



| Healthier Catering Commitment for London | YES | NO | N/A |
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| Assessment Criteria | | | |
| 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. The cooking oil in deep fat fryers is heated to the optimum temperature, normally between 175 and 190°C and the thermostat is in working condition (check the manufacturers instructions for the correct use of your specific fryer). | E* | | |
| 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”). | | | |

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| 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. Sachets or salt shakers with fewer holes are available and salt is stored in a central location (rather than on individual tables). | E | | |
| 13. Salt is not added to the water used for cooking vegetables, rice or pasta. | | | |
| 14. 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 | | | |
| 15. Where soft drinks and/or energy drinks are sold water, reduced sugar/diet drinks (<5% sugar) are available and are more prominently displayed. | E | | |
| 16. 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). | | | |
| 17. Drinking/tap water is always available. | | | |
| FRUIT AND VEGETABLES | | | |
| 18. A portion (80g) of vegetables or salad is always available as an accompaniment (e.g. peas, corn, mixed salad but NOT potatoes). | | | |
| 19. Fresh fruit, tinned (in juice, not in syrup) or dried fruit is always available and is prominently displayed or listed on the menu. | | | |
| CARBOHYDRATES | | | |
| 20. If chips are served, there is always a healthier starchy alternative (e.g. jacket potato, bread, rice, pasta, wraps, couscous etc.). | | | |
| 21. 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. | | | |

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| PORTION SIZE | | | |
| 22. 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 | | |
| 23. 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 | | | |
| 24. 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 | | | |