

<p>Check through and answer questions 1-9 to see where your business can show healthier catering up to Excellence Level</p> <p><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>		Info/ examples/tips. This section should help explain the criteria Nb. Excellence level includes sustainability criteria - please use the ideas here to develop sustainability as much as possible	<b>Do you consider you can say YES/NO?</b>
..	<b>PRE-REQUISITE</b> <b>Does the business qualify for both commitment and achievement level?</b>	See checklists Commitment and achievement levels	
Any notes:			YES/NO or n/a
1	<b>HYGIENE ↑</b> Food Hygiene Rating Scheme score 5	<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	
Food Hygiene Score?			YES/NO? or n/a
2	<b>SALT/SUGAR ↓</b> Can you offer lower sugar or lower salt snacks? <u>A minimum of 4 products to be available</u>  On label look for: low sugar: 5g per 100g or less Lower sugar: under 15g per 100g Low salt 0.3g per 100g or less Lower salt less than 1.5g per 100g n.b. sodium x 2.5 = total salt	The snacks should be alternative to crisps/chocolate, rather than lower salt varieties of crisps. Ideas: fruit Unsalted nuts Fruit salad pots Dried fruit Vegetable sticks Oat cakes Low fat yoghurts Plain popcorn - some can be v high sugar Breadsticks Rice cakes Cereal bars - some are high sugar so must check! This is a difficult one to get to!	
How Do You do this? What products do you offer?			YES/NO? or n/a

2b	<b>TOTAL FAT ↓</b> For crisps and sweets -If you do sell large packs/grab bags/king size, can you match these with the same number of products in a standard size?	The larger packs are 35g+ crisps and 50g + sweets. Where you sell these sizes you must sell standard sizes of sweets and crisps as well in equal no. of products at least i.e. 5 large pack products → 5 or more standard size products	
	How Do You do this? What do you offer?  No. of standard size products? .... No. of large/king/grab size?..... Any notes on progress/plans:		YES/NO? or n/a
3.	<b>SALT ↓</b> Can you plan and put steps in place to reduce total salt?	Ideas Reduced salt condiments (e.g .soy sauce, ketchup, bouillon, gravy, pastes) Look for products with lower salt content	
	What do you offer?		Yes/No? or n/a
4.	<b>TOTAL FAT ↓</b> If you serve sausages or burgers they must be from a named meat species e.g . pork, beef and they must comply with the minimum meat content	Refer to: The Products containing Meat (England) Regulations 2014	
	How Do You Do This? Any Notes on Progress:		YES/NO? or n/a

5	<b>PROMOTING HEALTHIER OPTIONS ↑</b> Do you advertise your healthier options? By doing one of the following: <ul style="list-style-type: none"> <li>• Healthier food/drinks is prominently displayed</li> <li>• Or prominently advertised on menu</li> <li>• Nutritional info is available on request</li> </ul>	Ideas/tips/e.g.s Fish and Chips - with peas/beans option highlighted Healthier drink options Smaller portion sizes Poached/ baked/ grilled options Promote not using MSG Highlight Side portion of veg/salad Boiled rice highlighted n.b. take care with labelling - health claims as this would be regulated by Trading Standards Nutritional info is available on request / menus/online/leaflets	
	<b>How Do You Do This?</b> Which one have you chosen and how do you do it?		YES/NO or n/a
6	<b>SUSTAINABILITY ↑</b> Do you have Recycling Arrangements in place?	Cardboard, metals, plastics, food Show that you recycle as much as possible	
	What recycling do you do?		YES/NO? or n/a
7	Where alcohol is served ; do you operate Challenge 25 policy?	More information on how to operate your policy and posters are available from TMBC licensing team	
	What is your policy (if applicable)?		YES/NO or n/a

8	<b>SUSTAINABILITY ↑ FOOD</b> Choose 1 of the following :	<p>Although the award specifies only one of (a), (b), (c) please look at these ideas to improve your sustainability as much as you can</p>	
	(a) Are your foods produced locally? 20% of fresh foods to be locally produced	Meat, fish, eggs, veg, fruit, bread, dairy Locally = Approx. 50 miles radius Nb. For larger chains a radius of UK produced is ok	(a)
	(b) Do you use seasonal ingredients?	Change menus to use seasonal vegetables - Show your different menus/ plans	(b)
	(c) Do you check the <u>fish products you serve</u> are from sustainable stocks accredited by Marine Stewardship Council? And when <u>choosing species to serve</u> , do you use info from Marine Conservation Society?	<p>Refer to Choose Blue MSC logo on packs/tins see <a href="https://www.msc.org/home">https://www.msc.org/home</a> for more info</p> <p>When choosing which fish to serve: <a href="https://www.mcsuk.org/goodfishguide/search">https://www.mcsuk.org/goodfishguide/search</a> this is information about each species, e.g. cod, haddock, tuna ; each is given a rating 1-5 where 1 and 2 are the species least at risk and therefore should be chosen for your dishes</p>	(c)
	Which can you do? (a)... (b).... (c) .... How do you do this?		YES/NO ? or N/A
9.	<b>SUSTAINABILITY ↑ PACKAGING</b> Choose 1 of the following:	<p>Although the award specifies only one of (a), (b), (c) please look at these ideas to improve your sustainability as much as you can</p>	
	(a) Can you reduce and minimise the amount of packaging on takeaway foods/drinks and use packaging that is less environmentally damaging?	<p>Reduce plastic where you can No plastic straws (attached to drink cartons excepted) Packaging that can be recycled in many places i.e PET, HDPE and PP plastics Aluminium cans, glass bottles, and paper/card that is not coated can be recycled Packaging that is compostable is available Disposable cutlery wooden instead of plastic</p>	
	Can you do (a).... (b)..... How do you do this?		YES/NO ? Or N/A

9. How? Continued....

Any other 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, Excellence is the top 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,
- If you would like help or advice please do not hesitate to contact me
- **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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