

<p>Check through and answer questions 1-7 to see where your business can show healthier catering up to Achievement Level  <i>nb. If you cannot say 'yes' to all yet, make a note of progress and keep going! It all helps towards healthier food for your customers</i></p>		<p>Info/ examples/tips.          This section should help explain the criteria</p>	<p><b>Do you consider you can say YES/NO?</b></p>
..	<p><b>PRE-REQUISITE</b>  <b>Does the business qualify for commitment level?</b></p>	<p>See checklist Commitment level</p>	
<p>Any notes:</p>			<p>YES/NO or n/a</p>
1	<p><b>HYGIENE ↑</b>          Food Hygiene Rating Scheme score of 4 or 5</p>	<p><a href="http://www.food.gov.uk/ratings">www.food.gov.uk/ratings</a>          n.b .you may be able to request a rescore visit if you have made improvements, check your inspection letter or speak to Environmental Health</p>	
<p>Food Hygiene Score?</p>			<p>YES/NO? or n/a</p>
2	<p><b>HEALTHIER OPTIONS UP ↑</b>          Are Smaller Portions available (for <u>both</u> adults and children)?          AND is this option advertised/displayed?</p>	<p>Expected to be ½ or 1/3 of normal portion size,          Sometimes called 'lighter bites'  <i>Examples/ideas</i>  <i>Chips- small 100g, large 210g</i>  <i>Fish -small 120g, large 225g</i>  <i>Chicken nuggets- small 6, large 12</i>  <i>Small or child's pizza 6"</i>  <i>Sandwiches using different sizes of bread</i>  <i>Allow adults to order 'childrens portions'</i>          Children's menu with smaller portions is of course widely seen, here we need a smaller portion option for adults as well.   <a href="http://www.resposiblitydeal.dh.gov.uk/partners/">www.resposiblitydeal.dh.gov.uk/partners/</a>          is the government Responsibility Deal:          pledge to reduce calories</p>	
<p>How Do You do this?          What do you offer?          Are options on menu?          Any notes on progress</p>			<p>YES/NO? or n/a</p>

3	<p><b>HEALTHIER OPTIONS ↑</b></p> <p>Do you and your staff actively promote healthier choices? Show the healthier options clearer on menus?</p>	<p>Examples/ideas:</p> <ul style="list-style-type: none"> <li>• Offering peas/beans/salad with meal</li> <li>• Mentioning fruit option</li> <li>• Offering semi skim or skimmed milk</li> <li>• Offer choice of bread</li> </ul> <p>This one refers to conversations with customers as well as menu, signs</p>	
<p>How Do You do this? Do you train staff? Any notes on progress/plans:</p>			<p>YES/NO? or n/a</p>
4	<p>Do your meal deals include one from each list:</p> <ul style="list-style-type: none"> <li>• Fruit/ vegetables/ salad</li> </ul> <p>AND (where drink is included)</p> <ul style="list-style-type: none"> <li>• Water/ 100% fruit juice/ milk</li> </ul>	<p>Fruit juice needs to state 100% 'fruit juice' cannot be 'fruit juice drink'</p> <p>If you don't offer 'meal deals' this is n/a</p>	
<p>What do you offer?</p>			<p>Yes/No? or n/a</p>
5a	<p><b>TOTAL FAT ↑</b></p> <p>Lower Fat varieties/methods used?</p> <ul style="list-style-type: none"> <li>• (lean) cuts of meat/ remove fat before cooking</li> </ul>	<p>Lean options: turkey, skinless chicken, back bacon, lean mince, pork/beef with excess fat trimmed off</p>	

	<ul style="list-style-type: none"> <li>• Skimming off excess fat from dishes</li> <li>• Rindless back bacon</li> </ul>		
<p>How Do You Do This? Any Notes on Progress:</p>			<p>YES/NO? or n/a</p>
5b	<p>Do you use skim or semi skim milk for drinks and as standard for cooking</p>	<p>Skim or semi milk should be used for cooking. For drinks - use semi skimmed or skimmed and if you choose to have whole milk available as well for drinks it should be customer requests only</p>	
<p>How Do You Do This? Do You Train Staff?</p>			<p>YES/NO or n/a</p>
5c	<p><b>TOTAL + SATURATED FAT↓</b> -In cooking/preparing food, do you use lower fat alternatives to cream? Nb. cannot include Dairy Cream (blend of veg oil + buttermilk) -Where cream is added to desserts, do you always ask customer before adding cream? i.e. cream optional</p>	<p>Examples of alternatives: Crème fraiche Fromage frais Natural yoghurt</p>	
<p>What products do you use? How do you offer and serve desserts?</p>			<p>YES/NO? or n/a</p>

6	<p><b>SALT ↓</b> Do you cook and prepare the following foods (below) without adding salt? Potatoes/ rice/ veg/ pasta/noodles</p>	<p>Salt should not be added to these main ingredients (list on left), <u>but it can be added in small amount</u> to dishes e.g. egg mayo, mushy peas</p>	
			YES/NO or n/a
7	<p>Can you provide a supportive atmosphere for breast feeding?</p>	<p>Staff to be aware breastfeeding is welcome in your establishment Consider your seating - eg. seats fixed to tables can be awkward (plan changes if needed) Look at contacting local breastfeeding groups/ schemes Look at <a href="http://www.unicef.org/babyfriendly/">www.unicef.org/babyfriendly/</a> Look at Equality Act online.</p>	
Any other notes/comments			

**Please complete your details; these will be kept for the period of the award for this business (2 years).**

**Business Name and address:**

**Email address:**

**Contact person for Healthier Catering:**

**Please sign and date to indicate your intention to continue your Healthier Catering Plan (as above) and would therefore like to join the scheme**

**Signature:**

**dated:**

- **Please email or send me a copy and you will be able to move up Achievement Level**, free of charge, you will receive a certificate, inclusion on TMBC website and social media, jpeg logo for use in your own promotions
- Subject to the business continuing to operate as you have outlined above, the award is valid for 2 years. You may also be able to apply to move up to **the next level of award**.
- You will need to keep a copy on site for your own reference, for staff training and to ensure you can keep your methods and products consistent.

If you can only say 'yes' to some of the requirements (where applicable),

- Make notes on your progress and work towards changes for the future, we would like to include as many businesses on the higher levels of award as possible.
- If you would like help or advice please do not hesitate to contact me, [charlotte.allen@tameside.gov.uk](mailto:charlotte.allen@tameside.gov.uk) tel : 0161 3428355, 07971285310
- **Continue with your 'healthier' catering methods where you have made changes as these are helping your customers and community make healthier food choices, these are very valuable to Tameside and your help in this matter is much appreciated.**
- We are interested to hear any comments you have

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