# **The Bury Catering Award- Health & Sustainability Assessment**

This Award is designed to showcase the great work that your business is already doing with regards to food hygiene, customer health and sustainability as well as highlight where improvements can be made. Benefits of participating with the Award include highlighting to customers your:

* Commitment to food hygiene
* Drive for healthy eating as well as the importance of your customers’ wellbeing
* Hard work and dedication to an increasingly important topic
* Push for sustainability and environmental awareness

There are 3 levels to the Award: Bronze, Silver and Gold.

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| **Bronze Award** | **Silver Award** | **Gold Award** |
| * Food Hygiene score of 3 or above * Use healthier oils and * margarines * Use correct frying techniques * Promote a portion of fruit and/or veg alongside a meal * Limited salt use during cooking * Increase the range of low sugar drinks (while not increasing costs) * Recycling options are provided to customers * Allergen information is provided on meals | Everything listed in Bronze as well as…   * Food Hygiene score of 4 or above * Range of portion sizes available to customers * Clear promotion of healthier options to customers * Fruit and/or veg are offered in meal deals * Lower fat products are used where possible * Salt or MSG are not added to food as it is being prepared * A supportive atmosphere for breastfeeding mothers * Food waste is discouraged and disposed of correctly | Everything listed in Bronze and Silver as well as…   * Food Hygiene score of 5 * Provision of lower sugar/salt snacks * Reduction in total salt usage * Healthier options are visibility marketed * Energy efficient equipment is considered * Plastic packaging is actively reduced * Single use plastic is banned |

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

1. Email the Awards Team ([foodsaftey@bury.go.uk](mailto:foodsaftey@bury.go.uk)) and let us know you are interested in participating in the Award.
2. Complete the Assessment below to the best of your ability.
   1. If you require assistance with the Assessment 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.
3. Send us your completed form **with copies of evidence (list is embedded below)** and once assessed we will provide you with your award. You can send your completed form to us either by:
   1. Email: [foodsafety@bury.gov.uk](mailto:foodsafety@bury.gov.uk), or
   2. Post: Commercial Team, Environmental Health Department, Bury Council, 1st Floor, 3 Knowsley Place, Duke Street, Bury, BL9 0EJ

For further information visit:

* <https://theburydirectory.co.uk/services/healthier-catering-award>
* <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
* <https://www.nhs.uk/change4life/about-change4life>



# **Health & Sustainability Assessment**

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| **Business Name:** | Click or tap here to enter text. |
| **Business Address:** | Click or tap here to enter text. |
| **Tel No:** | Click or tap here to enter text. |
| **Email:** | Click or tap here to enter text. |
| **Business Owner Name:** | Click or tap here to enter text. |

**\*\*Please complete all relevant questions including selecting the relevant tick boxes\*\***

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

Please select your achieved Food Hygiene Rating Score and date of achievement:

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| **3** |  | **4** |  | **5** |  |

Date the rating was achieved: *Click or tap here to enter text.*

## **The Bury Catering Award Scheme Bronze Level Criteria: Requires FHR 3**

*Please check the evidence list document to see what we need to submit to corroborate your Assessment.*

## **Section 1: Food Preparation and Cooking Practices**

* 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* ***15g or less of saturated fat per 100g****.*

Please list the products you use in the box below:

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| *Click or tap here to enter text.* |

* 1. **Do you 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. 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 box below (state if n/a):

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| *Click or tap here to enter text.* |

* 1. **When using a deep fat fryer…**

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| The cooking oil 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** |  |
| 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** |  | **N/A** |  |
| 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** |  | **N/A** |  |
| Chips are thick cut (14mm or greater), not skinny.  (Where thin cut chips are on offer, the introduction of thick alongside thin chips is acceptable for the Bronze Award as a phased approach to customers. For Silver and Gold Award chips must be thick cut only) | **YES** |  | **NO** |  | **N/A** |  |
| *Click or tap here to add any additional comments.* | | | | | | |

## **Section 2: Food Servings/Front of House**

* 1. **Portions (80g) of fruit, vegetables or salad are available.**

*Portion examples include:*

* *100% pure unsweetened fruit juice/fruit smoothie – 150ml glass*
* *Fruit salad – 3 heaped tablespoons*
* *Beans (baked, mushy, kidney, butter etc.) and lentils – 3 heaped tablespoons*
* *Peas /corn /mixed frozen vegetables – 3 heaped tablespoons*
* *Mixed salad – 1 cereal bowl*
* *Apple/banana/orange etc. – 1 whole fruit*

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| *Click here to provide examples.* |

* 1. **50% of soft drinks on display should be healthier alternatives.**

Soft drink examples include:

* Plain water (not sugary flavoured water)
* Semi skimmed or skimmed milk
* 100% pure unsweetened fruit juices
* Light/reduced sugar/diet/slim line/unsweetened drinks
* Milkshakes with <5% added sugar
* Where hot drinks are sold, sweeteners are available as an alternative to sugar

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| *Click here to provide examples.* |

* 1. **Demonstrating a commitment to reducing salt consumption.**

*Examples include:*

* *Do not automatically give out sachets of salt with food*
* *When salt is requested only one sachet per customer*
* *Salt pots are not out on display to discourage adding of salt to food out of habit.*
* *Large salt shakers have 5 holes or less*

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| *Click here to provide examples.* |

* 1. **Healthier dressings and condiments are provided.**

Examples include:

* Low fat mayo / ketchup with less sugar
* Customers have the option to add their own condiments
* Lower fat dressings used in preparations
* Olive oil/balsamic vinegar are provided as options
* 50% of dressings are lower/reduced fat options

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| *Click here to provide examples.* |

* 1. **Where seating is available, drinking/tap water is always available and free of charge.**

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| **YES** |  | **NO** |  | **N/A** |  |

## **Section 3: Waste Management**

* 1. **Sustainable waste management practices in place.**

*Examples include:*

* *Recycling options clearly offered to customers*
* *Paper and cardboard are recycled appropriately*
* *Bins kept clean and clear*
* *Evidence of waste management contracts*
* *Evidence of waste oil disposal contracts*

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| *Click here to provide examples.* |

## **Section 4: Allergens**

* 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.

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| **YES** |  | **NO** |  | **N/A** |  |

Please provide a copy of certificate as evidence: Click or tap here to enter text.

## **The Bury Catering Award Scheme Silver Level Criteria: Requires FHR 4**

*Please check the evidence list document to see what we need to submit to corroborate your Assessment.*

## **Section 5: Alternative Options Available**

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

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| **YES** |  | **NO** |  | **N/A** |  |

*Examples include:*

* *Smaller portions visible on menu*
* *Sign stating smaller portions are available*
* *Smaller bread/rolls available*
* *Children’s menu available*

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| *Click here to provide examples.* |

* 1. **Healthier options are actively promoted**

*Examples include:*

* Salt is not automatically added to food
* Side salads are offered with food
* Alternative milks are offered
* Healthier bread is offered
* Low sugar drinks are offered

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| *Click here to provide examples.* |

## **Section 6: Food Preparation & Practices**

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

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| Salt is not excessively added when preparing or cooking potatoes, rice, pasta, noodles or vegetables | **YES** |  | **NO** |  | **N/A** |  |
| Where salt is added it is at the request of the customer | **YES** |  | **NO** |  | **N/A** |  |
| Where MSG used, steps are being taken to reduce levels | **YES** |  | **NO** |  | **N/A** |  |
| *Click or tap here to add any additional comments.* | | | | | | |

* 1. **Food waste is discouraged**

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| Measures are in place to discourage food waste in the kitchen | **YES** |  | **NO** |  | **N/A** |  |
| Measures are in place to discourage food waste front of house | **YES** |  | **NO** |  | **N/A** |  |
| Food waste is disposed of appropriately and is not thrown in general waste | **YES** |  | **NO** |  | **N/A** |  |
| *Click or tap here to add any additional comments.* | | | | | | |

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

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| Skimmed or semi-skimmed milk is available for drinks and is used as standard when preparing/cooking food | **YES** |  | **NO** |  | **N/A** |  |
| Lower fat alternatives to cream are used in preparing and cooking food  (E.g., crème fraiche, fromage frais, natural yoghurt and single instead of double cream) | **YES** |  | **NO** |  | **N/A** |  |
| Lean cuts of meat are used  (E.g., skinless turkey/chicken, back bacon, lean mince, pork/beef with excess fat trimmed) | **YES** |  | **NO** |  | **N/A** |  |
| Where cream is an addition to a food item it should be on the request of the customer only | **YES** |  | **NO** |  | **N/A** |  |
| *Click or tap here to add any additional comments.* | | | | | | |

## **Section 7: Other Considerations**

* 1. **There is a supportive atmosphere for breastfeeding mothers.**

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| Agreement that mothers would not be refused to breastfeed their child by management | **YES** |  | **NO** |  | **N/A** |  |
| Where possible premises sign up for Baby Friendly Initiative ([**click here for link**](https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/welcome-to-breastfeed-here-posters/)) | **YES** |  | **NO** |  | **N/A** |  |
| *Click or tap here to add any additional comments.* | | | | | | |

* 1. **Please tell us which themes in the Bury Good Food Charter are most applicable to you?** ([**click here for link**](https://theburydirectory.co.uk/storage/7176/Bury-Good-Food-Charter-WORD.docx))

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| *Click here to provide examples.* |

## **The Bury Catering Award Scheme Gold Level Criteria: Requires FHR 5**

*Please check the evidence list document to see what we need to submit to corroborate your Assessment.*

## **Section 8: Healthier Alternative Options**

* 1. **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

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| *Click here to provide examples.* |

Where confectionary and crisps are available, a range of standard portion sizes are available (<35g crisps / <50g confectionary).

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| **YES** |  | **NO** |  | **N/A** |  |

* 1. **Healthier options are clearly displayed.**

Examples of healthier food on display include:

* Healthier meal options are clearly displayed
* Fruit is displayed by till
* Confectionary/crisps are placed away from till
* Vegetables/salad bars are prominently placed in self-serve areas
* A logo is used to highlight healthier options
* Product descriptions used to highlight catering practices
* Provision of information highlighting healthier practices/changes i.e. info by till
* Signage referring customers to ask staff for more info on healthier options

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| *Click here to provide examples.* |

If food is not on display are healthier options suggested?

Examples include:

* Fish and chips – Alternatives available such as peas and beans, healthier drink options, smaller portion sizes, poached/ baked/grilled fish options
* Chinese – MSG not used, healthier frying oil, availability of side portions of vegetables, healthier drink options
* Indian - Healthier frying oil, lower fat cream options, boiled rice options, tomato-based dishes, healthier drink options

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| *Click here to provide examples.* |

## **Section 9: Food Preparation**

* 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%

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| **YES** |  | **NO** |  | **N/A** |  |

* 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

Examples include:

* Condiments with reduced salt.
* Herbs and spices are used instead of salt to flavour food.
* Stock is diluted with water to reduce salt content.
* Un-smoked meat/fish products i.e., bacon, gammon, mackerel etc. are offered.
* Breakfast cereals with lower salt/sugar content are offered.

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| *Click here to provide examples.* |

## **Section 10. Sustainability**

* 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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| *Click here to provide examples.* |

* 1. **Sustainably sourced food.**

|  |  |  |  |  |  |  |
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| Use of seasonal ingredients/menus changed and example menus shown. | **YES** |  | **NO** |  | **N/A** |  |
| Use of sustainable fish stocks accredited by the Marine Stewardship Council **(**[**click here for link**](https://www.msc.org/uk)) | **YES** |  | **NO** |  | **N/A** |  |
| *Click or tap here to add any additional comments.* | | | | | | |

Produce and ingredients are sourced from local suppliers.

(Local refers to North West England, however can also mean UK in some cases.)

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| *Click here to provide examples.* |

* 1. **Packaging reduction.**

Effort is made to minimise the amount of food packaging on takeaway items and consideration is given to types of packaging which have less environmental impact. Examples include:

* Only providing packaging on request/as necessary
* Using packaging made from recycled materials
* Providing paper bags instead of plastic bags
* Using packaging that can be composted
* Providing disposable wooden cutlery instead of plastic cutlery
* Supply napkins and disposable cutlery directly with a meal as required rather than allowing people to help themselves to help reduce cost and rubbish

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| *Click here to provide examples.* |