



Pupils of SK Haji Salleh Masri in Kuala Kedah having their meals provided under the Healthy Food Programme 2022 (Promak) yesterday. PIC BY LUQMAN HAKIM ZUBIR

HEALTHY FOOD PROGRAMME

3,000 pupils getting meals since Jan 9

ALOR STAR: A total of 3,000 primary school pupils in Kelantan and Terengganu have been enjoying nutritious meals in school since Jan 9 thanks to the Healthy Food Programme 2022 (Promak).

Following the rising cost of living, Padiberas Nasional Bhd (Bernas) and Central Sugars Refinery (CSR) had introduced the programme to supply meals with high nutritional value to primary schools nationwide.

The programme was also conducted in collaboration with the Education Ministry and Health Ministry. It began with lunch sets supplied to pupils in selected schools.

Bernas Group managing director Datuk Haris Fadzilah Hassan said Promak aimed to assist the government in addressing malnutrition by empowering the children with healthy meals.

"The effort began during the Movement Control Order period, when parents from low-income families faced challenges in packing good meals for their children.

"In the programme, we are targeting 20,000 students to receive meals.

"The selected schools will re-

ceive daily lunch sets for the next five years until 2026," he said yesterday.

The programme in Kedah is being expanded since June 20. It currently involves 8,000 pupils in 33 schools, and is expected to benefit 10,500 pupils by the end of next month.

Haris Fadzilah added that the programme would also be expanded to Perlis.

Kedah education director Rozaini Ahmad said Promak had received warm reception from parents, school administrators and guardians. He added that 90 per cent of the pupils in the programme were from the B40 group.

"There are 15 nutritional menus prepared daily, adhering to the taste buds of Kedahans, and is monitored by the Food Unit from the Kedah Health Department.

"To strengthen the management of the programme, daily monitoring is conducted with canteen operators, where they are

expected to document the preparation of food, weigh the leftovers, as well as provide a written report for analysis," he said.

Kedah Health Department director Dr Othman Warijo said the menu picked would be based on the nutritional needs of pupils in the food pyramid.

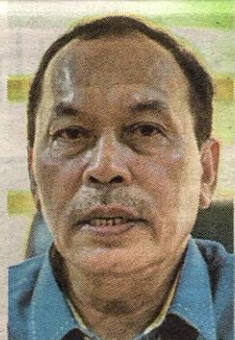
"For example, every meal must have fruits, vegetables and protein, such as chicken.

"We welcome the initiative as the selected schools mainly comprise families from the low-income

group. Such programmes will provide students with a balanced meal," he said.

Sharida Azizan, 38, whose 10-year-old son Muhammad Farish Fitri Faizal attended SK Haji Salleh Masri in Kuala Kedah, said her son had put on weight and was more active since the programme began.

"My husband and I work at a night market, so our income is not stable," she said.



Rozaini Ahmad