



<p>Check through and answer questions 1-9 to see where your business can show healthier catering and receive the Healthier Catering Award</p> <p><i>nb. If you cannot say 'yes' to all 9 yet, make a note of progress and keep going! It all helps towards healthier food for your customers</i></p>	<p>Info/ examples/tips.</p>	<p>Do you consider you can say YES/NO?</p>	
<p>1</p>	<p>HYGIENE ↑ Food Hygiene Rating Scheme score of 3, 4 or 5</p>	<p>www.food.gov.uk/ratings 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>Any notes on your progress:</p>		<p>YES/NO or n/a</p>	
<p>2a</p>	<p>SATURATED FAT ↓ When you prepare food (eg sandwiches) do you use a monosaturated fat or oil? (eg margarine). It must contain no more than 15g of saturated fat per 100g</p>	<p>This refers to spreads and fats on bread, sandwiches, baked potatoes, scones, fruit loaf, crumpets. Look at the pack and choose product with 15g or less of sat. fat per 100g Summer county or flora are ok Blended spreads are often not ok</p>	
<p>How do You do This? What product? How many g per 100g sat fat does it show on pack?</p>		<p>YES/NO? or n/a</p>	



2b	<p>When you cook do you use polyunsaturated fat or oil ? (eg sunflower, corn oil, rapeseed oil)?</p> <p>Saturated fats (lard, palm oil, ghee, coconut oil, butter) Must Not Be used</p>	<p>This refers to cooking dishes, shallow frying, hot plates</p> <p><i>Nb. Deep fat frying covered below</i></p>	
<p>How Do You do this? What products do you use? Any notes on progress</p>			<p>YES/NO? or n/a</p>
2c	<p>If You Deep Fry: Do you make sure the oil in deep fat fryers is heated to the optimum temperature 175-190C?</p> <p>Do you make sure the fryer is calibrated?</p>	<p>If you cannot avoid deep frying you must follow procedures in 3c, 3d, 3e to meet criteria. palm oil can be used for deep frying if procedures 3c, 3d, 3e in place</p>	
<p>How Do You do this? What products do you use? Any notes on progress</p>			<p>YES/NO? or n/a</p>
3d	<p>Do you use 'shake, bang, hang' method to drain excess fat? Shake basket vigorously Bang basket twice Hang basket for 20 seconds</p>	<p>Refers to 'Tips on Chips' food standards Agency</p>	
2e	<p>Do you ensure oil is well maintained? Fryer is skimmed throughout Oil is topped up after each session</p>	<p>Refers to 'tips on chips'</p>	



	Oil changed before froth/smoke/foam		
<p>How Do You Do This? Do You Train Staff? Any Notes on Progress:</p>			<p>YES/NO? or n/a</p>
3	<p>VEG + FRUIT ↑ Are your portions of fruit/veg/salad a good size? They need to be 80g or above - see info on how to easily measure this (Potatoes are not included)</p>	<p>Refers to all vegetables, fruit, this includes peas, baked beans, sweet corn, carrot, salad, salad with kebabs, mushy peas, tomatoes examples: 3 heaped tablespoons fruit salad 3 heaped tablespoons baked beans 3 heaped tablespoons peas, corn, frozen veg Cereal bowl of salad Full fruit apple, orange, banana etc See '5 A Day' on NHS choices website for more examples</p>	
<p>How Do You Do This? How Do you measure? Do You Train Staff?</p>			<p>3 YES/NO or n/a</p>
4a	<p>SALT ↓ If you have tables: Keep Salt off the dining tables</p>	<p>Keep the salt behind the counter, where it can be requested You may remember the 'ask' campaign to reduce salt added to food Posters and leaflets are available for the ask campaign, you may want to use these to help explain your reasoning to customers</p>	
4b	If you use large salt shakers :	Usually take aways	



	Shakers must have 5 or fewer holes.	eg Fish and Chips	
4c	If you use salt sachets: Must be given on request only and not given automatically with food	Where customer has requested it, one sachet only per person should to be given as usual practice	YES/NO or n/a
Which of these apply to your business? How Do You Do This? Do you train staff? Any Notes on Progress			
5a	SUGAR ↓ + HEALTHIER OPTIONS If you sell Soft Drinks: -You must <u>include and display</u> Reduced sugar, diet varieties, sugar free Milk (skimmed or semi skimmed) Unsweetened pure 100% fruit juice - <u>AND 50% of your soft drinks offered must be those classed as 'healthier' low or no sugar (see right)</u> Display your 'healthier' category drinks alongside your other drinks.	'Healthier' are 5g or less sugar per 100g 1.Look through the drink products you stock 2. How many products do you stock? 3. Check the sugar content 4. How many of the products you stock are 5g sugar per 100g or under? Low or no sugar 5. Do the low or no sugar healthier products make up half or more than half of the full number of drink products you regularly stock? If not, include more 'healthier' category products to boost the number up e.gs: water, milk (skim or semi skim), pure fruit juices, sugar free drinks.	
5b	If you sell hot drinks: Offer sweeteners as an alternative to sugar		
Which of these applies to your business?(a) (b) Number of drink products you offer- classed as 'healthier' ?			5.YES/NO or n/a



<p>Number of drink products you offer - <u>not</u> classed as 'healthier'?.....</p> <p>Total number of drink products you offer?.....</p> <p>Do you have a record of the products you regularly stock so that you can continue to keep up the number of 'healthier' product choices each time you restock? Keep you record available onsite, with this check list</p>		
6.	<p>TOTAL FAT ↓ Do you use and offer lower fat mayonnaise and dressings? Lower fat mayo must be offered. Half or over half of all dressings products must be reduced fat varieties (does not include pickles, mustard)</p>	<p>Use lower fat mayonnaise in mixes eg tuna mayo, egg mayo Half or more of dressings products need to be the reduced fat varieties e.g .thousand island, French dressing Nb. Olive oil and vinegar dressing are classed as low fat/healthier options for your numbers</p>
<p>What products do you use?</p>		<p>YES/NO or n/a</p>
7.	<p>TOTAL FAT ↓ Do you serve chips? Chips must be thick cut (not thin fries)</p>	<p>It is acceptable to introduce a choice of thick cut alongside thin cut fries 14mm or over are classed as thick</p>



		cut chips Wedges are good option	
What do you serve?			YES/NO or n/a
8.	HEALTHIER OPTIONS ↑ Do you have seating? If you have seating tap water must be available on request (free of charge)	n.b .in premises licensed to sell alcohol this is a requirement	YES/NO or n/a
9.	HYGIENE ↑ Your waste must be properly stored and contracts/ waste transfer notes kept	This is a legal requirement in any case. Recycle as much as possible	YES/NO or n/a
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 join the Greater Manchester Healthier Catering Award** at Commitment 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,
- If you would like help or advice please do not hesitate to contact me

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- **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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