

# Healthier Catering Commitment for London Application Form & Assessment Criteria

Royal Borough of Greenwich

**Thank you for applying for the Healthier Catering Commitment.**

**This form will take you through the registration and assessment criteria in sections.**

**You will need the following details to be able to complete this form and allow 30 minutes:**

Business contact details, electronic copy or clear readable photos of your menu boards, a photo of your oil containers, any evidence you think will be helpful for meeting the criteria.

**To qualify for the Healthier Catering Commitment you must:**

**- meet at least 8 criteria from this form**

**- four **\*\*ESSENTIAL\*\*** criteria that have to be met by all business (highlighted on the form) and at least four other criteria**

- seven **\*\*ESSENTIAL\*\*** criteria have to be met by businesses that deep fat fry and at least one other criteria

If you require extra support or guidance, please contact the assessment coordinator at: [ollie@gcda.org.uk](mailto:ollie@gcda.org.uk)

## Contact Details

**Contact Name (this should be the person who manages the day to day running of the business):**

First Name      Last Name

**Contact telephone number:**

Please enter a valid phone number.

**Contact Email:**

example@example.com

**Type of application:**

New

Renewal

## Business Details

### Business Name:

### Type of food business:

restaurant

cafe

fish and chip

takeaway, other than fish and chip

sandwich shop

### What is your Food Hygiene Rating?

(Only businesses with a rating of 4 or 5 are eligible for HCC accreditation)

### What date did you achieve this rating?



Day Month Year

### Are you signed up to Sugar Smart?

Yes

No

I would like more information

### Name of business owner (if different from contact)

First Name

Last Name

### Business Address:

Street Address

Street Address Line 2

## Cooking and Preparation

**1. Do you remove visible fat from meat before cooking, skim fat from minced meat dishes (or a lean mince is used) and remove skin from poultry**

Yes No Not  
Applicable

Visible fat is removed from meat before cooking (e.g. fat is trimmed from bacon)

Skin is removed from poultry

Fat is skimmed from inced meat dishes or lean mince is used (e.g. less than 10%)

**2. Wherever possible do you use an alternative cooking method to frying? (e.g. sausages, bacon burgers, chicken, fish, samosas, etc.)**

Yes No Not Applicable

Grilled

Baked

Poached

Steamed

## Information about fats and oils

A polyunsaturated or monounsaturated fat or oil is used when shallow frying or basting 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 (manufactured into solid fats) such as AVR60, Prep Ultra are not used. Levels of saturated fat need to be 15g per 100g or less.

**3. \*\*ESSENTIAL\*\* - Which oils or fats do you use for frying ?**

Solid fats that are solid at room temperature such as lard, palm oil, ghee

Manufactured long life fats that are solid at room temperature such as Prep Ultra, AVR60, Etc

Fats which are liquid at room temperature such as rapeseed oil, soya oil, vegetable oil

**If not applicable, please explain:**

**4. Which oil do you use for other food preparation? (e.g. marinating or dressings) A vegetable cooking oil such as:**

Rapeseed

Olive

Soya

**Do you use a deep fat fryer to cook food? \***

Yes - you will be taken to Question 5

No - you will be taken to Question 9

## Deep Fat Frying

5. **\*\*ESSENTIAL\*\*** - Do you cook 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, in oil with a temperature JUST BELOW 175°C, and thermostat is in working condition (check the manufacturer's instructions for the correct use of your specific fryer).

Yes

No

**\*\*ESSENTIAL\*\*** - Do you cook other food products cooked in deep fat fryers in oil heated to the optimum temperature, 175°C and 190°C and your thermostat is in working condition (check the manufacturer's instructions for the correct use of your specific fryer).

Yes

No

6. **\*\*ESSENTIAL\*\*** - Do you drain excess fat from the food before serving – Shake, Tap, Hang! (Shake and tap the basket vigorously twice and hang for at least 20 seconds).

Yes

No

7. **\*\*ESSENTIAL\*\*** - Is the oil properly maintained?

Yes      No

The fryer is regularly skimmed throughout service

The oil is topped up after every session

**\*\*ESSENTIAL\*\***- Is the oil?

Daily

Two-three times weekly

Weekly

Other

Filtered

Changed

8. Chips are thick cut, not skinny (as a guide pre-cut chips from a supplier that are 13mm or greater are considered "thick"). If you are unsure, you can find measurements on frozen chip packet.

Yes

No

# Milk, Spreads, Dressings and Sandwich Fillings

FOOD			
NUTRIENT Per 100g	LESS	MORE THAN & LESS THAN	MORE THAN
Fat	3g or less	3g - 17.5g	17.5g or more
Saturates	1.5g or less	1.5g - 5g	5g or more

Red means the product is high in a nutrient (e.g. fat, sugar or salt) and you should try to cut down, use less often or eat in smaller amounts. Amber means medium. If a food contains mostly amber, you can eat it most of the time. Green means low. The more green the food is, the healthier the food choice is.

**9. Do you use semi skimmed (green top) or skimmed (red top) dairy milk for drinks.**

- Yes
- No

**10. Do you make lower fat spreads, mayonnaise and dressings available? Do customers have the option to add their own dressings, mayonnaise and spreads?**

- Yes
- No
- Not applicable

**11. If you serve sandwiches, are at least two lower fat fillings available? (e.g. tuna or chicken without mayonnaise).**

- Yes
- No
- Not Applicable

Low fat options available

This is shown on the menu

## Salt

**12. \*\*ESSENTIAL\*\* - Where salt is added after cooking/preparation, do you allow customers add their own salt?**

Yes

No

Not applicable - please explain below

**13. Do you add salt to the water used for cooking vegetables, rice or pasta?**

Yes

No

Not applicable - please explain below

**14. Sachets or salt shakers with fewer holes are available.**

Yes

No

Not applicable

**Do you store salt is in a central location, or behind the counter on mobile units? (rather than on individual tables or on the mobile counter).**

- Yes
- No
- Not applicable

FOOD			
NUTRIENT Per 100g	LESS	MORE THAN & LESS THAN	MORE THAN
Salt	0.3g or less	0.3g - 1.5g	1.5g or more

Red means the product is high in a nutrient (e.g. fat, sugar or salt) and you should try to cut down, use less often or eat in smaller amounts. Amber means medium. If a food contains mostly amber, you can eat it most of the time. Green means low. The more green the food is, the healthier the food choice is.

**15. Are lower salt alternatives available for customers (such as tomato sauce, BBQ sauce) and used in cooking (such as reduced salt soy, curry, gravy and stock)? Levels of salt below 1.5g per 100g (or 0.6g sodium) would be acceptable.**

- Yes
- No
- Not applicable

# Sugar

DRINK			
NUTRIENT Per 100ml	LESS	MORE THAN & LESS THAN	MORE THAN
Sugar	2.5g or less	2.5g - 11.25g	11.25g or more

Red means the product is high in a nutrient (e.g. fat, sugar or salt) and you should try to cut down, use less often or eat in smaller amounts. Amber means medium. If a food contains mostly amber, you can eat it most of the time. Green means low. The more green the food is, the healthier the food choice is.

## 16. **\*\*ESSENTIAL\*\*** - Do you display reduced sugar/diet drinks (2.5g or less Sugar per 100g) and water more prominently than full sugar soft drinks and/or energy drinks? (By prominent we mean at eye level, above full sugar drinks)

- Yes
- No
- Not applicable

FOOD			
NUTRIENT Per 100g	LESS	MORE THAN & LESS THAN	MORE THAN
Sugar	5.0g or less	5.0g - 22.5g	22.5g or more

Red means the product is high in a nutrient (e.g. fat, sugar or salt) and you should try to cut down, use less often or eat in smaller amounts. Amber means medium. If a food contains mostly amber, you can eat it most of the time. Green means low. The more green the food is, the healthier the food choice is.

## 17. Are lower sugar snacks (5.0g or less sugar per 100g) available as an alternative to biscuits or chocolate, cakes, puddings etc? (e.g. fruit, dried fruit, unsalted nuts or seeds, plain popcorn, oat biscuits).

- Yes
- No
- Not applicable

## 18. Drinking/tap water is always available.

- Yes
- No
- Not applicable (e.g. market stall)

## Fruit and Vegetables

**19. Is a portion (80g) of vegetables or salad always available as an accompaniment (e.g. peas, corn, mixed salad but NOT potatoes)? A portion is roughly the amount that fits in the palm of an adult hand.**

Yes

No

Not applicable

**20. Are fresh fruit, tinned (in juice, not in syrup) or dried fruit always available and prominently displayed or listed on the menu?**

Yes

No

Not applicable

## Carbohydrates

**21. Do you serve a healthier starchy alternative to chips? (e.g. jacket potato, bread, rice, pasta, wraps, couscous etc.).**

Yes

No

Not applicable

**22. Are wholegrain varieties of starchy products available? (e.g. wholemeal, granary or brown bread, pittas, wraps, roti's, whole-wheat pasta, brown or wild rice).**

Yes

No

Not applicable

**Where rice is served, is boiled/steamed rice available as an alternative to pilau or fried rice?**

Yes

No

Not applicable

## Portion Size

23. **\*\*ESSENTIAL\*\*** - Are smaller portions available for children and adults and are they displayed or advertised?

Yes No Not Applicable

1/2 to 1/3 of standard size portion

Small and medium chips

Small and medium sized rolls, wraps or baps, etc

Adults can order from the children's menu

Smaller portions available on demand

FOOD				
NUTRIENT Per 100g	LESS	MORE THAN & LESS THAN		MORE THAN
Fat	3g or less	3g	- 17.5g	17.5g or more
Saturates	1.5g or less	1.5g	- 5g	5g or more
Sugar	5.0g or less	5.0g	- 22.5g	22.5g or more
Salt	0.3g or less	0.3g	- 1.5g	1.5g or more

Red means the product is high in a nutrient (e.g. fat, sugar or salt) and you should try to cut down, use less often or eat in smaller amounts. Amber means medium. If a food contains mostly amber, you can eat it most of the time. Green means low. The more green the food is, the healthier the food choice is.

24. Do you provide a children's menu with a range of healthier options available which are lower in fat, salt and sugar.

Yes

No

Not applicable

## Healthier Option promotion

**25. Do your staff promote healthier eating by providing, for example:**

Yes No

Leaflets and posters

Highlighting healthier options on the menu (e.g. with stickers)

Meal deals showing diet drinks or water in 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

## Declaration

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 will also be removed from the premises.

If there are any major changes to your menu or cooking methods, you will need to let either ollie@gcda.org.uk , 020 8269 4880 or your environmental health officer 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 \*

First Name      Last Name

### Date \*



Day    Month    Year

## Privacy Notice

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 Borough of Lewisham Public Health and Environmental Health Departments, Greenwich Community Development Agency, Association of London Environmental Health Managers and the Greater London Authority 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.

- All personal data held by this scheme will be collected, used and stored securely in line with the General Data Protection Regulation 2018.
- The data will be stored in a way that means that details of individuals cannot be directly identified.

- All information will be treated confidentially.
  
- See more about our privacy notice <https://gcda.coop/privacy-policy/>

**I understand the above and give consent for my data to be held and non-identifiable data to be shared with relevant agencies for purposes of evaluation of Public Health services \***

Yes

**I also give consent for business, and related contact details, collected on this form, to be shared across relevant council and non-council websites promoting the Healthier Catering Commitment scheme and awards \***

Yes