier oil for the past 6 months.

	Publicity Guidelines
Front-of-House	<ul style="list-style-type: none"> "Healthier options available here" identifier displayed at website/app/order platforms Caterer should display the Health Promotion Board's healthier ingredients visual identifier carrying HDP identifier prominently at the buffet line.
Point-of-purchase	<ul style="list-style-type: none"> Include HPB identifiers on online menu and marketing collaterals Feature healthier offerings with pictorial representation on company website, tagged with appropriate HDP identifiers Feature healthier offerings with pictorial representation on menus and/or marketing collaterals

¹ Menu refers to the healthier catering menu and/or Packed Meals/Bentos.

² The effective date of the guideline on freshly prepared beverages is set as 1 December 2022 tentatively, subject to changes by the HPB. The HPB will publish the finalised guidelines and effective date via the HPB website, at least 6 months in advance of the finalised effective date.

³ All staples listed within the "Rice and Noodle" category must be made of whole-grains and must be aligned with HPB's Healthier Dining Programme (HDP) nutritional guidelines. Where there is no "Rice and Noodle" category available (e.g. refreshment menus), staples equivalent listed under "Snack and Pastry/Appetizers" (e.g. bun, bread, pizza) must be made of whole-grains and meet corresponding HDP nutritional guidelines.

⁴ Healthier oil refers to HCS oils and other plant based oils (e.g. olive, canola, peanut, soybean and sunflower oil) containing 35% or less saturated fats.

⁵ Lower-sodium soy sauce, oyster sauce, seasoning or salt include those that carry the HCS, and those that meet the sodium criteria under HCS.