

Healthier Options Award

The Healthier Options Award is a locally recognised award given to caterers who demonstrate a commitment to customer care through the provision of a healthier environment and healthier food choices.

The Healthier Options Award is managed locally by Environmental Health within Hull City Council.

All types of catering establishments are eligible to apply for a Healthier Options Award - workplaces, school or hospital canteens, sandwich bars, pubs, hotels, restaurants and take-away outlets.

The Healthier Options Award is all about offering customers choice and meeting customer demand. Many people are becoming more health conscious, so it makes good business sense to provide healthier food choices that can be enjoyed in a hygienic and smoke-free environment.

The Healthier Options Award recognises caterers who promote good health and can help to increase customer satisfaction and widen your customer base.

Two criteria must be met to qualify for the Award:-

1. Good Hygiene Standards

You must first demonstrate that you meet all the legal requirements for food hygiene.

Your premises must comply with Regulation (EC) No 852/2004 on the hygiene of foodstuffs and with the Food Safety and Hygiene (England) Regulations 2013. By law, the proprietor of a food business must ensure that all staff who are involved in the food handling process are supervised, instructed and/or trained in food hygiene matters to an appropriate level, given the tasks they carry out. The Healthier Options Award promotes good practice in food hygiene training so at least half your staff should be trained to a level equivalent to the Chartered Institute of Environmental Health Level 2 Foundation in Food Hygiene Certificate (except where the nature of your business is such that the legal requirements are higher)

2. Healthier Food Choices

Caterers can take many steps to provide healthier food choices for their customers:-

- by expanding the availability of healthier choices, e.g. offering a choice of potatoes as alternative to chips, lower fat, fruit-based desserts and different breads for sandwiches;
- by adopting healthier food preparation, cooking and serving practices, e.g. by trimming fat from meat before cooking, reducing the amount of fat used in cooking, and allowing customers to add as much or as little as they wish of sauces, dressings and fat spreads.

The availability of healthier choices and the extent to which healthier catering practices have been adopted will be assessed, taking into account the individual nature of your business, resources and clientele.

If you would like to apply for the Healthier Options Award, please contact Dawn Haggar on 01482 615501, or email dawn.haggar@hullcc.gov.uk.