



## Healthier Catering Commitment for London A guide for business

The Healthier Catering Commitment for London is a scheme run by the London Boroughs with support from the Mayor of London that recognises those businesses in London that demonstrate a commitment to reducing the level of saturated fat and salt in the food sold, to offer some healthy options (for example, lower sugar drinks and snacks) and to make smaller portions available on request.

This document contains the terms and conditions for the scheme.

### 1. Introduction

Consumers now view eating out not just as an occasional treat, but as a part of everyday life. Food consumed outside of the home tends to be higher in saturated fats and salt than food eaten at home. A diet high in saturated fats and salt is linked to cardiovascular disease, which is the UK's biggest killer.

As a caterer, you could make a significant contribution to improving your customers' diet and health by making a few simple changes in how you prepare and cook your food. Consumers are becoming more aware of healthy eating, and by signing up to the Healthier Catering Commitment you could increase both your customer satisfaction and your sales, and also save money by using less oil and salt!

Small changes can make a big difference!

There are certain requirements and conditions that have to be met for a business to take part in the scheme.

### 2. Application and assessment

Most catering businesses (with the exception of schools, nurseries, care homes and hospitals that have specific nutritional guidelines) are eligible to take part in the scheme provided that:

- The business is broadly compliant for food hygiene and
- There is no statutory nuisance arising from the business (for example from noise, odour or drainage)

Businesses wishing to take part in the scheme will be assessed either at the same time as the routine food hygiene inspection, or as part of a separate visit carried out by your Food Safety Team (your local authority will tell you which way it is operating the scheme).

You will need to meet a minimum of eight criteria, from a list of 22 that include conditions in relation to the use of fats, oils and salt and the availability of lower sugar drinks and snacks, and fruit and vegetables. There are four compulsory criteria, and for businesses which fry food, a further three. You are obviously encouraged to consider signing up to more than eight criteria and they are wide ranging and varied so you will find something that applies to you!

The assessor may ask for evidence to support particular requirements, this may involve inspecting the kitchen to see the food on offer, the way it is prepared or seeing a copy of the menu.

You will be told whether you have been successful in meeting the requirements of the scheme at the time of the visit. If there are some criteria that have not been met, you will be given feedback with details of areas to improve on and a further visit may be conducted to ensure that these have been dealt with. If you are unhappy with the result of your assessment, you should contact the Food Safety Manager at the local authority.

As a successful business, you will receive a 'Healthier Catering Commitment' door sticker which you may display and your premises will be shown as meeting the standard on websites such as [www.scoresonthedoors.org](http://www.scoresonthedoors.org).

### **3. Conditions and renewal**

Should standards slip in your business (either on the food hygiene to a level below broadly compliant, or in maintaining the healthier catering commitment), then the healthier catering commitment will be withdrawn. Any materials which use the logo including the sticker will be removed from the premises.

You will be reassessed for the Healthier Catering Commitment each time the routine food hygiene inspection is carried out (it is valid for a maximum of two years), although officers may check to ensure it is being maintained at other times when your business is visited.

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. If there is a new owner of the business, they will need to re-apply for the healthier catering commitment as it will no longer be valid.

### **4. The future**

It is very much hoped that you will want to build on your success if you have achieved the necessary standard and look to incorporate some of the other commitments in your business. If you need extra support or advice in doing so, please do not hesitate to contact your assessing officer, who may be able to direct you to a borough nutritionist or dietician who can help with this.

We may, from time to time, add, delete or amend criteria to take account of changing nutritional advice in these areas, and the commitments are intended to develop over time.