Healthy Catering Award

There are many benefits to taking part in this award. Some of these benefits are: market your business to your established and new customers by showing that you are compliant to a set standard for food hygiene and that your customers can select some healthy menu items too; contribute to the health and well-being of the local community by offering healthy food choices to your customers; Increase proﬁts for your business as increasing numbers of customers choose to have healthier lifestyle.

There are 3 levels in which you can aim to achieve; COMMITMENT, ACHIEVEMENT and EXCELLENCE. For each criteria your business only needs to implement the criteria that apply to your business.

COMMITMENT AWARD

You can apply for the Commitment Award if you have a Food Hygiene score of 3 or above. The criteria for this level include using healthier oils and margarines, using correct frying techniques, promoting a portion of fruit and vegetables where served, reducing salt and increasing the range of low sugar drinks (while not increasing costs).

ACHIEVEMENT AWARD

You can apply for the Achievement Award if you have a Food Hygiene score of 4 or above. To obtain this level of award you must fulfil the commitment criteria and the achievement criteria. The criteria for this level include having a range of portions to offer to customers, promotion of healthier options, fruit or vegetables being offered in meal deals, lower fat products being used where possible, salt or MSG not being added to food as it is being prepared and a supportive atmosphere for breastfeeding mothers.

EXCELLENCE AWARD

You can apply for the Excellence Award if you have a Food Hygiene score of 5. To obtain this level of award you must fulfill the commitment, achievement and excellence criteria. The criteria for this level include providing lower sugar / low salt snacks, reducing total salt used, marketing healthier options, showing a commitment to recycle, implementing the alcohol challenge 25, promoting sustainability and working towards providing allergen information to customers.

You can achieve the Achievement award and the Excellence award without achieving the pervious award(s). To achieve these levels you have to meet the criteria of the previous award as well as the criteria of the level of the award you are hoping to achieve.

If you are interested in being a part of this award please follow these steps:

1. Complete the questionnaire below to the best of your ability. NB: if you require assistance with the questionnaire inform us when you call or email us and we will contact you to arrange a time or date for an officer to come and give you a hand
2. Phone the healthy catering awards team on 0161 253 6743 or email us on foodsaftey@bury.go.uk
3. Send us your completed form with photographs for evidence and we can give you your award. You can send your completed form to us either by email, foodsafety@bury.gov.uk, or by post to: Commercial Team, Environmental Health Department, Bury Council, 1st Floor, 3 Knowsley Place, Duke Street, Bury, BL9 0EJ

These are a couple of useful links for eating better if you want some extra tips: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> and <https://www.nhs.uk/change4life/about-change4life>

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**Healthy Catering Award**

|  |  |
| --- | --- |
| **Business Name:** |  |
| **Business Address:** |  |
| **Tel No:** |  |
| **Email:** |  |
| **Business Owner Name:** |  |

**\*\*Please CIRCLE all relevant answers, if the question is not applicable please circle NA\*\***

Food Hygiene Rating (FHR) obtained from Environmental Health or via [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings)

Please state level of Food Hygiene Rating Score and date of achievement

|  |  |  |
| --- | --- | --- |
| 3 | 4 | 5 |

Date the rating was achieved (dd/mm/yyyy) …….../………/………………

**Healthy Catering Award Commitment Level Criteria:** Requires FHR 3

1. **Do you use a polyunsaturated or monounsaturated fat or oil when preparing food?**

Refer to spreads used on bread, sandwiches, baked potatoes, cakes, teacakes, scones etc. Blended spreads need to contain **no more than 15g of saturated fat per 100g**.

Please list the products you use in the boxes below:

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |

1. **Use a polyunsaturated or monounsaturated fat or oil when cooking food.**

Sunflower, corn or rapeseed oils used instead of saturated fats such as lard, palm oil, ghee, butter. YES / No / NA

Refer to fat/oil used in in recipes, or when shallow/deep fat frying. Exception to rule is palm oil, which can be used for deep fat frying but only when using temperatures between 175 and 190C.

Please list the products you use in the boxes below:

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |

Where deep fat frying is unavoidable…..

1. **The cooking oil in deep fat fryers is heated to the optimum temperature, normally between 175 and 190C and the thermostat is accurately calibrated.**

*Check the manufacturer’s instructions for the correct use of your specific fryer.* YES / NO / N/A

1. **Excess fat is drained from the food before serving.**

Shake the chips, bang the basket vigorously twice and hang for at least 20 seconds.

YES / NO / NA

1. **Oil is properly maintained.**

The fryer is skimmed throughout service, oil is topped up after every session and filtered regularly, and oil is changed before it froths, foams or smokes. YES / NO / NA

1. **A portion (80g) of fruit, vegetables or salad is provided as a minimum where served.** Portion examples include:

|  |  |
| --- | --- |
| 100% pure unsweetened fruit juice/fruit smoothie – 150ml glass | Yes/No/NA |
| Fruit salad – 3 heaped tablespoons | Yes/No/NA |
| Beans (baked, mushy, kidney, butter etc.) and lentils – 3 heaped tablespoons | Yes/No/NA |
| Peas /corn /mixed frozen vegetables – 3 heaped tablespoons | Yes/No/NA |
| Mixed salad – 1 cereal bowl | Yes/No/NA |
| Apple/banana/orange etc. – 1 whole fruit | Yes/No/NA |

1. **Committed to reducing salt consumption.**

|  |  |
| --- | --- |
| Premises does not automatically give out sachets of salt with food | Yes/No/NA |
| When salt is requested only one sachet per customer | Yes/No/NA |
| Salt pots are available behind the counter should a customer ask, but not out on display to discourage adding of salt to food out of habit. | Yes/No/NA |
| Large salt shakers (predominately in takeaway catering outlets) have 5 holes or less | Yes/No/NA |

1. **Where soft drinks are sold 50% of drinks on display should be healthier alternatives.** This can be achieved by increasing or decreasing current ranges to meet 50% guideline. Healthier drink options must be on display alongside less healthy options i.e. in drinks cabinets/on menus. Healthier options include:

|  |  |
| --- | --- |
| Plain water (not sugary flavoured water) | Yes/No/NA |
| Semi skimmed or skimmed milk | Yes/No/NA |
| 100% pure unsweetened fruit juices | Yes/No/NA |
| Light/reduced sugar/diet/slim line/unsweetened drinks | Yes/No/NA |
| Milkshakes with <5% added sugar | Yes/No/NA |
| Where hot drinks are sold, sweeteners are available as an alternative to sugar | Yes/No/NA |

1. **Lower fat mayonnaise and dressings are available and customers are given the option of adding their own.**

Where mayonnaise is used as a component of food (i.e. tuna/egg mayonnaise, burgers) lower fat varieties are used. YES / NO / NA

|  |
| --- |
|  |

Please state the type used:

Olive oil/balsamic vinegar are considered lower fat/healthier options.

50% of dressings (Caesar, honey and mustard, mayonnaise, salad cream, thousand island, French dressing etc.) are lower/reduced fat options. YES / NO / NA

1. **Chips are thick cut (14mm or greater), not skinny.**

Pre-cut chips are greater than 14mm. YES / NO / NA

Where thin cut chips are on offer the introduction of thick alongside thin chips is acceptable for the ‘commitment level’ as a phased approach to customers. For achievement and excellence level chips must be thick cut only.

1. **Where seating is available, drinking/tap water is always available and free of charge**. Free tap water is available. YES / NO / NA
2. **Adequate waste management in place.**

|  |  |
| --- | --- |
| Evidence of bins in place and not overflowing | Yes/No |
| Evidence of waste management contracts with LA or private companies e.g. documentation of waste transfer notes | Yes/No |
| Evidence of waste oil disposal contracts  | Yes/No/NA |

Please provide details:

|  |
| --- |
|  |

**Healthy Catering Award Achievement Level Criteria:** Requires FHR 4

1. **Smaller portions for children and adults are available AND promoted.**

There is evidence of small, medium or large portions of food items.

Yes/No

|  |  |
| --- | --- |
| Chips small 100g, large 210g.  | Yes/No/NA |
| Battered fish small 120g, large 225g.  | Yes/No/NA |
| Chicken nuggets small 6, large 12.  | Yes/No/NA |
| Kebab (donor meat only) small 85g, large 130g.  | Yes/No/NA |
| Children’s pizza 6” diameter.  | Yes/No/NA |
| Sandwiches (different types of bread i.e. baguette/rolls and open sandwiches can be considered as smaller portions).  | Yes/No/NA |
| Smaller/children’s meals of standard menu items | Yes/No/NA |
| Adults are able to order from child’s/‘lite bites’ menus | Yes/No/NA |
| Where smaller portions are available these must be visible to customers either in store or on the menu.  | Yes/No/NA |

1. **Staff actively promote healthier options.**

|  |  |
| --- | --- |
| Ask customers if they would like salt before automatically adding.  | Yes/No/NA |
| Offering peas or beans with fish and chips.  | Yes/No/NA |
| Offering salad in sandwiches or with baked potatoes.  | Yes/No/NA |
| Offering semi/skimmed milk with teas and coffees.  | Yes/No/NA |
| Offering choice of white or wholemeal bread for sandwiches.  | Yes/No/NA |
| A portion of fruit, vegetables, or salad, AND water or 100% juice are offered as standard in meal deals.  | Yes/No/NA |

1. **Lower fat varieties are used as standard.**

Lean cuts of meat e.g. turkey/chicken (without skin), back bacon, lean mince, pork/beef with excess fat trimmed are used and excess fat/skin is removed before cooking.

YES / NO / NA

Skimmed or semi-skimmed milk is available for drinks and is used as standard when preparing/cooking food. YES / NO / NA

Lower fat alternatives to cream (crème fraiche, fromage frais, natural yoghurt and single instead of double cream) are used in preparing and cooking food where possible.

YES / NO / NA

Where cream is added in addition to a food item i.e. cake/desserts, it should be on the request of the customer only. YES / NO / NA

1. **There is a commitment to salt reduction.**

Salt is not added when preparing or cooking potatoes, rice, pasta, noodles or vegetables.

YES / NO / NA

Where salt is added it is at the request of the customer. YES / NO / NA

Where monosodium glutamate used, steps are being taken to reduce levels.

YES / NO / NA

1. **There is a supportive atmosphere for breast feeding mothers.**

Agreement that mothers would not be refused to breastfeed their child by management.

YES / NO / NA

Where possible premises sign up for Baby Friendly Initiative YES / NO / NA [www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

**Healthy Catering Award Excellence Level Criteria**: Requires FHR 5

1. **A minimum of 4 lower sugar/salt snacks are available as an alternative to biscuits, chocolate, crisps.**

Food labelling guide for lower sugar/salt snacks:

**Sugar:** High more than 15g of total sugars per 100g, Low **less than 5g of total sugars per 100g**

**Salt:** High more than 1.5g of total salt per 100g, Low **less than 0.3g of total salt per 100g**

(NB: sodium x 2.5 to gain total salt level)

Please mark next to each one you provide:

|  |  |  |
| --- | --- | --- |
| fruit | fruit salad pots | dried fruit |
| vegetable sticks | unsalted nuts or seeds | plain popcorn |
| oat biscuits | breadsticks | low fat yoghurts |
| scones | malt loaf | Other: PLEASE SPECIFY BELOW |
|  |  |  |

Where confectionary and crisps are available, a range of standard portion sizes are available (<35g crisps / <50g confectionary). YES / NO / NA

1. **Further steps are in place to reduce total amount of total salt used.**

Reduced salt content does not refer to products with a low sodium/high potassium content. These should not be used for certain populations without appropriate medical advice.

|  |  |
| --- | --- |
| Reduced salt condiments are used (i.e. soy sauce, ketchups, stock, and gravies) | Yes/No/NA |
| Herbs and spices are used instead of salt to flavour food  | Yes/No/NA |
| Where stock is used, a lower concentration is used by diluting stock with more water or by using smaller quantities of stock | Yes/No/NA |
| Un-smoked meat/fish products i.e. bacon, gammon, mackerel etc. are offered. | Yes/No/NA |
| Breakfast cereals with lower salt/sugar content i.e. Weetabix, shredded wheat, porridge, muesli (no added salt / sugar) etc. are offered  | Yes/No/NA |

1. **Where sausages and burgers are served they must be from a named meat species e.g. pork, beef and comply with the legal minimum meat content.**

Refer to The Meat Products (England) Regulations 2003 for further details on minimum meat requirements for meat products.

Sausages and burgers are from a named meat species and have a meat content over 65%. YES / NO / NA

1. **Healthier options are clearly marketed.**

Healthier food is prominently displayed by achieving one of the following:

|  |  |
| --- | --- |
| Healthier meal options are clearly displayed | Yes/No/NA |
| Fruit is displayed by till | Yes/No/NA |
| Confectionary/crisps are placed away from till | Yes/No/NA |
| Vegetables/salad bars are prominently placed in self-serve areas | Yes/No/NA |
| Pizza toppings, salads, healthier drinks are displayed in pizza/kebab shops | Yes/No/NA |

Where food is not on display (i.e. takeaway outlets) the following can be highlighted:

|  |  |
| --- | --- |
| Fish and chips - availability of peas and beans, healthier drink options, smaller portion sizes, poached/ baked/grilled fish options | Yes/No/NA |
| Chinese - promote not using MSG, using healthier frying oil, availability of side portions of vegetables, healthier drink options | Yes/No/NA |
| Indian - healthier frying oil, lower fat cream options, boiled rice options, tomato based dishes, healthier drink options | Yes/No/NA |

Healthier options are highlighted on the menu/in store.

|  |  |
| --- | --- |
| Using a logo to highlight healthier options | Yes/No/NA |
| Product descriptions to highlight catering practices | Yes/No/NA |
| Provision of information highlighting healthier practices/changes i.e. info by till | Yes/No/NA |
| Signage referring customers to ask staff for more info on healthier options | Yes/No/NA |

1. **Evidence of a commitment to recycle.**

Where recycling bins are not provided by the council, evidence of recycling includes collecting paper/card, bottles etc. to take to central recycling points. Please provide details if applicable:

|  |
| --- |
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1. **Promotion of sustainability.**

20% of perishable foods (meat, fish, eggs, dairy, potatoes, vegetables and fruit) used are produced locally. YES / NO / NA

Local refers to North West or within a radius of approximately 50 miles for SME’s. For larger/national businesses a UK radius is permitted.

Please provide names of local suppliers and invoice as proof:

|  |
| --- |
|  |

Use of seasonal ingredients/menus changed and example menus shown.

YES / NO / NA

Use of sustainable fish stocks accredited by the Marine Stewardship Council.

YES / NO / NA

Minimize the amount of food packaging on takeaway items and consider types of packaging which have less environmental impact. Examples include:

|  |  |
| --- | --- |
| Reduce the amount of total packaging used i.e. only provide packaging on request/as necessary | Yes/No/NA |
| Use packaging made from recycled materials | Yes/No/NA |
| Use packaging which can be widely recycled (i.e. PET, HDPE and PP plastics), aluminium cans, plastic drink bottles, glass bottles, paper bags etc. | Yes/No/NA |
| Use paper bags instead of plastic bags | Yes/No/NA |
| Use uncoated paper and cardboard | Yes/No/NA |
| Use packaging that can be composted | Yes/No/NA |
| Use disposable wooden cutlery instead of plastic cutlery | Yes/No/NA |
| Supply napkins and disposable cutlery directly with a meal as required rather than allowing people to help themselves to help reduce cost and rubbish | Yes/No/NA |

1. **Working towards providing allergen information to customers and staff trained in food allergen management.**

Management to have undergone Safer Food Better Business allergen training with staff as minimum requirement. YES / NO / NA

Please provide a copy of certificate as evidence.

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| --- |
|  |

Date of achievement

1. **Where alcohol is served there is evidence of commitment to Challenge 25. Please state if alcohol is served.** YES/NO/NA

Please provide evidence of training and certificate on display in your business

<https://challenge25.co.uk/>