



agape
Little Uni.

Building Firm Foundations

Healthy Meals in Childcare Centres Programme (HMCCP)

OUR INFANT MENU



@ Cecil



Using Convothem Combi Oven in preparation of the meals
Healthier Cooking Methods using steam, grill, roast & bake



My Healthy Plate



- Fill half your plate with **Fruits** and **Vegetables**
- Fill a quarter of your plate with **whole – grains**
- Fill a quarter of your plate with **meat** and **others**
- Be **Active**
- Choose **Water!**
- Use **Healthier Oils**



Healthy Meals in Childcare Centres Programme (HMCCP)

"Research shows that children form food preferences mostly during their pre-school years, and the eating habits and preferences acquired during this time remain with them later on in life. Pre-schoolers are ready and eager learners, and this allows child care providers the opportunity to cultivate healthy eating habits."

In view of this, the Health Promotion Board (HPB) introduced the **"Healthy Meals in Childcare Centres Programme"**. Under this programme, participating childcare centres are required to comply to the following

Food Serving Guidelines

- ✓ Provide cow's or calcium-fortified soy milk/milk powder for each child per day.
- ✓ For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml
- ✓ No serving of deep-fried or preserved food.
- ✓ Use reduced-fat ingredients and oils with the Healthier Choice symbol
- ✓ Use skinless poultry and lean meat when preparing food
- ✓ Provide water during lunch
- ✓ Food in the 4 food groups to be served at lunch:
 1. Brown rice & wholemeal bread -
 2. Fruits - $\frac{1}{4}$ to $\frac{1}{2}$ serving eg. $\frac{1}{4}$ small apple or $\frac{1}{4}$ wedge watermelon
 3. Vegetables - 1.5 to 3 heaped dessert spoons
 4. Meat & others
- ✓ Include whole-grains:
 - a) Rice/porridge - at least 20% unpolished rich eg. Brown rice mix with other rice of choice
 - b) Use only wholemeal/whole-grain bread
- ✓ Prepare home-made snacks using less sugar





Baby's First Food

- At Birth

Breastfeeding is ideal for your baby and you. It is the most natural way to feed your baby.

Start to breastfeed your baby soon after birth, preferably within 6-12 hours. The earlier you start breastfeeding, the earlier your milk will start flowing.

After a month or two, breastfeed your baby once every 3-4 hours.

Frequent suckling of the newborn helps to:

- Stimulate milk production
- Increase your confidence in breastfeeding your baby
- Reduce discomfort from breast engorgement (breast swelling)
- Reduce the likelihood of sore nipples



Baby's First Food



- At 6 Months

For the first 6 months, milk alone is adequate. When your baby passes 6 months of age, he will need other food besides milk to meet his rapid growth needs. However, you should continue to give milk (breast milk or formula) to your baby as milk is still an important part of his diet.

Every baby is different and age is just a guideline. You could let your baby have his/her first solid food when you observe the following signs :

- Your baby can sit with little support
- Your baby is able to use his tongue to move food from the front to the back of the mouth
- Your baby reaches for and shows interest in food you are eating.

Solid food is given to:

- increase energy intake
- supply nutrients, especially protein, iron, zinc and vitamin A.
- introduce food of varying tastes, textures and consistencies.



Baby's First Food

- What food to give

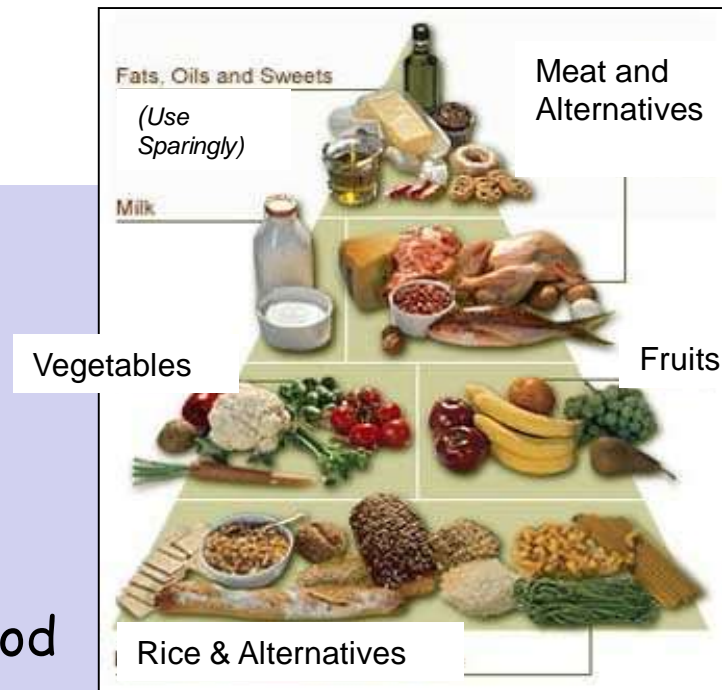
Start by introducing food from the Rice & Alternatives Group, then the Fruit Group and Vegetable Group, followed by the Meat & Alternatives Group.

Introduce one new food every 3-4 days with the aim of giving your baby food from all the basic food groups eventually.

- Do not add salt, monosodium glutamate (MSG) or sugar (including honey) to your baby's food until he is 10 months old. Thereafter, only add them in food sparingly. Let your baby enjoy the natural flavours of food. Plain water can be given in between or after meals.

- What drinks to give

Do not give sweetened drinks like syrups or glucose water which may cause dental caries and encourage your baby to develop a sweet tooth.




Infant Menu - 4 to 8 months old

Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast* (8.30 to 9.30am)	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM Infant Cereal
Lunch (11.30am to 1.00pm)	Formula Milk/ EBM Infant Cereal/ Porridge with Vegetable Puree	Formula Milk/ EBM Infant Cereal/ Porridge with Vegetable Puree	Formula Milk/ EBM Infant Cereal/ Porridge with Vegetable Puree	Formula Milk/ EBM Infant Cereal/ Porridge with Vegetable Puree	Formula Milk/ EBM Infant Cereal/ Porridge with Vegetable Puree	Formula Milk/ EBM Infant Cereal
Snack (2.30pm)	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	
Last Feed* (by 5.30pm)	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	-



- Porridge are served using Brown Rice. Vegetables and fruits may vary due to supply
- Fruits served may include apples, papaya, banana, pear
- EBM: Expressed Breast Milk

LG Menu - 8 to 12 months old

Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 8.30am/ 10.00am	Infant Cereal / Formula Milk/ EBM	Infant Cereal / Formula Milk/ EBM	Infant Cereal / Formula Milk/ EBM	Infant Cereal / Formula Milk/ EBM	Infant Cereal / Formula Milk/ EBM	Infant Cereal / Formula Milk/ EBM
Lunch 12.00nn	Chicken and Carrot with Egg yolk Porridge	Fish, spinach & wolfberry Porridge	Chicken, vegetable and Egg Yolk Porridge	Fish, Pumpkin Porridge	Chicken, Vegetable and Egg Porridge	Chicken and potato Porridge
Milk 2.00pm	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	-
Hi-Tea* 4.30pm	Fish, Potato Porridge	Chicken, pumpkin Porridge	Nourishing Chicken Porridge	Chicken, Potato and wolfberry Porridge	Fish and pureed vegetable Porridge	-
Last Feed (by 6pm self-feed)	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	Formula Milk/ EBM	



- Porridge are served using Brown Rice. Vegetables and fruits may vary due to supply
- Fruits served may include apples, papaya, banana, pear
- EBM: Expressed Breast Milk

6-Apr-19

LE Menu - 12 to 17 months old

Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 8.30am	Infant Cereal / Breakfast Cereals	Infant Cereal / Wholemeal bread with kaya	Infant Cereal / Oats with milk	Infant Cereal / Wholemeal bread with fruit jam	Infant Cereal / Egg Mayonnaise Sandwich	Infant Cereal
Lunch 11.30am	Chicken and Carrot with Egg yolk Porridge Fruits	Fish, spinach & wolfberry Egg Yolk Porridge Fruits	Healthy Noodles/ Pasta with chicken & vegetables Fruits	Fish, Pumpkin Egg yolk Porridge Fruits	Chicken, Vegetable Porridge Fruits	Instant Cereal / Chicken and potato Porridge Fruits
Milk Feed	Breast Milk/ Formula	Breast Milk/ Formula	Breast Milk/ Formula	Breast Milk/ Formula	Breast Milk/ Formula	
Snack 3.00pm	Wholemeal Bread Cubes	Home-made Cakes	Corn Cereals	Steam Bun	Wholemeal Bread Cubes	
Hi-Tea* 5.00pm	Fish, Spinach Porridge	Chicken, pumpkin Porridge	Nourishing Chicken Porridge	Chicken, Potato and wolfberry Porridge	Fish and Carrots Porridge	



- Porridge are served using Brown Rice. Vegetables and fruits may vary due to supply
- Fruits served may include apples, papaya, banana, pear
- EBM: Expressed Breast Milk