

# SALT REDUCTION

## Scheme for School Lunches

### For Lunch Suppliers

Long-term consumption of high-sodium foods would increase the risk of developing chronic diseases (e.g. hypertension, cardiovascular diseases, stroke). The Department of Health has launched the "Salt Reduction Scheme for School Lunches", with the aim of gradually lowering the sodium level of school lunches.

### Tips for making healthy lunches



#### 1 Principles of menu design

- Do not provide meal choices high in sodium (over 1200 mg)
- Aim to provide meal choices with sodium content not more than 500mg



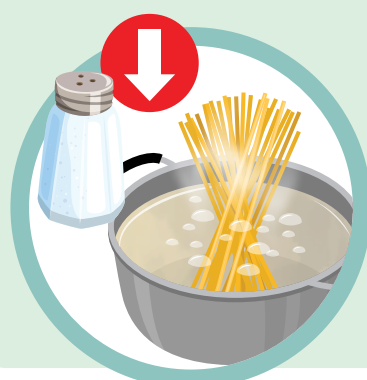
#### 2 When preparing ingredients

- Reduce the use of processed, preserved or ready-made ingredients (e.g. sausages, ready-to-eat dim sum)
- Discuss with food suppliers for solutions, such as using reformulated ingredients or sauces with reduced sodium (e.g. reduced-salt bread, reduced-salt soy sauce)
- Use unflavoured natural meat, fruit and vegetables
- Add ingredients high in fibre



#### 3 When cooking and seasoning

- Reduce the use of salt and high-sodium seasonings, especially when cooking noodles
- Cook with natural spices (e.g. ginger, spring onion, garlic)
- Make sauces with fresh fruit and vegetables (e.g. tomato sauce, pumpkin sauce)



#### 4 During meal portioning

- Reduce sauce servings, serve sauces separately
- Make sure the ratio of grains, vegetables, and meat and alternatives to the volume of lunch box in 3:2:1
- Provide at least 1 serving of vegetables in each meal choice

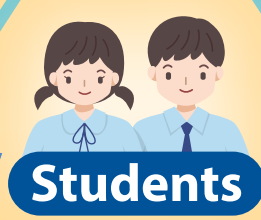


### Enhance quality control in lunch production:

- Make sure that all employees strictly follow the established procedures
- Regularly review whether the work arrangements and procedures of different plants or production lines are consistent
- Regularly commission an approved laboratory to conduct a sample test on school lunches, and make appropriate adjustments



School



Students



Parents

Lunch Supplier

To make the school environment more conducive to healthy eating, it is crucial for the school, the lunch supplier and parents to work together and safeguard the health of our next generation!



"EatSmart@school.hk"  
Campaign



Salt Reduction Scheme for  
School Lunches



"Salt Reduction Scheme for  
School Lunches"  
Lunch Suppliers (Video)



"Salt Reduction Scheme for  
School Lunches"  
Lunch Suppliers (Poster)

