

**ASSESSMENT CRITERIA**

|  |
| --- |
| **Healthier Catering Commitment**  **Award Achieved:**  **Date assessed:** |
| FHRS: Date of visit: Time of Arrival: Time left premises: |
| Business Name: |
| Type of premises: |
| Applicants Name: |
| Address: Postcode: |
| Email: Tel: |
| Social Media Tag:  (E.g. Facebook, Twitter etc.) |
| Do you have a written food safety management system (SFBB)? : |
| How many meals do you serve a day/week? |
| Type of application: New/Self-referral/Renewal |
| Delivery/goods company used ( E.g. JJ, brakes):  Best Selling product/food:  HCC tiered Scheme:  A minimum of **Eight** criteria have to be fulfilled to qualify for the Healthier Catering Commitment. There are **four essential** criteria that have to be met by all businesses and a further **three** essential criteria that also have to be met by premises that **deep fat fry**. A total of 8 must be met.  Essential criteria are marked with an **E** and those that are applicable to deep fat frying only are marked **E\***. If the criterion does not apply, please tick N/A.    **Silver Award**: To earn the Silver award, you must meet the criteria above AND meet all 4 of criteria set in the section below  **Gold Award**: To earn the Gold award, you must meet the criteria set for the Silver award, as well as meeting 4 of 5 criteria set out in the section below |
| Fats and oils (see fact sheet concerning oils and fats for further information on types, use and cooking tips) |

|  |  |  |  |
| --- | --- | --- | --- |
| **Cooking and preparation** | YES | NO | Trial & Suggestions |
| 1. Visible fat is removed from meat before cooking, fat is skimmed from  Minced meat dishes (or a lean mince is used) and skin is removed from poultry. |  |  |  |
| Comments: | | | |
| 1. Food is grilled, baked, poached, steamed or griddled rather than fried wherever possible (e.g. sausages, bacon burgers, chicken, fish, samosas, etc.) |  |  |  |
| Comments: | | | |
| 1. A polyunsaturated or monounsaturated fat or oil is used when   **Cooking** food (e.g. sunflower, corn, sesame or rapeseed oil) instead of oils with a high saturated fat content such as lard, palm oil, ghee, butter, dripping. Partially hydrogenated vegetable oils such as AVR60 are not used. Levels of saturated fat need to be 15% or less. | **E** |  |  |
| Comments:  Oil/fat currently using: | | | |
| 1. A polyunsaturated or monounsaturated fat or oil is used when **preparing** food (see above examples above). |  |  |  |
| Comments:  Oil used & on which product? | | | |
| **Where deep fat frying is unavoidable** | | | |
| 1. The cooking oil in deep fat fryers is heated to the optimum temperature, normally between 175 and 190°C and the thermostat is in working condition (check the manufacturer’s instructions for the correct use of your specific fryer). | **E\*** |  |  |
| Comments:  Products fried: | | | |
| 1. Excess fat is drained from the food before serving – **Shake, Tap, Hang!** (Shake and tap the basket vigorously twice and hang for at least 20 seconds). | **E\*** |  |  |
| Comments: | | | |
| 1. The oil is properly maintained (the fryer is skimmed throughout service; oil is topped up after every session and regularly filtered). | **E\*** |  |  |
| Comments:  How often is the oil replenished?  How is it disposed? | | | |
| 1. Chips are thick cut, not skinny (as a guide pre-cut chips from a supplier that are 13mm or greater are considered “thick”). |  |  |  |
| Comments: | | | |
| **Milk, spreads, dressings and sandwich fillings** | | | |
| 1. Semi skimmed or skimmed milk is used for drinks as a standard. |  |  |  |
| Comments: | | | |
| 1. Lower fat spreads, mayonnaise and dressings are available.   Customers have the option to add their own dressings, mayonnaise and spreads. |  |  |  |
| Comments: | | | |
| 1. Where sandwiches are served at least two lower fat fillings are   Available (e.g. tuna or chicken without mayonnaise). |  |  |  |
| Comments:  Example: | | | |
| **SALT** | | | |
| 1. Where salt is added after cooking/preparation, customers add their own salt. | **E** |  |  |
| Comments: | | | |
| 1. Salt is not added to the water used for cooking vegetables, rice or pasta. |  |  |  |
| Comments: | | | |
| 1. Sachets or salt shakers with fewer holes are available and salt is stored in a central location (rather than on individual tables). |  |  |  |
| Comments: | | | |
| 1. Lower salt alternatives are available for customers (such as tomato sauce) and are used in cooking (such as reduced salt soy, gravy and stock). Levels of salt below 1.5g per 100g (or 0.6g sodium) would be acceptable. |  |  |  |
| Comments: | | | |
| **SUGAR** | | | |
| 1. Where soft drinks and/or energy drinks are sold, reduced sugar/diet drinks (<5% sugar) and water is available and are more prominently displayed. | **E** |  |  |
| Comments: | | | |
| 1. Lower sugar snacks are available as an alternative to biscuits or chocolate, cakes, puddings etc. (e.g. fruit, dried fruit, unsalted nuts or seeds, plain popcorn, oat biscuits). |  |  |  |
| Comments: | | | |
| 1. Drinking/tap water is always available. |  |  |  |
| Comments: | | | |
| **FRUIT AND VEGETABLES** | | | |
| 1. A portion (80g) of vegetables or salad is always available as an accompaniment (e.g. peas, corn, mixed salad but NOT potatoes). |  |  |  |
| Comments: | | | |
| 1. Fresh fruit, tinned (in juice, not in syrup) or dried fruit is always available and is prominently displayed or listed on the menu. |  |  |  |
| Comments: | | | |
| **CARBOHYDRATES** | | | |
| 1. If chips are served, there is always a healthier starchy alternative (e.g. jacket potato, bread, rice, pasta, wraps, couscous etc.). |  |  |  |
| Comments: | | | |
| 1. Wholegrain varieties of starchy products are available (e.g. wholemeal bread, pittas, wraps, roti’s, whole-wheat pasta, brown or wild rice). Where rice is served, boiled/steamed rice is available as an alternative to pilau or fried rice. |  |  |  |
| Comments: | | | |
| **PORTION SIZE** | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Smaller portions are available for children and adults and are on display or advertised (between 1/2 to 1/3 of standard size portion) | **E** |  |  |
| Comments: | | | |
| 1. If a children’s menu is provided, a range of healthier options are available which are lower in fat, salt and sugar. |  |  |  |
| Comments: | | | |
| **HEALTHIER OPTION PROMOTION** | | | |
| 1. Healthier eating is promoted by staff by providing, for example:  * Leaflets or posters, * Highlighting healthier options (e.g. with stickers) on the menu, * Meal deals showing diet drinks or water in the pictures, * Displaying healthy options prominently (e.g. on a board), * Staff should also be aware of the HCC and be able to help customers chose healthier options |  |  |  |
| Comments: | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **SILVER AWARD** (Meet all 4 criteria) | YES | NO | Trial & Suggestions |
| 1. There is a healthier starch option available with every meal served – Wholemeal bread/brown pitta/rice/pasta |  |  |  |
| Comments: | | | |
| 1. Promotion: Use menu boards\* to clearly promote healthier options by displaying the HCC stamp (material and resources to be provided) |  |  |  |
| Comments: \* Promotional material to be sent to business by Westminster City Council | | | |
| 1. If a child’s menu is provided, a portion of fruit or vegetables must be included in EVERY meal |  |  |  |
| Comments: | | | |
| 1. The price of the product encourages customers to choose the healthier option (Cheaper than less healthier foods) |  |  |  |
| Comments: | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **GOLD AWARD** (meet 4 of 5 criteria) | | YES | NO | Trial & Suggestions |
| 1. Catering Manager and/or staff to undertake training on healthier eating either through the Councils FREE workshop or through and external company. | |  |  |  |
| Comments: | | | | |
| 1. At least one salad or fruit portion is provided with every adult meal (i.e. mixed salad) | |  |  |  |
| Comments: | | | | |
| 1. Free bottle of water is provided with each meal deal. (Charge for the soft drink, not the water) | |  |  |  |
| Comments: | | | | |
| 1. Children’s meal - a range of healthier options are to be provided which are lower in salt, fat or sugar. (e.g. Fruit kebobs, jacket potato, grilled chicken, vegetable crudités) | |  |  |  |
| Comments: | | | | |
| 1. Loyalty card available to encourage sales of healthier options |  | |  |  |

|  |  |
| --- | --- |
| Total criteria met: | /34 |

|  |
| --- |
| You are reminded that the HCC will be withdrawn should the standards in your business slip either in relation to food hygiene or in maintaining the Healthier Catering Commitment. Any materials which use the **logo** including the sticker / menuswill also be removed from the premises.  If there are any major changes to your menu or cooking methods, you will need to let the Council know as they may wish to discuss this with you**.**  I have met the above criteria and I agree to maintain them in my business as agreed with the assessing officer.  Name ……………………………………  Signed ………………………………….  Date: ……………………………………  If you require extra support or guidance, please contact the assessing officer at:  [healthycateringcommitment@westminster.gov.uk](mailto:healthycateringcommitment@westminster.gov.uk) |