



**Standards
Development
Organisation**



JOINT MEDIA RELEASE

NEW SINGAPORE STANDARD TO GUIDE NUTRITION AND FOOD SERVICES FOR INFANTS AND CHILDREN

MR No.: 025/23

Singapore, Wednesday, 31 May 2023

Early years are critical in developing the foundation for healthy eating habits

1. The early years of a child are critical in developing the foundation for healthy eating habits. The GUSTO (Growing Up in Singapore Towards Healthy Outcomes) study¹ found that good eating behaviour, such as selecting and consuming appropriate meal portions, can mitigate a child's risk of obesity, even for a child with multiple risk factors like paternal obesity and maternal pre-pregnancy obesity. As children's eating behaviours are influenced by caregivers' approach to feeding them, it is important for care centre operators and their food service providers to adopt age-appropriate nutrition guidelines to ensure the healthy development of our children.

Singapore Standard (SS) 692 on Guidelines for Nutrition and Food Services for Infants and Children

2. To support the nutritional needs of infants and children up to 12 years old, a new Singapore Standard (SS) 692 Guidelines for Nutrition and Food Services for Infants and Children was launched today by Mr Masagos Zulkifli, Minister for Social and Family Development, and Second Minister for Health, together with the National Healthcare Group (NHG), the Singapore Manufacturing Federation – Standards Development Organisation (SMF-SDO), as well as the Singapore Standards Council (SSC), which is overseen by Enterprise Singapore (EnterpriseSG).
3. SS 692 is designed to help care centre operators and their food service providers make informed decisions about the preparation of safe and nutritious food with appropriate portion sizes for infants and children. The guidelines cover a range of areas including food safety, hygiene and quality practices; food intolerances, hypersensitivities and allergies management; nutrition care; and menu planning.
4. Among the key features of SS 692 are recommendations for the conduct of food safety and hygiene audits; developing a menu plan covering food selection, preparation, the number of servings and age-appropriate serving portions; ensuring food consistencies for

¹ *Eating behaviours moderate the associations between risk factors in the first 1,000 days and adiposity outcomes at six years of age* (<https://sicsapps.com/dmp/publications/g0270.pdf>).

infants; and steps to wean infants to solid food. There is also a list of food likely to cause intolerances, hypersensitivities and/or allergic reactions to better equip care centre operators and food service providers in menu planning. In addition, the guidelines are supplemented with relevant checklists to further support care centre operators and food service providers in providing safe, high quality and nutritious meals.

5. SS 692 was developed by a 20-member multi-stakeholder Working Group, led by NHG, with representatives from healthcare, national agencies and authorities, research institutes, institutes of higher learning, relevant industry associations and service providers (see Annex A for members). SS 692 serves as an additional resource to complement existing regulatory requirements and standards, endorsed by the Health Promotion Board (HPB), and which the Early Childhood Development Agency (ECDA) and the Ministry of Social and Family Development (MSF) have put in place to ensure preschools and student care centres serve children food that is nutritious, balanced and varied.
6. **Ms Wong Suat Li, Deputy Director, Group Integrated Care, NHG and Chair of the Working Group**, shared, "NHG has been actively promoting 'Living Well', and developing care models that not only emphasise illness prevention but also a culture of health ownership. Our efforts involve engaging and collaborating with community partners, including schools and workplaces, and activating students and employees to adopt healthy lifestyle behaviours and habits. Being able to lead the development of SS 692:2022 is testament to NHG's commitment towards promoting good health and well-being in Singapore, with the aim of creating a healthier and more resilient society."
7. **Mr Lennon Tan, President of the Singapore Manufacturing Federation**, said, "It is crucial to establish a foundation of healthy habits from a young age. I am delighted that the SMF-SDO has played a vital role in developing SS 692, with valuable input from our esteemed members in the Food and Beverage Industry Group. By providing guidance on well-balanced menu planning and management, we actively support the optimal growth and development of our children. Through this initiative, we are investing in the well-being of our future generations, and thereby, building a healthier and more robust nation!"
8. **Ms Choy Sauw Kook, Director-General (Quality and Excellence), Enterprise Singapore**, said, "Singapore is known for its food safety and quality due to the strong advocacy and commitment to food standards. The same commitment is extended to food preparation for children, with the launch of SS 692 today. We are happy to support the development of the new standard, which draws on the technical expertise of the education, childcare and food sectors. We encourage care centre operators and their food service providers to adopt SS 692 so that we can ensure children in Singapore are well-nourished with safe and nutritious food, in appropriate portion sizes."
9. **Ms Thian Ai Ling, General Manager, My First Skool**, said, "My First Skool has always placed great importance on the curation and preparation of nutritious, tasty yet interesting meals for our young children. We also equip our in-house cooks with knowledge on children's nutrition and allergies. I believe the standards shared today will serve as an additional source of reference for our educators and parents on nutrition for preschoolers."

10. Going forward, NHG will be working with relevant agencies and professional bodies to develop resources based on the guidelines to support the adoption of the standard and ensure that children receive the nutrition they need during these critical phases of their development.

11. SS 692 can be purchased from the Singapore Standards eShop at www.singaporestandardseshop.sg.

For media enquiries, please contact:

National Healthcare Group

Ms Kirstie Wong
Manager, Group Corporate Communications
M: +65 8614 6841
E: kirstie_se_wong@nhg.com.sg

Singapore Manufacturing Federation

Ms Chong Lilin
Assistant Manager, Corporate Communications and Marketing
M: +65 9841 3380
E: lilin.chong@smecentre-smf.sg

Enterprise Singapore

Mr Haley Chan
Senior Business Partner, Corporate Communications
M: +65 9179 3505
E: haley_chan@enterprisesg.gov.sg

About National Healthcare Group

The National Healthcare Group (NHG) is a leader in public healthcare in Singapore recognised for the quality of its medical expertise and facilities. Care is provided through an integrated system of primary care polyclinics, acute care and tertiary hospitals, and national specialty centres. Together, we provide comprehensive and innovative healthcare to address the unique needs of our patients and the population we serve. As the Regional Health Manager for 1.5 million residents in Central and North Singapore, NHG through its Central, Woodlands, and Yishun health networks collaborates with private general practices, public and community health and social care providers to keep residents well and healthy. The 22,000 healthcare professionals in NHG are committed towards building healthier and resilient communities, and Adding Years of Healthy Life to the people we serve.

More information is available at www.nhg.com.sg.

About the Singapore Manufacturing Federation

Established since 1932, the SMF represents the interest of the manufacturing community in Singapore, driving its competitiveness and sustainable growth through serving industry-specific needs. Supported by 10 industry groups and its Associated Services, the SMF enhances the competitiveness of the industry by encouraging capacity development and capability building, innovation and productivity. The SMF provides opportunities for companies to collaborate, network, and to grow and expand both locally and internationally. Current membership stands at about 5,000 members comprising SMEs, MNCs and Affiliate members. For more information, please visit www.smfederation.org.sg.

About the Singapore Standards Council

The Singapore Standards Council (SSC) facilitates the development, promotion and review of Standards and Technical References in Singapore. This work is done through partnerships with the industry, academia and government organisations, under the national standardisation programme overseen by Enterprise Singapore.

Information on SS 692:2022 on Guidelines for nutrition and food services for infants and children

The intent of SS 692 is to provide practical guidelines in food and nutrition for care centres, school operators and their food service providers. It was developed with the aim to:

- a) Ensure all infants and children in care centres are served with age-appropriate nutritious meals;
- b) Improve the quality of meals served at care centres; and
- c) Align expectations between care centre operators and food service providers.

SS692 covers guidelines in the following areas:

- (a) Food safety, hygiene and quality practices;
- (b) Food intolerances, hypersensitivities and allergies management;
- (c) Nutrition care policy;
- (d) Food service practices;
- (e) Menu planning;
- (f) Food selection, preparation and portioning.

SS 692 was developed by a multi-stakeholder Working Group formed by the Technical Committee on Food Processing, Distribution and Services, under the purview of the Food Standards Committee. Key stakeholders in the Working Group include:

Chair & Convenor of Working Group:

1. National Healthcare Group

Government Agency/Authority:

2. Ministry of Social and Family Development
3. Health Promotion Board
4. Singapore Food Agency
5. KK Women's and Children's Hospital
6. Majlis Ugama Islam Singapura

Research Institute/Institute of Higher Learning:

7. National University of Singapore
8. Nanyang Technological University, Singapore
9. Temasek Polytechnic
10. Nanyang Polytechnic

Industry Association:

11. Singapore Food Manufacturers' Association
12. Singapore Manufacturing Federation – Food & Beverage Industry Group
13. Singapore Nutrition and Dietetics Association

Service Providers (Preschool and Student-Care Operators, Food Caterers):

14. Ace @ Work
15. Creative Eateries
16. Gourmetz Catering
17. YMCA Student Care Centre
18. Fairprice Group (NTUC Foodfare)
19. NTUC First Campus' My First Skool
20. PAP Community Foundation