04 January 2016
RE: Implementation of Healthy Meals in School Programme (HMSP) in Outram Secondary School

Childhood obesity is a growing problem in Singapore. The prevalence of overweight and severely-overweight children is projected to increase from 2012 onwards to more than the current 11.45%. It is estimated that three-quarters of obese children will continue to suffer from the condition during adulthood.

As our students typically consume 1 meal in the school canteen each day, Outram Secondary School will be implementing HMSP in week 2 of Term 1 of 2016. To inculcate healthy eating habits in our students, the canteen stall vendors will be selling healthy set meals, which will be priced within a range of $2.00 - $2.50. These healthy set meals incorporate food from the four main food groups – rice and alternatives, meat and alternatives, fruit and vegetables. This ensures that when students consume meals in the school, they will receive the right nutrients necessary for their growing needs.

We would like to seek your support for the programme and encourage healthy dietary habits among your children, especially the consumption of whole-grains, fruit and vegetables. If you have any queries, Please contact my Administration Manager at 6773-4077 (ext 105).

Best Regards,

Boo Hian Kok
Principal