

**GOOD  
FOOD**  
in Greenwich

**Charter Support Pack**

**Hospitality**

[www.goodfoodingreenwich.org](http://www.goodfoodingreenwich.org)



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# WELCOME

Thank you for considering signing the Good Food in Greenwich (GFIG) Food Business Charter! You're probably already doing some amazing things, and this is an incredible step towards running a healthier, more sustainable business which brings loads of opportunities to shout about what you're doing.

There are lots of reasons to be healthier and more sustainable: the health and welfare of people and animals; the environment; society and culture, and it just makes pure business sense.

Consumers today are asking more about the food they are eating, from how healthy it is through to where ingredients come from, and how the producers have been treated. **Many recent reports show customers are more likely to visit places where the food is sustainable, and where there are healthier and meat free options.**

Committing to and displaying the charter means they can trust you are actively making changes to be a more sustainable business. We know food businesses can't be responsible for everything, but with more and more people eating out regularly, rather than as a treat, we think you guys play an important part in supporting people to be able to buy healthier, more sustainable food.

This pack is a step-by-step guide to help fulfill the actions of the charter, giving you ideas on how to do so, with a list of reputable resources if you want to go even further. It is by no means an exhaustive list, and we know there are many other actions we could have included, but we felt these are achievable aims that shouldn't cost you anything and can have a real impact on the food you are serving.

# SIGNING UP TO THE HEALTHIER CATERING COMMITMENT



## What's it all about?

The Healthier Catering Commitment (HCC) is a voluntary scheme designed to support food businesses to help them make simple and affordable changes to the food they sell, to make it healthier for the customer. There are many ways our diet can affect our health. Too much salt can cause high blood pressure and increase the risk of heart disease and stroke. Too much fat and sugar raises the risk of being overweight which can, in turn, increase the risk of Type 2 Diabetes and heart disease. Fruit and veg is also great for your health and can help protect against heart disease and cancer too.

Increasingly we are eating out and customers are demanding healthier options. We think food businesses can cash in on this increasing market by having more choices on offer. Be ahead of the curve and make a name for yourself by joining the HCC scheme and giving your customers that choice. It's super easy and free!

## How can you achieve it?

If you're interested in joining, you need a 4 or 5 Food Hygiene Rating Score. If you have this, contact [livia@gcda.org.uk](mailto:livia@gcda.org.uk) and she will visit you and support you to make the changes in order to comply. These could include:

- Changing the oil you cook with to a healthier alternative
- Heating oil to correct temperature and regularly replacing used cooking oil with fresh cooking oil. This can help chips, and other fried foods soak up less fat during the cooking process
- Offering some healthy options (for example, lower sugar drinks and snacks), and making smaller portions available on request or as the norm – 'super-sizing' to attract customers needs to become a thing of the past
- Promoting attractive, healthier options to your customers to help them choose and enjoy a healthier diet

If your business makes improvements to hygiene standards and you want a new food hygiene rating, you can request a re-rating inspection to be carried out for a fee. [Here is the link](#) to apply for a reinspection or go to [www.royalgreenwich.gov.uk](http://www.royalgreenwich.gov.uk) and search 'disagree food hygiene'.

## Links for further advice and guidance

See Healthy Eating Guidelines for Caterers on page 22.

Visit [www.food.gov.uk](http://www.food.gov.uk) and search for 'Healthier catering guidance for different types of businesses'

Visit [www.nhs.uk](http://www.nhs.uk) and search 'Eat Well'

# BEING SUGAR SMART

## What's it all about?

So much of the food marketed to us is ridiculously high in sugar and it is bad for our health! It is contributing to high rates of tooth decay, obesity and Type 2 Diabetes. About two thirds of adults are either overweight or obese, but even more worryingly, more than a quarter of children are carrying too much weight meaning their long-term health is severely at risk. On average, kids are eating three times the recommended amount of sugar, most of it from things like fizzy drinks, breakfast cereals and confectionary. Sugar Smart Greenwich is a pledge campaign for local businesses to join, to help raise awareness of the health impact of high levels of sugar in foods and drinks and take action to reduce sugar intake. Again, food businesses have a vital role to play.



[www.goodfoodingreenwich.org/sugar-smart/make-your-food-business-sugar-smart/](http://www.goodfoodingreenwich.org/sugar-smart/make-your-food-business-sugar-smart/)

- Display information on the sugar content of drinks at point of sale
- Remove all adverts for products high in sugar, salt and fat, wherever possible
- Run promotions on healthier food and drink options
- If applicable remove unhealthy vending from your premises, or work with vending suppliers to ensure healthier produce is sold
- Work towards Healthy Eating Guidelines for Caterers on page 22.
- Work with suppliers and to get them to sign the declaration themselves

To sign up, just visit:

[www.goodfoodingreenwich.org/sugar-smart](http://www.goodfoodingreenwich.org/sugar-smart) or contact [sugar-smart@royalgreenwich.gov.uk](mailto:sugar-smart@royalgreenwich.gov.uk) for more support.

## How can you achieve it?

Taking action doesn't need to cost you anything and there are many ways to become Sugar Smart:

- Reducing the amount of fizzy and high sugar drinks you sell and offering healthier options
- Actively promoting free drinking water, e.g. become a Refill location – see Action on Refill
- Increasing the price of fizzy and high sugar drinks
- Deliver workshops/displays on sugar content in drinks for staff or customers- we have resources you can use:

## Links for further information

[www.sugarsmartuk.org](http://www.sugarsmartuk.org)



# INCREASING FRUIT AND VEGETABLES ON YOUR MENUS AND USING MORE SEASONAL PRODUCE

## What's it all about?

Eating enough fruit and veg is essential for our health and wellbeing; they provide us with vital vitamins and minerals to function at our best – we probably all know that. But very few of us eat the recommended 5 portions a day (a portion is roughly the amount that fits in the palm of your hand). In fact, 80% of us don't eat enough and this is having a huge impact on the health of the nation.

But that's not all! You may have noticed (or heard about) a rise in the number of people reducing their meat and wanting to eat more veg-based dishes – flexitarians, meat-reducers, demitarians... call them what you will, this increasing customer base is willing to experiment and spend money on good, exciting and delicious veg-based meals. Don't miss out!



## How can you achieve it?

We think there are some great opportunities to increase fruit and veg on the menus, but we also know this can't cost you more. Our tips for keeping costs down are:

- Buy seasonal – it's cheaper and more nutritious. Foster a good relationship with your supplier so they let you know when prices fluctuate. Our seasonal buying poster is available on request
- Keep your menu flexible – always use terms like 'seasonal' or 'market sourced'. This means you can substitute other varieties in when prices go up
- Try to source locally if you can or find a supplier that will sell you 'wonky' veg that the supermarkets don't want
- If you're cooking it – soups, sauces etc – buy 2nd class produce – it's riper and more flavoursome anyway
- Use tinned, frozen and dried. These all count towards our 5 a day, but don't perish and are



more affordable – especially during the ‘hungry gap’. Just always make sure you buy fruit in juice not syrup

#### Tips for your menus as follows:

- Have a meat-free day
- Bulk up stews, soups and sauces with extra veg if you can
- Use fruit and veg in cakes to add sweetness
- Make the veg the star – some of the top chefs are now featuring the veg as the star of the meal – see links below for ideas
- Train your staff – GCDA runs Culinary Skills training that covers plant-based menus with exciting ideas and tips on how to increase veg in your menu. Call 020 8269 4880 for more information or email [training@gcda.org.uk](mailto:training@gcda.org.uk)

#### Further information

Check out these celebrity chefs’ websites for some great menu ideas:

Alexis Gauthier [www.gauthiersoho.co.uk](http://www.gauthiersoho.co.uk)

Gordon Ramsay [www.gordonramsayrestaurants.com](http://www.gordonramsayrestaurants.com)

Jason Atherton [www.pollenstreetsocial.com](http://www.pollenstreetsocial.com)

And these websites for recipes:

Vegetarian Society [www.vegsoc.org/recipes](http://www.vegsoc.org/recipes)

Bosh [www.bosh.tv](http://www.bosh.tv)

Jamie Oliver’s Vegan [www.jamieoliver.com/recipes/category/special-diets/vegan/](http://www.jamieoliver.com/recipes/category/special-diets/vegan/)

Chocolate Covered Katie  
[www.chocolatecoveredkatie.com/](http://www.chocolatecoveredkatie.com/)

It doesn’t taste like Chicken  
[www.itdoesnttastelikechicken.com/recipes/](http://www.itdoesnttastelikechicken.com/recipes/)



# REDUCING MEAT AND DAIRY IN YOUR MENUS

## What's it all about?

There's no denying that the impact of meat and dairy on our planet and our health is huge. Vast swathes of virgin rainforests are being cleared to grow food to feed to animals; millions of litres of water are needed; astronomical amounts of agricultural waste are generated, polluting rivers and air; belching cows and sheep emit potent greenhouse gases that are contributing to global warming; precious topsoil is being eroded which means fewer nutrients in our food, not to mention the impact on our health. Meat and dairy can be high in saturated fats which contribute towards heart disease and stroke, and the World Health Organisation has directly linked consumption of cured meats with increased risk of cancer.

This information is out there, and the public is waking up. The rise of the 'meat reducer', or 'flexitarian' has been widely reported with a 25% rise in dairy-free sales and meat-free ready meals fueling an extra £41.9 million spend.

Having decent vegetarian meals on your menu makes business sense for all the reasons above, but also because they are the most expensive items you'll buy, so it makes pure financial sense too.

## How can you achieve it?

For vegetarian ideas see the action above.

However, we know that you may still want to have meat and dairy on your menus, so here are some tips on how to do so in a more sustainable way:

- Look for the logo – the best and most sustainable meat comes from animals that have been reared humanely and without intensive farming methods. Choose Free Range, Organic and RSPC Freedom Food for higher welfare animals
- Buy locally. Find a farmer or butcher who you can talk to and ask them where the meat is from and how it has been raised
- Use cheaper cuts of higher welfare meat – they might need cooking for longer though or in a



different way

- Use the whole animal! Invest in going on a training course to find out how to use the whole carcass
- Use bones and offal to flavor stews and stocks
- Trim fat off meat and poultry before cooking
- Avoid frying – roast or grill instead
- If using meat, put in a composite dish e.g. risotto, stews, pies – this way you can shred it, or cut it up small and use less of it
- Do you know where other local restaurants and food businesses are buying their ingredients from? Explore clubbing together, to make buying higher-welfare meat and dairy more accessible, (for example by helping you to meet minimum order volumes) and possibly reduce delivery costs too)
- Investigate the many local livestock farms selling at farmers' markets in London: [www.lfm.org.uk](http://www.lfm.org.uk) and around the country: [www.farma.org.uk](http://www.farma.org.uk)

- Don't add dairy to soups
- Don't automatically add butter to sandwiches – give people a choice
- Try substituting cream or mayo with low-fat natural yoghurt
- Grate cheese so it goes further
- Use a stronger flavour cheese and less of it
- Add mustard to cheese sauce to bring out the flavour (just remember to label it as an allergen)
- Don't forget fish! Always buy Marine Stewardship Certified (MSC) fish and only ever sell fish off their 'ok to eat' list or download the app here [www.mcsuk.org/goodfishguide/app](http://www.mcsuk.org/goodfishguide/app)

#### Further reading

Meat Free Mondays [www.meatfreemondays.com](http://www.meatfreemondays.com)

Marine Stewardship Council [www.msc.org](http://www.msc.org)

Marine Conservation Society [www.mcsuk.org](http://www.mcsuk.org)

Seasonal Poster [www.goodfoodingreenwich.org/app/uploads/2014/12/Whats-in-season.pdf](http://www.goodfoodingreenwich.org/app/uploads/2014/12/Whats-in-season.pdf)



# USING FAIRTRADE PRODUCTS



## What's it all about?

There are so many producers in countries all over the world that are not getting a fair price for their products, or children working on farms and in fields.

Fairtrade is about better prices, decent working conditions, no child labour, fair terms of trade and a guarantee that the price paid for food will never fall lower than the market price. On top of the minimum price, farmers receive the Fairtrade premium to invest in their communities and businesses. The standards also require farmers to protect the environment and farm in a sustainable way – what's not to love!

Increasingly customers want Fairtrade choices; the logo is one of the most recognized logos around, so providing these products is a real marketing tool, as well as giving you the satisfaction that it's the right thing to do.

## How can you achieve it?

There are loads of Fairtrade products on the shelves these days from coffee, tea and sugar through to fruit, rice, dried fruit, chocolate, wine, herbs and spices and more. There's plenty to choose from and there isn't usually a huge price difference. Here's some ideas of what you can do:



- Research the products – go online and search Fairtrade Foundation’s Retail Products to find out what’s available, then consider your supply chain and menu – what could you buy that’s Fairtrade?
- Talk to your suppliers and ask them to stock the products you want – or find new ones! You have the power to make positive change. There are some great wholesalers that specialise in Fairtrade products, such as Infinity Foods, Suma or Essential Trading, or direct from a Fairtrade company such as Cafédirect or Divine Chocolate
- Promote what you do! Every February sees Fairtrade Fortnight with loads of opportunities to get involved – the Fairtrade Foundation has resources and marketing material you can use
- Add a Fairtrade signature dish to your menu
- Consider an Alternative Trading Organisation – they embrace the Fairtrade principles but choose not to go through the accreditation process and can be found through the British Association for Fair Trade Shops (BAFTS)
- Buy more certified Fairtrade products. The range is growing all the time and, alongside the familiar tea, coffee, sugar, bananas and chocolate, now includes rice, spices, wine, spirits and on products such as aprons and tea towels. See: [www.fairtrade.org.uk/products](http://www.fairtrade.org.uk/products)
- Do you know where other local restaurants or cafés are buying their ingredients from?



Explore clubbing together with fellow businesses, to improve access to produce (by meeting minimum order requirements, for example), whilst reducing deliveries (and possibly delivery costs) too

- Find Fairtrade suppliers local to you by using Sustain’s Local Food Finder (if you’re in London) and other online directories. See: [www.sustainweb.org/foodlegacy/local\\_and\\_sustainable\\_food\\_directories](http://www.sustainweb.org/foodlegacy/local_and_sustainable_food_directories)
- Trade fairly yourself, by committing to prompt payment for all suppliers.

#### Quick link

- Fairtrade [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

# BEING A REFILL LONDON LOCATION



## What's it all about?

Did you know the average Londoner uses 175 single-use plastic bottles a year – and only half of them get recycled! This contributes to more than 15 million bottles littered, landfilled or incinerated every year not to mention all the resources that went into making the bottle in the first place. Plastic bottles comprise one third of all plastic pollution in the sea and there are now over 159 plastic bottles for every mile of beach in the UK. Refill is a campaign to disrupt the social norm that we need to buy bottled water, and to make it normal and easy for people to carry a reusable bottle and refill it for free when out and about. The objective is to stop millions of plastic bottles at source and prevent plastic pollution by making reusing a bottle simpler than buying a new one.

## How can you achieve it?

This is the easiest one to achieve of all! All you need to do to join the 'Refill Revolution' is visit

the Refill website – [www.refill.org.uk](http://www.refill.org.uk) and click on 'Add a Station' from the top bar. Just fill in the information and then you will appear on their map, so anyone looking to refill their water bottle in the area will find you. This means you may even find new customers to your business!

Alternatively download the app and tap 'Refill' to then Add a Refill Station.

You will receive a window sticker to display with pride to show your commitment to helping reduce single-use plastics and to act as a 'welcome' to people who may be unsure or afraid to ask for a free water refill.

This is win win! It won't cost you anything and shows you're a business who cares. And who knows, you may find a whole new customer base to support you!

## Quick link

Refill London [www.refill.org.uk/refill-london/](http://www.refill.org.uk/refill-london/)

# BE BREASTFEEDING FRIENDLY

## What's it all about?

Breastmilk provides all the nutrition a baby needs for around their first six months of life, and it is also important beyond six months. It helps to protect babies from infections and other diseases, and also protects mothers against some forms of cancer. It is free, convenient and does not require preparation time like formula does.

But many women feel uncomfortable breastfeeding in public places and this can mean they choose not to breastfeed or that they stop breastfeeding before they want to. The Royal Borough of Greenwich are running the Breastfeeding Friendly scheme to get more businesses to provide a safe and welcoming place for mothers who want to breastfeed their baby when they are out and about in Greenwich. Getting involved means you'll be providing a comfortable place for women to feed their babies, but you will also be helping to educate the wider community about the benefits of breastfeeding and how it is every woman's right to be able to breastfeed in public. This will give another boost to your reputation by raising your profile amongst the growing population of breastfeeding mothers in the borough, encouraging visits to your business at what would have been previously quiet times. Your



business will also be promoted on their website [www.livewellgreenwich.org.uk/bfg](http://www.livewellgreenwich.org.uk/bfg)

## How can you achieve it?

Super easy and free! You can contact [breast.feeding@royalgreenwich.gov.uk](mailto:breast.feeding@royalgreenwich.gov.uk) who can come and visit you and help you sign-up, or one of the GFIG team can help. Essentially you are being asked to commit to the following:

- Breastfeeding is acceptable in all areas of your premises that are open to the general public and you will welcome and encourage breastfeeding mothers.
- A mother who is breastfeeding in your premises will not be asked to move or to stop feeding.
- All areas available for breastfeeding will offer an acceptable standard of cleanliness and hygiene.
- All staff will be made aware that your premises is a member of the Scheme and are supportive of the needs of breastfeeding mothers.
- If a member of the public complains about breastfeeding your staff will always support the breastfeeding mother.
- The Scheme's sticker will be displayed to let parents know that they are welcome and other customers and visitors know that babies may be breastfed there.

What's to lose?

# USING RECYCLED/ RECYCLABLE OR COMPOSTABLE PACKAGING



## What's it all about?

Packaging is a real issue. On the one hand it is necessary to help protect food and keep it safe, but on the other, it is often made out of dreaded plastic, is only single use and cannot be recycled, therefore ending up in landfill, or worse - in our rivers and seas.

Reducing waste to landfill has to be a priority, but many businesses find it challenging particularly if food is for take-away.

Street food traders have a particular challenge here as they need to give their food away in something the customer can eat from easily, but many food businesses will offer takeaways or doggy bags.

## How can you achieve it?

There are loads of great options out there that are great alternatives to things like polystyrene burger boxes. Think about where the waste will end up and decide on the best option. For example, you can buy compostable packaging, but if it doesn't get put in a food waste bin then it will just release

greenhouse gases in landfill. Maybe think about recycled and recyclable packaging. People are more used to recycling than composting so this might be better bet. Also, if you buy recycled then at least fewer new resources have been used to create it.

So, when you're buying, always look for:

Made from recycled materials

100% recyclable

100% compostable

Consider:

- Buying in bulk with another business to make the most of deals and reduce delivery charges
- Talking to suppliers about their practises and ask them to reduce the amount of packaging they use
- You do need to shop around and make sure you're getting a good deal. Granted, some of these products can cost more, but the impact of packaging on the planet is huge and we all have a responsibility to do something about it.



# REDUCING, REUSING AND RECYCLING WASTE



## What's it all about?

Your food business is capable of generating a phenomenal amount of food and non-food waste. This can lead to landfill pile-ups, water pollution and contribute to the generation of greenhouse gases. The impact is huge, and the catering industry has a significant part to play. According to WRAP the UK Hospitality & Food Service generates 2.87 million tonnes of waste each year of which only 46% is recycled; roughly 1.9 million tonnes of food is wasted by the food industry every year.

Not only are all of the resources that went into creating this waste wasted - land, water, labour, energy, manufacturing, packaging- but when things are wasted and not recycled, they go to landfill, or end up in our rivers and seas. And food waste creates methane, which is 23 times more deadly than carbon dioxide. And on top of that, waste costs the industry £2.5 billion per year! This is literally throwing money in the bin. Reducing, reusing and recycling just makes economic sense.

As with all the actions on this charter, once you start doing something, you can shout about it to your customers. People want to know their favourite eatery is taking action on these important issues, so cash in on the movement!

## How can you achieve it?

The most effective thing you can do to manage your waste is to reduce the amount you produce- you can't change what you don't measure! Try to monitor and record all the waste produced in a week

- Get a few extra bins to separate food waste, glass, cans, paper and plastics



- At the end of the week note where the waste is going and how much each stream costs per week and per year

### Ideas for action:

- Reduce glass waste by buying house wine in large dispensers and serving in carafes
- Only serve tap water in reusable bottles
- Talk to your suppliers about packaging and how it can be reduced
- Buy more in bulk if you can, to reduce packaging waste – maybe you could team up with another local business to do this

### Reducing food waste – a sure fire way to save money:

- Have a flexible menu with ‘catch-all’ titles such as ‘seasonal veg’ or ‘market choice’. This means you can use what you’ve got and don’t have to order specific food that may go to waste
- Use leftovers from daily meals to create a surprise menu for the next day
- Use every part of everything! Use all the animal carcass, use veg peelings and scraps for stocks
- Keep an eye on portion control – what are customers leaving on their plates?
- Offer vegetables, salad and fries as an extra that they can choose
- Have smaller portions on offer
- Make sure food is stored and labelled correctly, and your fridge and freezer temperatures are set correctly – food spoilage is one of the main reasons for wasting food
- Keep stock inventory and rotate stock to avoid spoilage

- Donate leftovers to charities or put it on Too Good to Go
- Encourage customers to take home leftovers
- Train your employees and explain to them why it is so important
- Train your staff in good knife skills – essential for saving time & money. GCDA run knife skills training – call **020 8269 4880** for more information

### Further information

- WRAP Action Plan to reduce waste: [www.wrap.org.uk/sites/files/wrap/Restaurants.pdf](http://www.wrap.org.uk/sites/files/wrap/Restaurants.pdf)
- Tips on reducing waste: [www.highspeedtraining.co.uk/hub/restaurant-food-waste/](http://www.highspeedtraining.co.uk/hub/restaurant-food-waste/)
- Love Food Hate Waste – a great resource for recipes and tips on how to store food: [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)
- Guardians of Grub: [www.guardiansofgrub.com](http://www.guardiansofgrub.com)

See information on page 18 for food sharing platforms.





- Volunteer your and your staff's time – encourage everyone to get involved in a local project – contact Volunteer Centre Greenwich for information on volunteering opportunities
- Donate left over food – you can do this through apps such as Olio, Neighbourly, Plan Zheroes and Too Good to Go – see links at the end of this section
- Offer your space to local groups – do you have space that community groups could use to hold meetings? Are you shut in the evenings or other times that community groups could use to host events? These arrangements are very common and Good Food in Greenwich can help you set it up so you're safe and sound
- Get growing! Another win win for a food business – you can grow high value produce such as herbs and salad leaves whilst being part of the community. GCDAs supports 5 growing sites in the borough and can help you set up your own. Contact [kevin@gcda.org.uk](mailto:kevin@gcda.org.uk) for more information
- Team up with a local charity to help them raise money by holding events. Or team up with an organisation like StreetSmart or Action Against Hunger to raise money to feed those less fortunate
- Raise awareness – you have great access to people and can use this influence to help raise awareness of issues such as climate change, Fairtrade, healthy eating, reducing plastic etc – all things you're possibly doing already! Talk to Good Food in Greenwich to find out more
- Share skills – could you offer your chef or waiter time to support schools or colleges? Local schools are often looking for ways to get their students some external input and again, this is a great way to build and diversify your customer base
- Win an award! The Greenwich Business Awards happens every year so nominate yourself and shout about all the great work you're doing!

### Further information

Healthy Workplace Charter- [www.london.gov.uk/what-we-do/health/london-healthy-workplace-award](http://www.london.gov.uk/what-we-do/health/london-healthy-workplace-award)

Olio- [www.olioex.com](http://www.olioex.com)

Plan Zheroes: [www.planzheroes.org/#!](http://www.planzheroes.org/#!)

Neighbourly: [www.neighbourly.com](http://www.neighbourly.com)

Too Good to Go: [www.toogoodtogo.co.uk](http://www.toogoodtogo.co.uk)

Street Smart: [www.streetsmart.org.uk](http://www.streetsmart.org.uk)

Action Against Hunger: [www.actionagainsthunger.org.uk/lovefoodgivefood](http://www.actionagainsthunger.org.uk/lovefoodgivefood)



# STAR BUSINESSES! BEING A LONDON LIVING WAGE EMPLOYER



## What's it all about?

We've all heard of the 'just about managing' right? These are the people who are in work but still struggling to make ends meet – to pay the rent, to heat the house, to put food on the table. Many of these people are visiting food banks or turning to high interest loans to make ends meet. This is because, although they are in work, their wages do not cover basic needs.

The Living Wage Foundation campaigns for people to be paid a fair day's pay for a hard day's work – a wage that means they can afford the things they need. Currently (2019) the Living Wage is £10.75 (going up each year) and is calculated on actual living costs.

We feel it is important for businesses to pay their employees a decent wage so they don't have to resort to food banks, or sitting in cold houses, or borrowing at extortionate rates. It can also have real benefits to employers. Surveys from the Living Wage Foundation show 96% of Living Wage employers reported a benefit since

becoming accredited. Benefits include improved reputation, increased motivation and retention amongst employees, improved relations between management and staff, and has helped them stand out in their industry.

## How can you achieve it?

OK, so we know this action will cost more, and we know many small businesses will really struggle to pay more than the National Living Wage – the legal government minimum wage. However, maybe this is something you could think about bringing in over time? If you are a caterer, can you price your food to include a higher wage for your staff?

Would you consider reducing your net profit to increase wages?

GCDA offers business support and can work with you to look at budget projections and costings to see if this is a possibility in the future.

Call [020 8269 4880](tel:02082694880) to find out more.

We know it's not easy, but if there's anything you can do to increase wages so people have enough to live properly this is a fantastic step to being a star Good Food in Greenwich business.

### Further business support

#### GCDA

GCDA offers free business support for residents or businesses registered in Greenwich & Lewisham and at competitive rates in other boroughs. We can help you work through your business plan including financials, legal structures, marketing and promotion, suppliers, production systems and more.

Call [020 8269 4880](tel:02082694880) to find out more.

#### South East Enterprise

South East Enterprise is one of the leading enterprise agencies in London providing a range of business services for start-ups and established businesses. All their advisers have run their own business which means you get real world expertise and support from someone that has 'been there and done that too'. [www.seenterprise.co.uk](http://www.seenterprise.co.uk)

#### Start-ups in London Libraries

The Start-ups in London Libraries programme is designed to help aspiring entrepreneurs from all walks of life to turn their business idea into a reality: through their network of 10 London borough libraries, they deliver grass roots business support on your doorstep. The programme will give you the insight and support to start and grow your business and once completed, you will be awarded a personalised Start-ups in London Libraries certificate.

For more information visit: [www.bl.uk/business-and-ip-centre/start-ups-in-london-libraries](http://www.bl.uk/business-and-ip-centre/start-ups-in-london-libraries)

#### New Enterprise Allowance scheme

The New Enterprise Allowance (NEA) is a scheme designed to help the long-term unemployed back to work by helping them set up their own business. If you've got a feasible business plan, you might be entitled to a weekly allowance worth up to £1,274 over 26 weeks. [www.gov.uk/moving-from-benefits-to-work/starting-your-own-business](http://www.gov.uk/moving-from-benefits-to-work/starting-your-own-business)

#### London Business Support

London Small Business Centre is one of the leading enterprise agencies in the capital providing funding, workspaces, training and face-to-face advice and mentoring to aspiring and thriving entrepreneurs.

[www.nwes.org.uk/london-small-business](http://www.nwes.org.uk/london-small-business)

# HEALTHY EATING GUIDELINES FOR CATERERS



This guidance has been written to support caterers in providing healthy, sustainable menus. It forms part of Good Food in Greenwich (GoodFiG) and supports caterers to comply with the GoodFiG Charter. For more information on Good Food in Greenwich, please go to:

[www.goodfoodingreenwich.org](http://www.goodfoodingreenwich.org)

The Guidelines follow the basic principles of healthy eating, as illustrated in The Eatwell Guide. [www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)

## General

- ✓ Label all food so people know what it contains

## Savoury food

- ✓ Include plenty of vegetables and/or salad
- ✓ Offer wholegrain choices e.g. wholemeal bread
- ✓ Provide a fish option where possible (not fried or in a rich sauce)
- ✓ Provide at least two vegetarian and vegan options
- ✗ Cut down the use of fat when preparing food e.g. cooking oil, spreads and mayonnaise in sandwiches

- ✗ Avoid deep fried foods such as samosas and spring rolls
- ✗ Limit the amount of salt added to food

## Sweet food

- ✓ Provide a selection of fresh fruit
- ✗ Limit the amount of sugar and fat used e.g. by using low fat and sugar free dairy products
- ✗ If biscuits are requested to accompany coffee/tea, provide plain biscuits and always offer a healthy alternative such as fruit

## The eatwell guide ([www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx))

This is the model we use to promote healthy eating in the UK. It can be used by individuals, households and caterers to guide healthier menu planning.

Plenty of fruit and vegetables and starchy foods should be included in the menu provided.

Moderate amounts of food should be offered from the dairy & alternatives and beans, pulses, fish, eggs, meat and other proteins food groups, with the emphasis on lower fat options. Overall fat, salt and sugar content of the foods on offer should be kept to a minimum.

### Fruit and vegetables

People in the UK are advised to eat at least five different portions of fruit and vegetables a day (one portion = 80g/3ozs). Fresh, frozen, canned (in natural juice if fruit and no added salt and sugar if vegetable), dried and juiced fruits and vegetables can all be used when preparing dishes to ensure customers get the variety required. With salads, offer the dressing separately so the customer can decide whether to use it. When preparing vegetables, avoid cooking methods that use a lot of fat and opt for healthier methods such as steaming. Unembellished fresh fruits should be offered as a dessert.



sugar yoghurt or cheeses such as Brie, Camembert, Edam or cottage cheese. If using higher fat cheeses use those with a stronger flavour e.g. extra mature Cheddar, so that less is required to add flavour.

### Breads, rice, potatoes, pasta and other starchy foods

Offer plenty of foods from this group, preferably wholegrain varieties of cereals as they are rich in fibre, vitamins and minerals as well as starch which provides the most important source of energy in the diet. Try to avoid excessive use of fat during preparation e.g. deep frying potatoes, lots of oil in pasta dishes, adding butter to sandwiches or baked potatoes and using lots of mayonnaise in sandwich fillings. Where possible provide butter separately and let the customer decide whether to use it.

### Dairy and alternatives

Use lower fat and sugar versions where possible e.g. skimmed or semi-skimmed milk, reduced fat &

### Beans, pulses, fish, eggs, meat and other proteins

Be more creative with vegetarian options that include nuts, seeds and pulses such as beans, chickpeas and lentils. Eggs are also part of this food group. Offer more fish whenever possible as healthy eating guidelines indicate we should be eating fish more often, including oily fish once a week. Cut down on fat by ensuring you choose leaner cuts of meat, removing skin from chicken before cooking and using healthier cooking methods (roasting, baking, grilling and poaching). Aiming for more meat free menu options is a way to saving money whilst also supporting sustainability and health.



### **Foods and drinks high in fat and/or sugar**

Various methods to cut down on fat have been included above. Additional advice is to use unsaturated or reduced fat spreads in sandwiches (and only when required, some fillings do not need spread).

Ensure fresh fruit (platter, kebabs, salad) is part of the menu for dessert, snack and break-time options. Natural, low fat unsweetened yoghurt is a good alternative to custard, cream and ice-cream.

Water and fresh fruit juice should be available.

### **Salt**

Cut down on salt added to food and use lots of alternative flavourings e.g. herbs/spices/lemon juice. You could offer salt separately so the customer can decide whether to add more.

For more information on these go to:

[www.goodfoodingreenwich.org/what-can-i-do-business-or-organisation/](http://www.goodfoodingreenwich.org/what-can-i-do-business-or-organisation/)

If you would like any support in achieving any of the above aims, please email [goodfig@gcda.org.uk](mailto:goodfig@gcda.org.uk) or call 020 8269 4880.







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[www.gcda.coop](http://www.gcda.coop)



