



**HULL CITY COUNCIL  
HEALTHIER OPTIONS AWARD**

**Information for Restaurants, Sandwich Bars, Canteens, Pubs, Nurseries  
and Residential Care Homes**

**CHECKLIST**

**Basic Food Ingredients**

- We order fruit and vegetables that are fresh, frozen at picking, dried or canned without added salt or sugar or with reduced levels of salt and sugar.
- We offer wholemeal varieties of a range of breads.
- We offer wholemeal varieties of a range of cereals/grains such as pasta, noodles, oats, cous cous, bulghar wheat, maize, millet and cornmeal, breakfast cereals.

**Methods of Food Preparation**

- We offer boiled or steamed foods, such as rice, potatoes and vegetables rather than fried or coated.
- We do not add salt during food preparation and cooking.
- We use skimmed or semi-skimmed milk when preparing dishes.
- We cut fried/roasted vegetables thickly to reduce overall fat content.
- We reduce the use of cheeses in sauces and dishes. Is reduced fat cheese used in cooking?
- We trim off any visible fat from meats and remove skin from poultry.
- We grill or bake meats/foods in preference to frying and drain off excess fat.
- We offer sandwiches with unbuttered bread or low fat spread and with thicker bread slices.

**Presentation of Foods/Dishes**

- We do not pre-salt or butter foods before serving but allow customers to add their own at the table.
- We offer skimmed/semi-skimmed milk for adding to breakfast cereals or beverages at the table.
- We serve salads without dressing.
- We have vegetarian options daily that meet the rest of the criteria.
- We offer an oily fish option twice weekly.

**Preparing food for Children**

- We offer smaller portions of healthier options for children.
- We offer water, unsweetened fruit juice or fresh full fat milk to drink.
- We offer yoghurts and fruit-based desserts as alternatives.

**Preparing food for those in residential care**

- Are full fat products offered where needed?

**Catering for people with food allergies**

- We display information about food allergens.

**PLEASE NOTE THE BEST TIME FOR THE NUTRITION OFFICER TO VISIT YOU**

DAY ..... TIME .....

Return this completed checklist to:

Health Education  
Hull City Council  
33 Witham  
Kingston upon Hull  
HU9 1DB

**For office use only:**  
**Inspecting Officer** \_\_\_\_\_

Information put onto Flare

Forwarded to Dietician

Name of Business: .....
Type of Business: .....
Contact Person: .....
Address: .....
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.....
.....
.....
.....

If you feel that any of the questions are not applicable please explain why

The Healthier Options Award is an award available to all caterers within Hull and the East Riding area. Owners of catering businesses who demonstrate a commitment to customer care by providing a healthier environment and healthier food choices are eligible for the award.

**What types of businesses can apply?**

Sandwich bars	Takeaway outlets
Workplaces	Public houses
Schools	Hotels
Nurseries	Restaurants and Cafes
Residential Homes	Hospital canteens

**To qualify for the Healthier Options award, a business must:**

- Meet good hygiene standards (premises are broadly compliant for food safety and food standards),, i.e. or in Food Hygiene Rating System 4 or 5
- Provide healthier food choices for customers such as:
  - Offering lower fat alternatives
  - Reducing the amount of fat in cooking
  - Using different breads for sandwiches

The healthier choice criteria are assessed using the Healthier Options Award Assessment Criteria (PDF file to be inserted).

**What recognition will I receive?**

Customers will recognise those businesses with the Healthier Options Award as a caterer that is committed to providing healthy food choices and a healthy environment to eat in

Recognition will also continue to be gained through maintaining a good standard of food hygiene and food standards.

There are three award ceremonies throughout the year to present successful businesses with their Healthier Options Award.

The Healthier Options Award, carrying this logo can be displayed at the premises to let customers know of their status

**How does the application process work and what does it cost?**

The application process will involve a visit from a dietician who will ask you questions using the Healthier Options Assessment Criteria. The visit usually takes no longer than 1 hour.

It is free to apply for the Healthier Options Award.

**What if I don't meet the Healthier Options Award criteria?**

The assessment officer will offer guidance on changes that could be made to achieve Healthier Options Award status. It is then up to the businesses to decide if they wish to follow the advice and make the changes.

**Is it compulsory to apply for the Healthier Options Award?**

No, it is not compulsory. However, applying does show a commitment to customer care and a willingness to provide healthier food choices.

**Does it mean lots of paperwork?**

No, there is only one document which will be completed by the Healthier Options assessment officer when they visit you at your premises.

**Do the assessment criteria apply to all caterers?**

The majority of the criteria do apply to all types of caterers. There are some additional questions for pubs, cafes, nurseries, schools residential establishments and takeaways because of the type of business they are.

**Partners**

Partners involved are Hull City Council, East Riding of Yorkshire Council, NHS Hull and NHS East Riding.

**I am a customer, what does the Healthier Options Award mean for me?**

The Healthier Options Award means that if you want to eat healthily when eating out, these places offer healthy alternatives allowing you to make an informed choice.

To find out which places have the Healthier Options Award check out the list on Hull City Council's website – [www.hullcc.gov.uk](http://www.hullcc.gov.uk)

For more information about the Healthier Options Award or if you would like to apply, please contact the Health Education Team on (01482) 300300.



## HULL CITY COUNCIL HEALTHIER OPTIONS AWARD

### Information for Takeaways

#### CHECKLIST

##### Basic Food Ingredients

- We order fruit and vegetables that are fresh, frozen at picking, dried or canned without added salt or sugar or with reduced levels of salt and sugar.
- We offer wholemeal varieties of a range of breads
- We offer wholemeal varieties of a range of cereals/grains such as pasta, noodles, oats, cous cous, bulghar wheat, maize, millet and cornmeal, breakfast cereals.

##### Methods of Food Preparation

- We offer boiled or steamed foods, such as rice, potatoes and vegetables as an alternative to fried or coated.
- We minimise the use of MSG (Monosodium Glutamate). We do not add salt during food preparation and cooking.
- We use vegetable oils rather than ghee/lard/dripping etc.
- We use skimmed or semi-skimmed milk when preparing dishes.
- We avoid frying, or if intrinsic to the dish, we use unsaturated oils, and drain foods well.
- We cut fried/roasted vegetables thickly to reduce overall fat content.
- We reduce the use of cheeses in sauces and dishes.
- We trim off any visible fat from meats and remove skin from poultry.
- We grill or bake meats/foods as well as frying and drain off excess fat.
- We use dried or fresh herbs and spices as a means of enhancing flavour rather than fat and salt.
- We offer sandwiches with unbuttered bread or low fat spread and with thicker bread slices.

##### Presentation of Foods/Dishes

- We do not pre-salt or butter foods before serving but allow customers to add on request.
- We serve salads without dressing.
- We generously garnish with fresh salads/vegetables/fruits.
- We have vegetarian options daily that meet the rest of the criteria.
- We offer smaller portions of healthier options for children.
- We offer water, unsweetened fruit juice or fresh milk and reduced sugar/calorie soft drinks.

##### Catering for people with food allergies

- We display information about food allergens.

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  - Reducing the amount of fat in cooking
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