

## Details of the 'Healthy Drinks at School' Charter

The 'StartSmart@school.hk' Campaign will launch the third cycle of the 'Healthy Drinks at School' Charter in the 2024/25 school year for three school years, with a view 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.

### 'Healthy Drinks at School' Charter

#### 1. Content

	Commitment item	Commitment content and suggested actions
1.	Encourage young children to drink water	<ul style="list-style-type: none"> <li>• Ensure the provision of potable water within the school campus and encourage young children to drink more water</li> <li>• Serve only water outside main meal and snack time</li> </ul>
2.	Make healthy drinks available to young children	<ul style="list-style-type: none"> <li>• Provide healthy drinks* to young children, such as clear soup, low-fat milk, low-sugar soymilk, lemon water or coixseed soup</li> <li>• If milk powder is used, it should be reconstituted as instructed on the package</li> </ul> <p><i>*Drinks relatively low in energy, fat and sugar</i></p>
3.	Do not provide drinks with added sugar or with a relatively high sugar content	<ul style="list-style-type: none"> <li>• Do not add sugary ingredients such as sugar, condensed milk or evaporated milk to drinks</li> <li>• Do not provide sweetened milk such as chocolate milk or fruit-flavoured milk</li> <li>• Do not provide instant malt drink</li> <li>• Do not provide drinks with a relatively high sugar content such as concentrated fruit juice, cordial, soft drink or probiotic drink</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 punishment</li> <li>• Non-food rewards are encouraged, such as offering words of encouragement or commending them openly, giving them small gifts such as stickers, stamps or stationery</li> </ul>



## 2. Enrolment

- Please fill in, sign and submit:
  - **Annex 2:** Letter of Commitment for ‘Healthy Drinks at School’ Charter **and** School Drink List in the 2024/25 school year, including all types or names of drinks offered within the school campus (please refer to the sample in page 3)
- Submission methods:
  - By fax: 3585 2130 or
  - By email: startsmart@dh.gov.hk or
  - By post: ‘StartSmart@school.hk’ Secretariat, Unit A-D, 8th floor, China Oversea Building, 139 Hennessy Road, Wan Chai, Hong Kong

## 3. Follow-up actions

- After the kindergartens and child care centres have signed the Letter of Commitment for ‘Healthy Drinks at School’ Charter and submitted the required documents, their drink lists will be vetted by dietitians to ensure that they meet the requirements of the Charter. Kindergartens and child care centres with their drink lists meeting the requirements of the Charter will receive a certificate of the Charter issued by the Department of Health (DH).
- In recognition of the contributions of kindergartens and child care centres, the DH will upload the list of signatory schools to the website of the Campaign (<https://www.startsmart.gov.hk>) . Your effort and contribution will be well publicised.
- The DH has newly produced “Drink More Water” towels. Schools that have successfully signed the Charter may request the towels for free.

## 4. Enquiry

- Please contact the Secretariat on 3151 7621; or
- Visit the website of ‘StartSmart@school.hk’ Campaign for the ‘Healthy Drinks at School’ Charter (Home → About Campaign → ‘Healthy Drinks at School’ Charter).

## Sample 1: Satisfactory Example

### School Drink List

StartSmart@School Kindergarten (School Name) will provide the following type/name of drinks during the 2024/25 school year to young children (Please put a "✓" inside ☐. You may choose more than one)

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Water                        | <input type="checkbox"/> Chocolate / fruit-flavoured milk* |
| <input checked="" type="checkbox"/> Clear soup                   | <input type="checkbox"/> Instant malt drink*               |
| <input checked="" type="checkbox"/> Plain milk                   | <input type="checkbox"/> Concentrated fruit juice*         |
| <input checked="" type="checkbox"/> Low-sugar soy drink/ soymilk | <input type="checkbox"/> Cordial*                          |
| <input checked="" type="checkbox"/> Coixseed drink               | <input type="checkbox"/> Soft drink*                       |
| <input checked="" type="checkbox"/> Lemon water                  | <input type="checkbox"/> Probiotic drink*                  |
| <input checked="" type="checkbox"/> Others: (Please specify)     | Apple and pear drink (no added sugar, homemade)            |
|  | Arhat fruit (Luo Han Guo) drink (no added sugar, homemade) |
|  | Fresh fruit juice (no added sugar, homemade)               |

☒ No sugary ingredients such as sugar, condensed milk or evaporated milk are added to the above drinks

\* Drinks with added sugar or with a relatively high sugar content



## Sample 2: Unsatisfactory Example

### School Drink List

StartSmart@School Kindergarten (School Name) will provide the following type/name of drinks during the 2024/25 school year to young children (Please put a "✓" inside ☐. You may choose more than one)

- |   |   |
|---|---|
| <input type="checkbox"/> Water  | <input checked="" type="checkbox"/> Chocolate / fruit-flavoured milk* |
| <input type="checkbox"/> Clear soup   | <input checked="" type="checkbox"/> Instant malt drink*               |
| <input type="checkbox"/> Plain milk   | <input checked="" type="checkbox"/> Concentrated fruit juice*         |
| <input type="checkbox"/> Low-sugar soy drink/ soymilk   | <input checked="" type="checkbox"/> Cordial*                          |
| <input type="checkbox"/> Coixseed soup  | <input checked="" type="checkbox"/> Soft drink*                       |
| <input type="checkbox"/> Lemon water  | <input checked="" type="checkbox"/> Probiotic drink*                  |
| <input checked="" type="checkbox"/> Others: (Please specify)  | Condensed milk, evaporated milk                                       |
|   | Grape juice (note: contains added sugar in its ingredients)           |
|   | Sago sweet soup with coconut milk (low-sugar, homemade)               |
|   | (note: coconut milk contains high saturated fat content)              |
|   | Orange juice (note: contains added sugar in its ingredients)          |
| <input type="checkbox"/> No sugary ingredients such as sugar, condensed milk or evaporated milk are added to the above drinks |   |

\* Drinks with added sugar or with relatively high sugar content

