

**PART 8**  
**HEALTHIER CATERING DECLARATION FORM**

## HEALTHIER CATERING DECLARATION FORM

**TO BE FILLED IN BY CATERER**

**Note 1:** Please refer to HPB's website for the most updated healthier catering guidelines and declaration form: <https://www.hpb.gov.sg/healthy-living/food-beverage/wog-healthier-catering-policy/about-the-healthier-catering-policy>



**This declaration form serves as a checklist to ensure that all menus proposed by the Caterer comply with HPB's Healthier Catering guidelines.**

Please tick appropriate check box wherever applicable. If the respective guideline is not applicable, please tick "N/A". For example, if the provision of packed meals does not include the provision of beverages, the requirement for plain water to be provided would therefore not be applicable.

Category	Description	Yes	N/A
<b>Lower-Sugar Beverages</b>	Please confirm if plain water is provided in all menus that include beverage(s).		
	Please confirm if sugar/sugar syrup/ milk/ creamer for freshly prepared coffees and teas are served on the side, and not pre-added, in all menus.		
	(By 1 May 2021) Please confirm if all pre-packaged beverages will meet the nutrient thresholds for Grades A or B under the Nutri-Grade. The nutrient thresholds are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.		
	(By 1 Dec 2022) Please confirm if all freshly prepared beverages, apart from coffees and teas, will meet the nutrient thresholds for Grades A or B under the Nutri-Grade. The nutrient thresholds are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.		
<b>Wholegrain staples</b>	Please confirm if all rice and noodle dishes in all menus are made of wholegrains and meet the wholegrain criteria under HPB's Healthier Choice Symbol (HCS) nutrition guidelines, which can be found at <a href="https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol">https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol</a> .		
	Only applicable for menus which do not have rice or noodle dishes: Please confirm if all staple-equivalents (i.e. bun, bread, pizza) are made of wholegrains and meet the wholegrain criteria under HPB's HCS nutrition guidelines, which can be found at <a href="https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol">https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol</a> .		

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Category	Description	Yes	N/A
<b>Use of Healthier Oil</b>	Please confirm if healthier oil ( $\leq 35\%$ saturated fats) is/are used in cooking and food preparations for all menus.		
<b>Use of Lower-Sodium Ingredients</b>	<p>(By 1 May 2021) Please confirm that lower-sodium ingredients are used for all cooking and food preparations for all menus. Caterer may opt to use either:</p> <ul style="list-style-type: none"> <li>a. Lower-sodium light and dark soy sauces, oyster sauce and seasonings; or</li> <li>b. Lower-sodium salt; or</li> <li>c. Both.</li> </ul>	If "Yes", please circle the chosen mode of compliance (a, b or c) in the left column.	
<b>Fresh Fruits</b>	Please confirm if fresh fruits are provided as an option for all menus.		
<b>Deep Fried Foods</b>	<p>Please confirm if the number of deep fried items per menu is:</p> <ul style="list-style-type: none"> <li>a. 0 deep fried items for menu orders with <math>\leq 3</math> food items*</li> <li>b. <math>\leq 1</math> deep fried items for menu orders with 4-8 food items*</li> <li>c. <math>\leq 2</math> deep fried items for menu orders with <math>\geq 9</math> food items*</li> </ul> <p>* Food items include desserts but exclude beverages.</p>		

**UNDERTAKING TO COMPLY WITH THE HEALTHIER CATERING GUIDELINES**

This Undertaking is made on                     [date]                    , for and on behalf of:

Name of Organisation: \_\_\_\_\_

Registration No.<sup>1</sup> of the Organisation: \_\_\_\_\_

2 I, the undersigned, understand that under the Healthier Catering Policy, all catering procured by or sponsored for Public agencies must meet the Healthier Catering guidelines (“the Guidelines”). A copy of the Guidelines has been provided to me, and I have read and understood the Guidelines.

3 On behalf of \_\_\_\_\_ [insert name of Organisation],  
I hereby undertake to:

- (a) fully comply with the Guidelines, in relation to any catering sold to, supplied to or sponsored for Singapore Sports School Ltd; and
- (b) allow Singapore Sports School Ltd, Health Promotion Board and any party authorised by either, to conduct checks (including unscheduled checks at and on the premise where the catering is held or my Organisation’s premises) and obtain information as may be necessary to verify my Organisation’s compliance with the Guidelines.

4 I further agree that any breach of the Guidelines will render my Organisation legally liable to Singapore Sports School Ltd for breach of this Undertaking.

Executed as a deed for and on behalf of \_\_\_\_\_ [insert name of Organisation]

Signature:
Name of Organisation (i.e. catering company):
Name of Authorised Representative, Designation:

**In the presence of:**

Signature:
Name:

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<sup>1</sup> Company, Business, Society or Co-operative registration number as applicable