

Healthy Options Award



Assessment Form
(without scores)

ASSESSMENT DETAILS

Name of Establishment:			
Premises Address:			Postcode:
Contact Name: (and address if different)			Telephone:
Assessor:			Date of Visit:

ELIGIBILITY CRITERIA

Does establishment hold Welsh Food Hygiene Award?	No Award	Bronze / Silver / Gold
Eligible for Healthy Options Award?	↓ No	↓ Yes
Expiry date of Food Hygiene Award:		

OVERALL ASSESSMENT SUMMARY

Fruit and vegetables		Water	
Bread, rice, potatoes, pasta and other starchy food		Children's Meals	
Milk and dairy foods		Display, pricing and marketing	
Meat, fish, eggs beans and other non-dairy sources of protein		<u>Overall Assessment</u>	
Fat, sugar and salt			

ACTION PLAN

Action plan to be completed by assessor:

<p><u>Recommendations to achieve an award or progress to the next level award:</u></p>

FRUIT AND VEGETABLES (not including potatoes)

All caterers should offer a variety of fruit and vegetables for their customers

FRUIT and FRUIT JUICE

- Is a portion of fresh fruit available every day (i.e. on display or on the menu)?

- Are fruit based desserts or puddings available (e.g. fruit salads, stewed fruit)?
[INB if canned fruits, must be served in natural or unsweetened fruit juice]

- Do you serve unsweetened fruit juices?

VEGETABLES

- Are there **at least 2 types** of vegetables (frozen/canned/fresh) available on display or on the menu?

- Are vegetables always:
 - steamed/stir fried; *and/or*
 - boiled in minimal water which is then reused in sauces?

- Are main meals like curries, casseroles etc bulked up with at least 2 or more veg, beans or pulses?

SALADS

- Are all meals available with an undressed side salad or can customers choose an undressed side salad to accompany their meal?
- Do you have undressed main salad dishes? [i.e. dressing optional or served on the side]
- Does your available salad have at least five undressed salad items (e.g. lettuce, tomato, cucumber, grated carrot, sweetcorn)?
- Are all sandwiches/rolls/baguettes available with salad as part of the filling (automatically or on request)?

EVIDENCE / COMMENTS

MILK AND DAIRY FOODS

Caterers should use lower fat milk and dairy products

MILK AND OTHER DAIRY PRODUCTS

- | |
|--|
| <ul style="list-style-type: none">• Is semi-skimmed or fully skimmed milk available for drinks/in drinks?• Is semi-skimmed or fully skimmed milk/low fat yoghurt/fromage frais used in cooking instead of cream (sauces, custard and soups etc)?• Is semi-skimmed or fully skimmed milk or low fat yoghurt/custard available as an accompaniment (e.g. with cereal, puddings or desserts)? |
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CHEESE

- | |
|---|
| <ul style="list-style-type: none">• Are lower-fat cheeses (such as Edam, Brie, Camembert), reduced-fat varieties or smaller quantities of stronger flavoured cheeses (i.e. less than in the standard recipe) used for cooking?• Are lower-fat cheeses (such as Edam, Brie, Camembert, cottage cheese) or reduced-fat varieties available for sandwiches/salad/with crackers etc? |
|---|

EVIDENCE / COMMENTS

MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN

Caterers should use lean meat and fish (particularly oily fish varieties) for customers

PREPARATION AND COOKING OF MEAT, FISH AND ALTERNATIVES

RED MEAT AND MEAT PRODUCTS

- Are lean cuts of meat used and/or visible fat removed before cooking?
- Are meat and meat products, like sausages and burgers, offered grilled, baked or roasted on a rack, not just fried and roasted in fat?
- Is excess fat skimmed off meat dishes (eg casseroles, stews, curries) during/after cooking?

POULTRY

- Is skin removed from poultry before cooking, or skinless meat used (other than roast chicken)? (or if buying in pre-cooked chicken is skin removed before serving)
- Is oven baked/stir-fried/grilled poultry available as an alternative to fried?

FISH

- Is oven baked/stir-fried/grilled/steamed fish available as an alternative to fried? (Includes shellfish)
- Is oily fish such as salmon, mackerel, sardines, trout (all fresh, frozen and canned), tuna (fresh only) available?
- If using canned fish, is it canned in spring water/tomato sauce? (instead of brine/oil)

MEAT ALTERNATIVES FOR VEGETARIANS (NUTS, BEANS, PULSES, TOFU, QUORN etc)

- Is there at least one lower fat vegetarian options available daily (preferably not cheese based)?
- Are vegetarian meat alternatives offered grilled, baked or roasted on a rack, not just fried and roasted in fat?

EVIDENCE / COMMENTS

FAT, SUGAR AND SALT

All caterers should attempt to limit the fat (especially saturated fat), sugar and salt content of their meals. Use healthier fats or oils and give the customers the choice to use/add butter, spread, dressings or sauces. Use products that are low in fat/saturated fat, salt and sugar and cut down or avoid adding salt and sugar in cooking.

FATS

COOKING/PREPARATION

- Are predominantly monounsaturated and/or polyunsaturated oils used in all cooking processes using fats and oils?
- If you offer the following, are they available prepared / cooked / served without added fat (e.g. butter/spread/oil/ghee):
 - Vegetables
 - Potatoes (mashed, boiled, new, jacket)
 - Pasta
 - Noodles
 - Rice
 - Eggs (boiled, poached, scrambled)

BUTTER AND SPREADS

- Are sandwiches, rolls and baguettes available without butter/spread (ie is the customer given a choice without having to ask)?
- Are lower fat/monounsaturated/ polyunsaturated spreads offered instead of butter?
- If butter/spread is served with foods (e.g. potatoes, toast, unfilled bread rolls), is it always served separately / on the side?

DRESSINGS AND CONDIMENTS

- If mayonnaise is used, is it always reduced fat?
- Are reduced fat salad dressings always available?
- Are low fat (less than 3%) salad dressings always available?

SAUCES

- Are lower fat cooking sauces (e.g. tomato based) always available as an alternative to creamy sauces with a high fat content (e.g. carbonara or korma)?
- Are customers able to choose whether desserts, puddings and cakes are plain or served with cream/custard/ice-cream?

EVIDENCE / COMMENTS

SUGAR

- Are low sugar/artificially sweetened drinks available (excluding plain, unflavoured water)?
- Are artificial sweeteners available as an alternative to sugar (e.g. for customers to add to hot drinks or cereal)?
- Are lower sugar desserts and puddings available?(these may be made with less sugar than original recipe, using artificial sweeteners in part or total, using fruit to sweeten etc) [do not include fruit salads which are covered in fruit section]

SNACKS, BISCUITS and CAKES

- Are lower fat cakes always available e.g. reduced fat muffins?
- Are two or more types of healthier alternatives to confectionery and savoury snacks available? (eg. dried fruit, nuts and seeds, baked crisps, rice cakes, rye bread)
- Are healthier alternatives to biscuits and cakes available, such as teacakes, malt loaf, fruit bread [Do not include fruit as covered elsewhere. Also be aware that a lot of cereal-type bars are high in sugar –more than 15g/100g]

SALT

- Are other methods of flavour enhancing used such as herbs, spices, lemon juice or vinegar *instead* of salt/MSG/soy sauce etc?
- Is unsalted water used when cooking:
 - rice
 - pasta
 - potatoes
 - vegetables?
- Are customers given the choice whether they want salt or to add salt to their food (e.g. chips, baked potato, sandwiches)?

EVIDENCE / COMMENTS

WATER

WATER

Is water always available, either:

- tap water (freely available on the counter/table or offered to customers)?
- OR**
- unflavoured bottled water

EVIDENCE / COMMENTS

CHILDREN'S MEALS

Healthy choices should be available for children

- Are at least 2 appropriately priced small portions of healthier adult meals available?
- Does at least half of the children's menu contain healthier options?

EVIDENCE / COMMENTS

DISPLAY, PRICING AND MARKETING

Healthier options should be promoted

PROMOTION AND DISPLAY

- Are healthier options promoted by:
 - giving a more prominent position on displays than less healthy options
 - clearly indicating healthier options on the menu/labelling food on display?
 - staff actively promoting healthier options (e.g. prompting customers to order extra salad/vegetables or offering an alternative to chips)?
 - using pricing policies or promotions to encourage customers to have vegetables, salads, fruits or additional starchy foods such as bread?

STAFF TRAINING

- Are staff aware of the healthier options that are available?
- Have key members of staff undertaken recognised/accredited nutrition training (certificate for evidence), and have they cascaded key messages to all other staff? (records of training)
- If **Yes** to above, can all staff demonstrate an understanding of why they are promoting healthier options i.e. importance of reducing fat and sugar intake, and increasing fibre, knowledge of different types of fats and why some fats are healthier etc?

EVIDENCE / COMMENTS