

**The Department of Health**  
**Joyful Fruit & Veg Month 2026**  
**School Fruit and Vegetables Promotion Project**  
**Hong Kong College of Cardiology -**  
**School Healthy Eating Promotion Fund**

**Online Resources relating to the Principles of Healthy Eating**

1. Nutritional Guidelines on Snacks for Students  
[https://school.eatsmart.gov.hk/files/pdf/snack\\_guidelines\\_bi.pdf](https://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf)
2. Nutritional Guidelines on Lunch for Students  
[https://school.eatsmart.gov.hk/files/pdf/lunch\\_guidelines\\_bi.pdf](https://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf)
3. “EatSmart@school.hk” Campaign  
<https://school.eatsmart.gov.hk/en/index.aspx>
4. Healthy Snack Checker  
[https://school.eatsmart.gov.hk/en/content\\_esas.aspx?id=6131](https://school.eatsmart.gov.hk/en/content_esas.aspx?id=6131)
5. Healthy Eating Information  
<https://school.eatsmart.gov.hk/en/resources.aspx?id=6501>
6. Other Online Resource of Healthy Eating Information  
<https://www.chp.gov.hk/en/resources/465/8800.html>
7. Online Application for Health Education Printed Materials of Central for Health Protection of the Department of Health  
<https://www.chp.gov.hk/en/static/90123.html>