

Discover Southeast Asia's variety of rice dishes

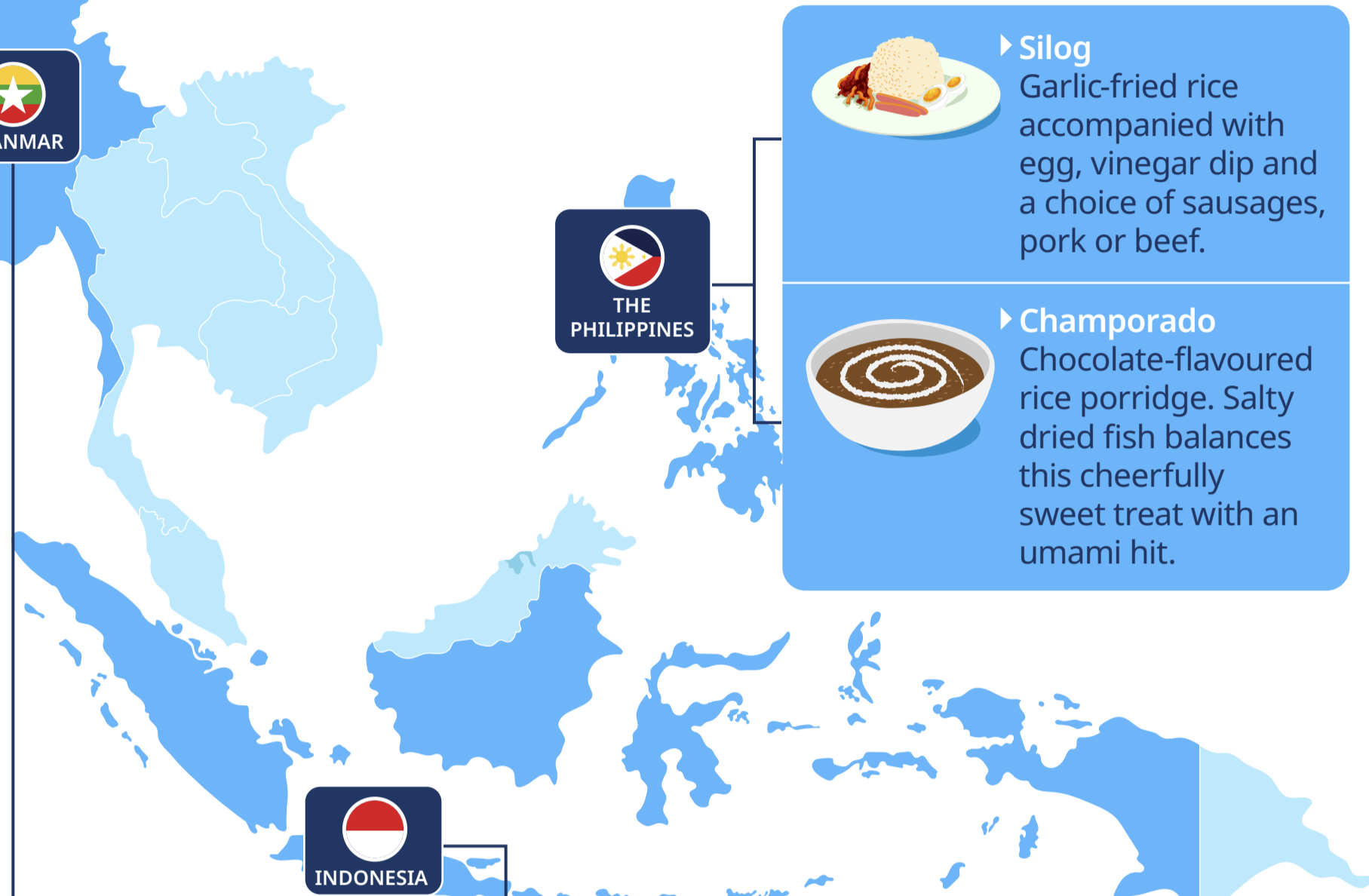


Dear Employers,

Rice is more than just a staple food in Southeast Asia, where most of our Migrant Domestic Workers (MDWs) hail from. It has also inspired the region's rich culinary heritage—each country boasting a delectable repertoire of rice dishes with unique flavours. Check out the map below to explore the food cultures of your MDWs.

Rice and Shine

Food from your MDW's home country could differ from what we eat in Singapore. Switching to our Singaporean diet requires her to adjust.



▶ **Silog**
Garlic-fried rice accompanied with egg, vinegar dip and a choice of sausages, pork or beef.

▶ **Champorado**
Chocolate-flavoured rice porridge. Salty dried fish balances this cheerfully sweet treat with an umami hit.

▶ **Hsi Htamin**
Glutinous rice cooked with tumeric that wakes up the appetite. Served with sesame seeds and onions.

▶ **San Byoke**
Yes, people from Myanmar enjoy congee too, though theirs might be thinner than you expect. But just like ours, it's comforting food.

▶ **Nasi Rames**
A mouth-watering rice platter brought to life by the hearty addition of noodles, fried beancurd, tempeh and egg.

▶ **Nasi Udek**
This cousin of Nasi Lemak has a savoury ensemble of sides like egg, tempeh or meats. A nourishing favourite.

Your MDW may face challenges with our Singaporean diet. Here are some tips to smoothen the transition and enhance her dietary well-being.



1. Be Attentive

Your MDW may be hesitant to tell you if she faces challenges. Look out for signs like not finishing meals, weight loss and snacking in between meals.



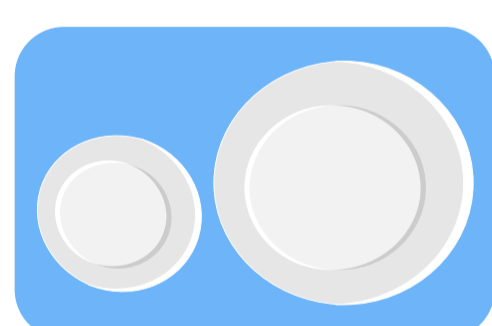
2. Encourage Open Communication

Make the first move. Check in with her during mealtimes or hold casual conversations to see if she is eating well. This shows that you care, which makes her feel respected and appreciated.



3. Ask About Her Preferences

Be sure to ask about her dietary restrictions prior to employment, which may be due to cultural, religious, or health reasons (e.g. allergies).



4. Discuss Food Portions

Housework and caregiving are physically demanding, and she may need to consume more calories. Check to see if she is eating enough to sustain her energy levels and well-being. For recommended food portions, [refer to this guide](#).

When your MDW eats well, she will not only have the energy to work, but also be in a better mood to carry out her daily tasks. Beyond that, it would make her feel respected and appreciated—and this contributes to a harmonious relationship.



Event Highlights



Bond with your MDW as you make delectable dishes together at cooking classes brought to you by the Centre for Domestic Employees (CDE). [Learn more](#).



Did You Know?



The SGWorkPass app is a digital work pass with more features than the physical work pass card. For example, your MDW can access her work pass details without the need to scan the QR code on her physical card. Help your MDW install the app and login using her Singpass now. [Learn more](#).



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