

Staffordshire Healthy Options Award



Assessment Form

ASSESSMENT DETAILS

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

ELIGIBILITY CRITERIA

| | | |
|---|----------------------|-------------------------|
| Does the establishment have 3 or more stars under the 'Rate my Place' scheme or a 'Satisfactory' or better rating under the 'Scores on the doors' scheme? | Yes ↓ Eligible | No ↓ Not Eligible |
| Next food hygiene inspection due: | | |

OVERALL ASSESSMENT SUMMARY

| | | | |
|--|------|---|------|
| Fruit, vegetables and salad | / 23 | Water | / 5 |
| Bread, other cereals and potatoes | / 20 | Children's Meals | / 8 |
| Milk and dairy products | / 13 | Display, pricing and marketing | / 22 |
| Meat, fish and alternatives | / 19 | Overall Assessment | |
| Fat, sugar and salt | / 61 | BRONZE (103 – 127) | |
| | | SILVER (128 – 149) GOLD (150-171) | |
| | | Total = Award= | |

ACTION PLAN

Action plan to be completed by assessor:

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

FRUIT AND VEGETABLES (not including potatoes)

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

| FRUIT and FRUIT JUICE | YES | NO | N/A |
|---|-------------------------------|-----------|-----------------|
| <ul style="list-style-type: none"> • Is fresh fruit available every day (i.e. on display or on the menu)? | 1 type = 2 2+ types = 3 | 0 | 2 |
| <ul style="list-style-type: none"> • Are fruit based desserts or puddings available (e.g. fruit salads, stewed fruit)? <p>[INB if tinned fruits, must be served in natural or unsweetened fruit juice]</p> | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Do you serve unsweetened fruit juices? | 2 | 0 | 0 |
| VEGETABLES | TOTAL / 7 | | |
| | YES | NO | N/A |
| <ul style="list-style-type: none"> • Are there at least 2 types of vegetables (frozen/tinned/fresh) available on display or on the menu? | 2-3 types = 3 4+ types = 4 | 0 | 3 |
| <ul style="list-style-type: none"> • Are vegetables always steamed/stir fried and/or boiled in minimal water which is then reused in sauces? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Are main meals like curries, casseroles etc bulked up with at least 2 or more veg, beans or pulses? | 2 | 0 | 2 |
| SALADS | TOTAL / 8 | | |
| | YES | NO | N/A |
| <ul style="list-style-type: none"> • Are all meals available with an undressed side salad or can customers choose an undressed side salad to accompany their meal? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Do you have undressed main salad dishes? [i.e. dressing optional or served on the side] | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Does your available salad have at least five undressed salad items (e.g. lettuce, tomato, cucumber, grated carrot, sweetcorn)? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Are all sandwiches/rolls/baguettes available with salad (automatically or on request)? | 2 | 0 | 2 |
| | TOTAL / 8 | | |
| | OVERALL | | (Max 23) |

EVIDENCE / COMMENTS

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| |
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MILK AND DAIRY PRODUCTS

Caterers should use lower fat milk and dairy products

| MILK AND OTHER DAIRY PRODUCTS | YES | NO | N/A |
|--|------------|-----------|-----------------|
| <ul style="list-style-type: none"> • Is semi-skimmed or fully skimmed milk available for drinks/in drinks? | 3 | 0 | 0 |
| <ul style="list-style-type: none"> • Is semi-skimmed or fully skimmed milk/low fat yoghurt/fromage frais used in cooking instead of cream (sauces, custard and soups etc)? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Is semi-skimmed or fully skimmed milk or low fat yoghurt/custard available as an accompaniment (e.g. on their own, with cereal, puddings or desserts)? | 2 | 0 | 2 |
| CHEESE | | | |
| <ul style="list-style-type: none"> • Are lower-fat cheeses such as Edam, Brie, Camembert, 'half-fat' varieties, or smaller quantities (i.e. less than in the standard recipe) of stronger flavoured cheeses used for cooking? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Are lower-fat cheeses such as Edam, Brie, Camembert, cottage cheese or 'half-fat' varieties available for sandwiches/salad/with crackers etc? | 3 | 0 | 3 |
| TOTAL | | | (Max 13) |

EVIDENCE / COMMENTS

MEAT, FISH AND ALTERNATIVES

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

| PREPARATION AND COOKING OF MEAT, FISH AND ALTERNATIVES | YES | NO | N/A |
|---|------------|-----------|-----------------|
| RED MEAT AND MEAT PRODUCTS | | | |
| <ul style="list-style-type: none"> • Are lean cuts of meat used and/or excess fat removed before cooking? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Are meat and meat products, like sausages and burgers, offered grilled, baked or roasted on a rack, not just fried and roasted in fat? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Is excess fat skimmed off minced meat, casseroles, stews, curries, etc? | 2 | 0 | 2 |
| POULTRY | | | |
| <ul style="list-style-type: none"> • Is skin removed from poultry before cooking (other than roast chicken)? (or if buying in pre-cooked chicken skin is removed before serving) If only chicken used is reformed/processed score '0'. | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Is oven baked/stir-fried/grilled poultry available as an alternative to fried? | 2 | 0 | 2 |
| FISH | | | |
| <ul style="list-style-type: none"> • Is oven baked/stir-fried/grilled/steamed fish available as an alternative to fried? (Includes shellfish) | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Is oily fish such as salmon, mackerel, sardines, trout (all fresh, frozen and canned), tuna (fresh only) available? | 1 | 0 | 1 |
| <ul style="list-style-type: none"> • If using canned fish, is it canned in spring water/tomato sauce? (instead of brine/oil) | 1 | 0 | 1 |
| MEAT ALTERNATIVES FOR VEGETARIANS (NUTS, BEANS, PULSES, TOFU, QUORN etc) | 3 | 0 | 0 |
| <ul style="list-style-type: none"> • Are there at least two lower fat vegetarian options available daily (only 1 should be cheese based)? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Are vegetarian meat alternatives offered grilled, baked or roasted on a rack, not just fried and roasted in fat? | 2 | 0 | 2 |
| TOTAL | | | (Max 19) |

EVIDENCE / COMMENTS

FAT, SUGAR AND SALT

All caterers should attempt to limit the fat, sugar and salt contents 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, salt and sugar and cut down or avoid adding salt and sugar in cooking.

| FATS | | | |
|---|----------------------------|----------------------------|----------------------------|
| COOKING/PREPARATION | YES | NO | N/A |
| <ul style="list-style-type: none"> • Are predominantly monounsaturated/ polyunsaturated oils used in all cooking processes using fats and oils? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • If you offer the following, are they available prepared / cooked / served without added fat (e.g. butter/spread/oil/ghee): <ul style="list-style-type: none"> ○ Vegetables ○ Potatoes (mashed, boiled, new, jacket) ○ Pasta ○ Noodles ○ Rice ○ Eggs (boiled, poached, scrambled) | 2 2 2 2 2 2 | 0 0 0 0 0 0 | 2 2 2 2 2 2 |
| BUTTER AND SPREADS | | | |
| <ul style="list-style-type: none"> • Are sandwiches, rolls and baguettes available without butter/spread? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Are lower fat/monounsaturated/ polyunsaturated spreads offered instead of butter? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • If butter / spread is served with foods (e.g. potatoes, toast, bread rolls), is it always served separately / on the side? | 3 | 0 | 3 |
| DRESSINGS AND CONDIMENTS | | | |
| <ul style="list-style-type: none"> • If mayonnaise is used, is it always reduced fat? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Are reduced fat salad dressings always available? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Are low fat (less than 3%) salad dressings always available? | 3 | 0 | 3 |
| SAUCES | | | |
| <ul style="list-style-type: none"> • 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)? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Are customers able to choose whether desserts, puddings and cakes are plain or served with cream/custard/ice-cream? | 2 | 0 | 2 |
| TOTAL | | / 38 | |

EVIDENCE / COMMENTS

| SUGAR | YES | NO | N/A |
|---|----------------|-------------|-----------------|
| <ul style="list-style-type: none"> • Are low sugar/artificially sweetened drinks available (excluding plain, unflavoured water)? | 2 | 0 | 0 |
| <ul style="list-style-type: none"> • Are artificial sweeteners available as an alternative to sugar (e.g. for customers to add to hot drinks or cereal)? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Are lower sugar desserts and puddings available?(these may be made with less sugar, using artificial sweeteners, using fruit to sweeten etc) [do not include fruit salads which are covered in fruit section] | 2 | 0 | 2 |
| SNACKS, BISCUITS and CAKES | | | |
| <ul style="list-style-type: none"> • Are lower fat cakes available e.g. reduced fat muffins? | 2 | 0 | 2 |
| <ul style="list-style-type: none"> • Are two or more types of healthier alternatives to confectionery e.g. chocolate and savoury snacks e.g. standard crisps, available? (e.g. dried fruit, nuts and seeds, baked crisps, rice cakes, rye bread) | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Are healthier alternatives to biscuits and cakes available, such as teacakes, malt loaf, fruit bread [excluding fruit. Also note a lot of cereal type bars are high in sugar] | 3 | 0 | 3 |
| | TOTAL | / 14 | |
| SALT | YES | NO | N/A |
| <ul style="list-style-type: none"> • Are other methods of flavour enhancing used such as herbs, spices, lemon juice or vinegar <i>instead</i> of salt/MSG/soy sauce etc? | 3 | 0 | 3 |
| <ul style="list-style-type: none"> • Is unsalted water used when cooking: | | | |
| — rice | 1 | 0 | 1 |
| — pasta | 1 | 0 | 1 |
| — potatoes | 1 | 0 | 1 |
| — vegetables? | 1 | 0 | 1 |
| <ul style="list-style-type: none"> • Are customers given the choice whether they want salt or to add salt to their food (e.g. chips, baked potato, sandwiches)? | 2 | 0 | 2 |
| | TOTAL | / 9 | |
| | OVERALL | | (Max 61) |

EVIDENCE / COMMENTS

WATER

| | YES | NO | N/A |
|--|--------------|----------|----------------|
| WATER Is water always available, either: | | | |
| <ul style="list-style-type: none"> unflavoured bottled water | 2 | 0 | 0 |
| <ul style="list-style-type: none"> tap water (freely available on the counter/table or offered to customers)? | 3 | 0 | 3 |
| | TOTAL | | (Max 5) |

EVIDENCE / COMMENTS

CHILDREN'S MEALS

Healthy choices should be available for children

| | YES | NO | N/A |
|--|--------------|----------|----------------|
| <ul style="list-style-type: none"> Are at least 2 appropriately priced small portions of healthier adult meals available? | 4 | 0 | 4 |
| <ul style="list-style-type: none"> Does at least half of the children's menu contain healthier options? | 4 | 0 | 4 |
| | TOTAL | | (Max 8) |

EVIDENCE / COMMENTS

DISPLAY, PRICING AND MARKETING

Healthier options should be promoted

| PROMOTION AND DISPLAY | YES | NO | N/A |
|--|------------|-----------|-----------------|
| <ul style="list-style-type: none"> • Are healthier options promoted by: <ul style="list-style-type: none"> - giving a more prominent position on displays than less healthy options | 3 | 0 | 0 |
| <ul style="list-style-type: none"> - clearly indicating healthier options on the menu/labelling food on display? | 3 | 0 | 0 |
| <ul style="list-style-type: none"> - staff actively promoting healthier options (e.g. prompting customers to order extra salad/vegetables or offering an alternative to chips)? | 3 | 0 | 0 |
| <ul style="list-style-type: none"> - using pricing policies or promotions to encourage customers to have vegetables, salads, fruits or additional starchy foods such as bread? | 3 | 0 | 0 |
| STAFF TRAINING | | | |
| <ul style="list-style-type: none"> • Are staff aware of the healthier options that are available? | 2 | 0 | 0 |
| <ul style="list-style-type: none"> • 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) | 4 | 0 | 0 |
| <ul style="list-style-type: none"> • 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 and different types of fats and why some fats are healthier etc? | 4 | 0 | 0 |
| TOTAL | | | (Max 22) |

EVIDENCE / COMMENTS