

SS 692:2022
(ICS 67.020)

SINGAPORE STANDARD

**Guidelines for nutrition and food services for
infants and children**



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Foreword

This Singapore Standard was prepared by the Working Group on Nutrition and Food Services for Infants and Children set up by the Technical Committee on Food Processing, Distribution and Services under the purview of the Food Standards Committee.

The rise in dual-income families has led to a greater demand for childcare services. As such, access to safe and nutritionally balanced meals in care centres is an important determinant of a child's nutritional status, overall well-being and cognitive development. Childcare providers can encourage healthy eating in young children to help them develop and maintain a healthy lifestyle in their later years.

This standard aims to support operators of care centres and food service providers that cater food to children. In addition, this standard provides guidance and best practices in food and nutrition for both care centres and food service providers, to ensure children have access to safe and nutritious food in appropriate portion sizes.

It is presupposed that in the course of their work, users will comply with all relevant regulatory and statutory requirements. Some examples of relevant regulations and acts are listed in the Bibliography. The Singapore Standards Council and Enterprise Singapore shall not be responsible for identifying all of such legal obligations.

In preparing this standard, reference was made to the following publications:

1. Guidelines for Student Care Centres 2019, Ministry of Social and Family Development
2. Guide to Setting Up an Early Childhood Development Centre (ECDC) 2020, Early Childhood Development Agency
3. Healthy Meals in Pre-schools Programme 2021, Health Promotion Board
4. Healthy Meals in Schools Programme 2020, Health Promotion Board

Permission has also been obtained from Health Promotion Board for the reproduction of materials from "Building a Healthy Diet Meal Plan" into this standard.

Acknowledgement is made for the use of information from the above publications.

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1. *Singapore Standards (SSs) and Technical References (TRs) are reviewed periodically to keep abreast of technical changes, technological developments and industry practices. The changes are documented through the issue of either amendments or revisions. Where SSs are deemed to be stable, i.e. no foreseeable changes in them, they will be classified as "mature standards". Mature standards will not be subject to further review unless there are requests to review such standards.*
2. *An SS or TR is voluntary in nature except when it is made mandatory by a regulatory authority. It can also be cited in contracts making its application a business necessity. Users are advised to assess and determine whether the SS or TR is suitable for their intended use or purpose. If required, they should refer to the relevant professionals or experts for advice on the use of the document. Enterprise Singapore and the Singapore Standards Council shall not be liable for any damages whether directly or indirectly suffered by anyone or any organisation as a result of the use of any SS or TR. Although care has been taken to draft this standard, users are also advised to ensure that they apply the information after due diligence.*
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Guidelines on nutrition and food services for infants and children

0 Introduction

Good nutrition during childhood ensures optimal growth and development, which sets a good foundation for lifelong health and wellness. A well-balanced diet supplies sufficient energy, essential macronutrients and micronutrients that support the functioning of all vital processes, as well as the development of appropriate learning experiences. Adequate nutrition positively influences neurocognitive development, while the child's mealtime environment can impact their behaviour and attention span during meals. Given that children grow quickly but have limited stomach capacity, it is critical that the food given to them is as nutrient-dense as possible.

As some infants and children consume a large proportion of their daily food intake while at care centres, the food served there plays a crucial role in meeting their nutritional needs.

Therefore, this Singapore Standard provides guidance to care centres to:

- (a) serve infants and children with age-appropriate nutritious meals;
- (b) improve the quality of meals served;
- (c) align expectations between care centre operators and food service providers.

1 Scope

This Singapore Standard specifies the recommended practices to care centres and organisations that provide food for infants and children. It 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.

2 Normative references

There are no normative references in this standard.