



# BE BRIGHT EAT RIGHT

A school-based subscription programme for students that goes beyond the provision of healthy food options.

in collaboration with  **BLANGAH RISE LEARNING CAMPUS**  
Where we grow deep and grow together

With levels of obesity rising in Singapore largely due to unhealthy eating habits and sedentary lifestyles<sup>1</sup>, the **BE BRIGHT, EAT RIGHT** Subscription Programme by SATS is all about going beyond the provision of healthy food options and working collaboratively with parents and schools in supporting our children to make the right eating choices from a young age. Through carefully designed school lessons and experiential activities involving educators, parents, SATS and students, this year-long subscription programme seeks to further strengthen the efforts in moulding each child's healthy eating habits in their growing up years.

Help your children to adopt healthy eating habits from a young age, which will likely continue into their adulthood. This will have a big impact on their health and quality of life in the future<sup>2</sup>.

<sup>1</sup> Singapore is projected to hit obesity rates of 15% by 2024, based on data from HPB (Source: <https://govinsider.asia/inclusive-gov/singapore-nudging-children-eat-healthy/> )

<sup>2</sup> <https://www.healthhub.sg/live-healthy/578/A%20Healthy%20Food%20Foundation%20-%20for%20Kids%20and%20Teens>

## PROGRAMME FEATURES

### MENU AND QUALITY ASSURANCE

As with all product features of SATS School Meals Programme, menu selections are carefully prepared and curated for the child by SATS' panel of Chefs and Dieticians in accordance to Health Promotion Board's Healthy Meals in School programme and SATS Food Safety and Quality Assurance framework. For the "**BE BRIGHT, EAT RIGHT**" Programme, menu for the day will be pre-selected for the child, which means that busy parents will now not need to take time out of their busy schedules to select menus for their children. The menus will be rotated daily to ensure variety.

### INVOLVEMENT OF SCHOOL, PARENTS & GUARDIANS

Throughout the school year, there will be experiential activities for our children which will also involve the educators, parents, and SATS experts to collaboratively partake in the child's healthy eating journey. You can expect educational and fun-filled activities like healthy bento meals making workshop and a learning journey to SATS kitchens. If you have any questions on your child's growing nutritional needs, drop us a mail at [sats\\_schoolmeals@sats.com.sg](mailto:sats_schoolmeals@sats.com.sg) to get answers from SATS panel of Chefs and Dieticians.



### FUN AND ENGAGING ACTIVITIES

Recess will no longer just be about collecting and eating healthy meals. Recess will be a school lesson where teachers educate the children on healthy eating habits and impart knowledge about the what, why and how to eat right while the child eat his/her healthy meal together with their classmates and teachers. Children participating in the programme will be recognised with a "**I AM BRIGHT, I EAT RIGHT**" badge which they can display proudly.

### AN UP-SIZED MEAL PROGRAMME FEATURE WITH NO EXTRA COST

The subscription fee for the "**BE BRIGHT, EAT RIGHT**" Programme is computed each term based on the number of school days at \$2 per day, with 1 complimentary meal per term. Besides the fun and engaging learning activities, the child will receive a monthly surprise treat to reward them for their commitment to healthy eating.



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## F A Q S

### About the Programme and Registration

#### What Will My Child Gain From This Subscription Programme?

Besides receiving a healthy meal prepared by SATS, your child will also be learning about healthy eating habits during school recesses. There will also be experiential activities such as healthy bento meal making workshop involving the educators, parents, and SATS experts to collaboratively support your child in his/her healthy eating journey.

#### How Do I Register For The Programme? Where Do I Get More Information Of The Programme?

Your child will be automatically opted into “**BE BRIGHT, EAT RIGHT**” programme. More information can be obtained from the school’s website.

#### Can I Withdraw My Child From The Subscription Programme?

The school canteen operates on a central kitchen catering model, and by opting your child out of the programme, parents/guardians will be required to prepare healthy food for your child to bring to school on a daily basis. If your child stays in this subscription programme, not only will he/she receive daily healthy meals prepared by SATS, your child will also learn the importance of healthy eating by participating in carefully designed school lessons and experiential activities in an inclusive environment together with his/her peers. Parents will be assured that your child will adopt healthy eating habits from a young age that will create a positive impact on his/her health and quality of life in the future.

To withdraw your child from the programme, please call the school general office at **62717387** or email to [brps@moe.edu.sg](mailto:brps@moe.edu.sg) for assistance.

### About the Meals

#### Are We Able To Select The Meal For My Child?

You will not need to as the menu for the day will be pre-selected by SATS’ panel of Chefs and Dieticians. To create a learning environment for the child to make choices, there will be 2 menu selections each day which your child can decide for himself/herself. The menus will be rotated daily to ensure variety.

#### What Are The Meal Options For My Child If He Or She Has Allergies Or Needs A Special Diet?

Our SATS meals are generally allergen free. However, please inform us or the school if there are any strict restrictions for SATS to take note of for your child’s diet.

#### Where Can I Get The Nutritional Information Of The Meal That My Child Is Eating?

The nutritional information of the meals can be obtained from the school’s website.





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### Payment

#### How Is The Subscription Fee Being Computed?

The subscription fee for the “BE BRIGHT, EAT RIGHT” programme is computed each term based on the number of school days at \$2 per day, with 1 complimentary meal per term.

#### How Do I Pay For The Meals?

Payment will be via GIRO deduction. Parents will be informed of the charges payable for the “BE BRIGHT, EAT RIGHT” programme. Please ensure there are sufficient funds in your bank account. Should the GIRO deduction be unsuccessful, the school will collect cash from you.

#### Will There Be Any Hidden/Additional Cost?

There will not be any hidden/additional cost.

#### What Is The Refund Policy If My Child Misses A Meal Due To Medical Reasons Or A School Learning Journey?

There is strictly no refund of the subscription fee. The school will inform SATS in advance when there is a school learning journey, and this will be taken into account when the subscription fee is computed for the term. For students absent due to long term medical reasons (more than 3 days), it will be reviewed on a case by case basis.

#### What Should I Do If I Am Unable To Pay For The Subscription?

The subscription fee for the “BE BRIGHT, EAT RIGHT” programme is computed each term based on the number of school days at \$2 per day, with 1 complimentary meal per term. If your child is a Singapore Citizen and you wish to apply for MOE or school-based Financial Assistance Scheme (FAS), please call the school general office at **62717387** or email to [brps@moe.edu.sg](mailto:brps@moe.edu.sg) for information on eligibility and how to order.

### Enquiries

#### Whom Should I Contact If I Have Queries About The Registration And Payment?

You can call the school general office at **62717387** or email your questions to [brps@moe.edu.sg](mailto:brps@moe.edu.sg).

#### Whom Should I Contact If I Have Questions About The Meals Provided?

SATS has a panel of Chefs and Dietician and you can reach out to them at [sats\\_schoolmeals@sats.com.sg](mailto:sats_schoolmeals@sats.com.sg).