

Healthy Kids Myrecess Time

NEWSLETTER | AUG 2020



Li Ting and Kayden (above) enjoying their SATs meal during recess



(Above) More Primary 2 students giving SATS meals the thumbs-up

“Try it, and you will really get to like it.”

Kayden, our Primary 2 student, describes his experience with SATS meals as “super-delicious” and “absolutely fantastic”.

This sentiment is shared by his classmate, Li Ting. “All the food tastes so yummy! There are lots of vegetables that make you healthy,” Li Ting says. She likes the Cheesy Hawaiian Bar and the Hearty Macaroni in particular.

She adds, “Unlike some my friends who eat the same thing every day, I get to choose between the two SATS options and eat different things.”

Kayden shares that while his grandmother’s peanut butter and jam sandwiches are still his favourite, he enjoys the Ham & Cheese Sandwiches from SATS. His other favourite is the Grilled Chicken with Rice Box. “The taste is really good, you know? The sandwich is really tasty, and so cheesy and hammy!”

Kayden’s eyes light up. “Try it, and you will really get to like it!”

Mr Ang, Li Ting’s father, feels very assured that his child is on the SATS Meal Programme. “The daily meal arrangement is very good and we are glad that our daughter is having proper meals that meet the highest food safety standards, especially during this COVID-19 situation.”

When asked where she would place SATS meals on a scale of 1 to 10, Li Ting exclaims, “100!”

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Tips to deal with a Fussy Eater

WALK THE TALK, TACKLE THE FUSS

Every child is different, and just like adults, they have their favourite food too. So how can we ensure that each child grows up healthy and strong, having the courage to try out a wide variety of food, and consuming all the nutrients they need while growing up? There are so many methods to nurture each growing child, so here are a few that we think work pretty well.

Make eating fun again

We may want children to be prim and proper at the dining table, but let's add some fun elements to encourage them to eat. Serving a plain omelette? Draw a smiley face on the omelette with tomato sauce to light up their day. Your stir-fried broccoli is being rejected again? Incorporate broccoli bits into your child's favourite pasta, and they will eat the vegetables unknowingly!

How about having a mini concert with your mouth? Have a little cucumber and capsicum salad, listen to the crunchy rhythms together, and compose a little song full of beats. Before you know it, your children will ask you for more salad to have their little concerts with their mouths too!

Let's eat together

Having a role model is important to a child during his or her growing years. By eating together as a family, your child can feel included and be encouraged to finish the meal. Give your child the same "adult" dishes but in smaller portions. This will teach them that if they do not outgrow the "kids" menu, they will find themselves with nothing to eat when they grow up.

Create a recipe with your child together

Sit down together with your children, let their imagination run wild and educate them about the types of food to include in the recipe that both of you will be creating together. Fancy a pasta dish in a little veggie bowl? Dig a little pumpkin clean together with your child, incorporate wholesome ingredients into the pasta, and dish it into the pumpkin bowl. We will be sure your child will be oozing with excitement and finish the healthy dish in no time!

Each child is special and different. Let's tackle each child's fussy eating problem when they are still young, and we are sure your child will be more open to trying a wider variety of food. Email us at sats_schoolmeals@sats.com.sg to ask our SATS' panel of dieticians and chefs if you have more burning questions, or even suggestions for us to include in the next newsletter!















School Recess Meal Subscription Programme

Sample Menu for Term 4 2020

Students are given 2 options to choose from daily when they join the Subscription Programme.

To ensure variety, the menu is repeated only after 4 to 6 weeks.

A daily menu is also available for those who want to order online on an ad-hoc basis.

	OPTION 1	OPTION 2
MONDAY	 Egg Mayo Sandwich 229 kcal Protein: 12g Carbohydrates: 30g Fat: 7g Allergens:  	 Baked Rice with Tomato Chicken Olio 229 kcal Protein: 12g Carbohydrates: 30g Fat: 7g Allergens:   
TUESDAY	 Fisherman's Harvest 96 kcal Protein: 96g Carbohydrates: 8g Fat: 4g Allergens:    	 Satay Chicken & Fried Rice 230 kcal Protein: 13g Carbohydrates: 33g Fat: 5g Allergens:   
WEDNESDAY	 Mashed Potato with Baked Chicken Bowl 103 kcal Protein: 13g Carbohydrates: 5g Fat: 4g Allergens:  	 Springy Noodles with Omelette 322 kcal Protein: 22g Carbohydrates: 22g Fat: 16g Allergens:   
THURSDAY	 Mini Pancake Delight 129 kcal Protein: 2g Carbohydrates: 22g Fat: 3g Allergens:   	 Chicken Meatloaf Fried Rice with Omelette 241 kcal Protein: 12g Carbohydrates: 31g Fat: 12g Allergens:   
FRIDAY	 Shepherd's Pie 68 kcal Protein: 3g Carbohydrates: 5g Fat: 4g Allergens:   	 Tangy Macaroni 218 kcal Protein: 6g Carbohydrates: 39g Fat: 4g Allergens:  

Allergen Legend

	Wheat		Peanuts/Treenuts
	Dairy		Soy & Products
	Egg		Fish & Products
	Shellfish & Products		

Legend:

 - Meat Free



Make a National Day Bento

Create this dish from our menu with ingredients you can easily find at home!

FRIED RICE WITH BAKED BEANS 'N' EGG

1. Pilaf Rainbow Fried Rice

A	Mixed Grain Rice	250g
B	Water	350ml
C	Salt	1/2 teaspoon
D	White Pepper Powder	1 teaspoon
E	Soya Bean Oil or any oil of your preference	1 tablespoon
F	Broccoli	Half a broccoli
G	Carrot	Half a carrot
H	Corn Kernels	1 handful

2. Baked Beans 'n' Egg

A	Baked Beans	1 can
B	Eggs	4 eggs
C	Salt	1 teaspoon
D	White Pepper Powder	1 teaspoon
E	Soya Bean Oil or any oil of your preference	3 tablespoons
F	Tomato Sauce	5 tablespoons
G	Vegetable Stock (Or any stock of your preference)	200ml

Steps for Rainbow Fried Rice

- Mix well the following ingredients: mixed grain rice, water, salt, white pepper powder, and oil (Items 1A to 1E). Place into the rice cooker and steam till cooked.
- Meanwhile, chop up the broccoli into tiny florets and dice the carrot. Set aside together with the corn kernels. Stir fry the vegetables till cooked, and add in the rice to fry together.

Steps for Baked Beans 'n' Egg

- Crack the 4 eggs and beat the eggs.
- In a heated pan on low heat, add the oil and well beaten egg, and give it a few folds so that the eggs are not too dry (preferably using a spatula).
- Add in the baked beans, salt, white pepper, tomato sauce and vegetable broth, and cook till desired consistency is achieved.

Combine the two and enjoy!

- Chef Mark, SATS Food Solutions -



I AM
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I EAT
RIGHT!



www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/

Want to know more about the Be Bright Eat Right Programme for P1?
Find out more on the school website!

sats_schoolmeals@sats.com.sg

Need more information on our programme or how healthily your child is eating?
Ask our panel of Dietary & Culinary Experts!

Order your SATS meal now → www.sats-schoolmeals.sg

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