



Chiu Sheung School, Hong Kong
79B Pok Fu Lam Road, Hong Kong
Tel : 2546-1644 Fax : 2517-2483
Website : www.csshk.edu.hk

13th September, 2022

Dear Parents/Guardians,

Notice on Healthy snacks in school 2022-2023 No.e023B
(To: All Students)

According to the "Nutrition of Healthy Snacks in Primary Schools" issued by the Department of Health, our school recommends that parents should choose suitable snacks for their children to enjoy during their breaks. When choosing snacks, parents should consider the followings:

1. Choose fresh and natural foods
2. Choose low-fat, low-sugar, and low-salt snacks
3. Replace sugary drinks with water
4. Snacks not suitable and should be avoided include:

jelly candies, potato chips, meatballs and all fried foods etc.

Finally, parents are advised to teach and cultivate the correct eating attitude for your children. It is advisable to chew slowly and avoid eating too quickly. Safe and healthy eating is the primary principle at all times.

Due to hygiene and food allergy issues, the school does not allow students share snacks with classmates. Thank you for your attention.

Mr. Chim Hon Ming
Principal, CSSHK



To: CSSHK

Class No: ()

Reply slip for Notice on Healthy snacks in school 2022-2023 No.e023B

I acknowledge receipt of the above notice.

Name of student: _____

Class: _____

Name of parent: _____

Signature: _____

14-09-2022 Keung