

## Details of the “Healthy Drinks at School” Charter

Since the 2024/25 school year, the “StartSmart@school.hk” Campaign has further launched the third cycle of the “Healthy Drinks at School” Charter, which will last for three school years. The aim is to:

- create and enhance a school environment and culture conducive to healthy eating by fostering closer collaboration with kindergartens and child care centres; and
- reduce young children’s excessive sugar intake by promoting healthy drinks and not offering unhealthy ones at schools.

### The “Healthy Drinks at School” Charter

#### 1. Content

	Commitment item	Details of commitment and suggested action
1.	Encourage young children to drink water	<ul style="list-style-type: none"> <li>• Ensure that potable water is provided on campus and encourage young children to drink more water</li> <li>• Serve only water outside of main meals and snack times</li> </ul>
2.	Provide healthy drinks to young children	<ul style="list-style-type: none"> <li>• Provide young children with healthy drinks*, such as clear soup, low-fat milk, low-sugar soymilk, lemon water and coixseed drink</li> <li>• If milk powder is used, the milk should be made up as per preparation instructions and ratios stated on the packaging/can</li> </ul> <p><i>*Drinks relatively low in energy, fat and sugar</i></p>
3.	Do not provide drinks with added sugar or relatively high sugar content	<ul style="list-style-type: none"> <li>• Do not add sugar or ingredients high in sugar, such as condensed milk or evaporated milk, into the drinks</li> <li>• Do not provide sweetened dairy products, such as chocolate milk or fruit-flavoured milk</li> <li>• Do not provide instant malted drinks</li> <li>• Do not provide drinks high in sugar, such as fruit juice concentrates, cordials, soft drinks or probiotic drinks</li> </ul>
4.	Do not use food as a reward	<ul style="list-style-type: none"> <li>• Do not use food as a reward or a punishment</li> <li>• It is encouraged to reward young children in ways not related to food, such as giving a word of encouragement, naming the young child and praising him/her, or rewarding the young child with items such as stickers, stamps or stationery</li> </ul>

## 2. Participation method

- Please fill in and sign the following documents, and submit them to the Secretariat of the “StartSmart@school.hk” Campaign:
  - **Annex II:** Letter of Commitment for the “Healthy Drinks at School” Charter **and** School Drink List (school year 2025/26) (including the types and names of all drinks provided at school) (please refer to the example on page 3)
- Submission methods:
  - By fax: 3585 2130 OR
  - By email: startsmart@dh.gov.hk OR
  - By post: Secretariat of the “StartSmart@school.hk” Campaign, Unit A-D, 8/F, China Overseas Building, 139 Hennessy Road, Wan Chai, Hong Kong

## 3. Follow-up actions

- After the Letter of Commitment for the “Healthy Drinks at School” Charter is signed and the required documents are submitted, the School Drink List will be followed up by a dietitian to ensure that it fulfils the requirements stated in the Charter. Kindergartens and child care centres with their School Drink Lists fulfilling the requirements will receive a certificate of the Charter issued by the Department of Health (DH).
- In recognition of the efforts and contributions of the kindergartens and child care centres, the DH will upload the list of signatory schools onto the Campaign’s website (www.startsmart.gov.hk) for public information and appreciation.
- The DH has designed the brand new “Drink More Water” towel for distributing to signatory kindergartens and child care centres free of charge upon request.

## 4. Enquiries

- Contact the Secretariat on 3151 7621; OR  
Visit the website of the “StartSmart@shool.hk” Campaign for the “Healthy Drinks at School” Charter (Home → About Campaign → “Healthy Drinks at School” Charter)

## Example 1: Satisfactory Example

### School Drink List

StartSmart Kindergarten (School Name) will provide the following drinks (types/names) to young children in the 2025/26 school year (please put a “✓” in the appropriate ☐; you may choose more than one option):

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Water  | <input type="checkbox"/> Chocolate milk/fruit-flavoured milk*      |
| <input checked="" type="checkbox"/> Clear soup   | <input type="checkbox"/> Instant malted drinks*                    |
| <input checked="" type="checkbox"/> Plain milk   | <input type="checkbox"/> Fruit juice concentrates*                 |
| <input checked="" type="checkbox"/> Low-sugar soymilk  | <input type="checkbox"/> Cordials*                                 |
| <input checked="" type="checkbox"/> Coixseed drink   | <input type="checkbox"/> Soft drinks*                              |
| <input checked="" type="checkbox"/> Lemon water  | <input type="checkbox"/> Probiotic drinks*                         |
| <input checked="" type="checkbox"/> Others (please specify):   | Apple and pear drink (without added sugar; homemade)               |
|  | Siraitia Fruit (Luo Han Guo) drink (without added sugar; homemade) |
|  | Fresh fruit juices (without added sugar; homemade)                 |
| <input checked="" type="checkbox"/> None of the drinks above contains added sugar or ingredients high in sugar such as condensed milk or evaporated milk |  |

\* Drinks with added sugar or relatively high sugar content

## Example 2: Unsatisfactory Example

### School Drink List

StartSmart Kindergarten (School Name) will provide the following drinks (types/names) to young children in the 2025/26 school year (please put a “✓” in the appropriate ☐; you may choose more than one option):

- |  |  |
|--|--|
| <input type="checkbox"/> Water             | <input checked="" type="checkbox"/> Chocolate milk/fruit-flavoured milk* |
| <input type="checkbox"/> Clear soup        | <input checked="" type="checkbox"/> Instant malted drinks*               |
| <input type="checkbox"/> Plain milk        | <input checked="" type="checkbox"/> Fruit juice concentrates*            |
| <input type="checkbox"/> Low-sugar soymilk | <input checked="" type="checkbox"/> Cordials*                            |
| <input type="checkbox"/> Coixseed drink    | <input checked="" type="checkbox"/> Soft drinks*                         |
| <input type="checkbox"/> Lemon water       | <input checked="" type="checkbox"/> Probiotic drinks*                    |

- ☒ Others (please specify):
- |  |
|--|
| Condensed milk, evaporated milk  |
| Grape juice (Note: containing added sugar)   |
| Sago sweet soup with coconut milk (low-sugar, homemade) (Note: coconut milk has relatively high saturated fat content) |
| Orange juice (Note: containing added sugar)  |

- ☐ None of the drinks above contains added sugar or ingredients high in sugar such as condensed milk or evaporated milk

\* Drinks with added sugar or relatively high sugar content

