



Healthier Catering Commitment for London	YES	NO	N/A
Assessment Criteria			
Business:			
Type of premises:			
Applicant:			
Tel:			
Email:			
Language spoken:			
Do you have a written food safety management system (SFBB)			
How many meals a day/week do you serve?			
Type of application: New/Self referral/Renewal			
Number of criteria met /25			
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. Essential criteria are marked with an E and those that are applicable to deep fat frying only are marked E* . If the criteria does not apply, please tick N/A.			
Fats and oils (see fact sheet concerning oils and fats for further information on types, use and cooking tips)			
Cooking and preparation			
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.			
2. Food is grilled, baked, poached, steamed or griddled rather than fried wherever possible (e.g. sausages, bacon burgers, chicken, fish, samosas, etc.)			
3. 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		
4. A polyunsaturated or monounsaturated fat or oil is used when preparing food (see above examples above).			
Where deep fat frying is unavoidable			
5. For cooking potato products including chips, french fries, other cut (deep-fried) and sliced potato crisps made from fresh potatoes, including potatoes that are deep fried and finished in the oven, the oil temperature for cooking should ideally be below 175°C. For other food products the cooking oil in deep fat fryers should be heated to the optimum temperature, 175°C and 190°C and the thermostat	E*		

should be in working condition (check the manufacturer's instructions for the correct use of your specific fryer).			
6. 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*		
7. The oil is properly maintained (the fryer is skimmed throughout service; oil is topped up after every session and regularly filtered).	E*		
8. Chips are thick cut, not skinny (as a guide pre-cut chips from a supplier that are 13mm or greater are considered "thick").			
Milk, spreads, dressings and sandwich fillings			
9. Semi skimmed or skimmed milk is used for drinks.			
10. Lower fat spreads, mayonnaise and dressings are available. Customers have the option to add their own dressings, mayonnaise and spreads.			
11. Where sandwiches are served at least two lower fat fillings are available (e.g. tuna or chicken without mayonnaise).			
SALT			
12. Where salt is added after cooking/preparation, customers add their own salt.	E		
13. Salt is not added to the water used for cooking vegetables, rice or pasta.			
14. Sachets or salt shakers with fewer holes are available and salt is stored in a central location (rather than on individual tables).			
15. 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.			
SUGAR			
16. Where soft drinks and/or energy drinks are sold water, reduced sugar/diet drinks (<5% sugar) are available and are more prominently displayed.	E		
17. 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).			
18. Drinking/tap water is always available.			
FRUIT AND VEGETABLES			
19. A portion (80g) of vegetables or salad is always available as an accompaniment (e.g. peas, corn, mixed salad but NOT potatoes).			
20. Fresh fruit, tinned (in juice, not in syrup) or dried fruit is always available and is prominently displayed or listed on the menu.			

CARBOHYDRATES			
21. If chips are served, there is always a healthier starchy alternative (e.g. jacket potato, bread, rice, pasta, wraps, couscous etc.).			
22. Wholegrain varieties of starchy products are available (e.g. wholemeal bread, pittas, wraps, rotis, wholewheat pasta, brown or wild rice). Where rice is served, boiled/steamed rice is available as an alternative to pilau or fried rice.			

PORTION SIZE			
23. 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		
24. If a children's menu is provided, a range of healthier options are available which are lower in fat, salt and sugar.			
HEALTHIER OPTION PROMOTION			
25. Healthier eating is promoted by staff by providing, for example: <ul style="list-style-type: none"> - 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 			

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 / menus will 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:

anne.heeney@walthamforest.gov.uk
 Food & Safety Team, 3 The Square, High Road, Leyton E10 5NR.
 Healthier Catering Commitment (HCC) is a voluntary healthier eating scheme which promotes healthier food choices to customers. We will share the business name, address, telephone number and email address with Waltham Forest Environmental Health Department and the Public Health Department, ALEHM and the GLA to process the business data for purposes relevant to the award, including but not limited to

- assessing the food provision to decide on eligibility for the HCC
- sharing across relevant council and non-council websites promoting the HCC scheme and awards
- sharing with relevant agencies for the purposes of evaluation and research.

The above data will be retained for the duration of the business participation in the HCC scheme.