



# Healthier Menu Award Score Sheet



To include cafes, restaurants, pubs and staff canteens  
ALL THE CRITERIA THAT APPLY TO YOUR BUSINESS MUST BE  
FULFILLED IN ORDER TO GAIN THE AWARD CRITERIA

Criteria	Achieved	Yes N/A	Comments
<b>Food Hygiene</b>			
Score of 4 or 5 on the Food Hygiene Rating Scheme	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Marketing Healthier Choices</b>			
Healthier choices on menu are promoted	<input type="checkbox"/>	<input type="checkbox"/>	_____
Locally sourced foods are highlighted	<input type="checkbox"/>	<input type="checkbox"/>	_____
No super sized promotions unless on vegetables	<input type="checkbox"/>	<input type="checkbox"/>	_____
Vending machines should include healthier options	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Meat, Fish and Protein Alternatives</b>			
Lean, unprocessed meat/chicken dish available that is not fried or fat added	<input type="checkbox"/>	<input type="checkbox"/>	_____
Oily fish available e.g. sardines, mackerel, salmon	<input type="checkbox"/>	<input type="checkbox"/>	_____
Protein based meat free option	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Breads, Cereals, Pasta and Potatoes</b>			
Wholegrain and granary bread available (if serving bread)	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lower fat starchy foods available e.g. potatoes/bread	<input type="checkbox"/>	<input type="checkbox"/>	_____
Thick cut chips or potato wedges available (if serving chips)	<input type="checkbox"/>	<input type="checkbox"/>	_____
Half sandwich option available with soup or salad	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Fruit and Vegetables</b>			
Vegetable soups available which are low in saturated fat (under 5g per 100g)	<input type="checkbox"/>	<input type="checkbox"/>	_____
Vegetables and salad selections served as standard with all starters and main dishes	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dressing free salads available as standard, dressing served separately	<input type="checkbox"/>	<input type="checkbox"/>	_____
Vegetables without added fat	<input type="checkbox"/>	<input type="checkbox"/>	_____
Larger portions of vegetables/ salads available	<input type="checkbox"/>	<input type="checkbox"/>	_____
Fruit based desserts are available (50% fruit by weight e.g. fruit crumble)	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sandwiches offered with salad/vegetables	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Milk and Dairy</b>			
Skimmed or semi milk used in cooking	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dessert served with lower fat and sugar options (e.g. low fat custard)	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Fats, Sugar and Salt</b>			
Mono unsaturated oils and fats used e.g. olive oil, rapeseed oil, ground nut oil	<input type="checkbox"/>	<input type="checkbox"/>	_____
Smaller portions on offer	<input type="checkbox"/>	<input type="checkbox"/>	_____
Reduced sugar and/ or smaller portioned puddings available	<input type="checkbox"/>	<input type="checkbox"/>	_____
Salt is controlled and reduced in all recipes	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sandwiches without spreads and/or mayonnaise offered	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lower fat unsaturated spreads offered in place of butter	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Drinks</b>			
Tap water readily available at no charge	<input type="checkbox"/>	<input type="checkbox"/>	_____
Healthier drinks options available	<input type="checkbox"/>	<input type="checkbox"/>	_____
Use semi-skimmed or skimmed milk as standard for hot drinks	<input type="checkbox"/>	<input type="checkbox"/>	_____

Name of food business \_\_\_\_\_ Print Name \_\_\_\_\_

Address of food business \_\_\_\_\_

Post Code \_\_\_\_\_ Telephone \_\_\_\_\_

Facebook Page \_\_\_\_\_ Twitter Name \_\_\_\_\_

My menu meets the above criteria (signed) \_\_\_\_\_ Date \_\_\_\_\_

Assessment Decision \_\_\_\_\_ Officer name \_\_\_\_\_

Sign \_\_\_\_\_ Date \_\_\_\_\_

If you are not happy for us to use your business details in promotions about the scheme please tick here:

If you would like to receive our business e-newsletter please write your email address here: \_\_\_\_\_

# Healthier Menus - 21 Tips for Businesses

1. Make sure that healthier options are the **same price or cheaper** than the less healthy options.
2. Offer **free tasters** of healthy food.
3. You could consider doing meal deals on healthy food items e.g. you could give a **free or half price piece of fruit**.
4. Let your customers know if you use **healthier cooking methods**.
5. Check your sauces and condiments – can you find alternatives with **lower sugar content**?
6. Allow customers to **add their own salt**.
7. **Use alternative seasonings to salt**. This works especially well in stir fries and curries, but you could also experiment in other dishes. Using pepper, garlic, ginger, lemon & lime, herbs and spices can create a much wider range of interesting flavours than salt.
8. Look for white bread with **added nutrients and fibre** for customers who do not like brown or wholemeal bread.
9. If you serve chips, these should be **thick cut** as they absorb less fat.
10. Use **stronger cheeses** in salads and sandwiches so you don't have to use as much.
11. **Keep frying to a minimum** and look at other food cooking options such as grilling, poaching, steaming, baking or boiling instead.
12. Choose **tomato and vegetable based sauces** in preference to creamy, buttery sauces where appropriate.
13. **Give customers the option** of having spreads, sauces or mayonnaise on their sandwich.
14. Use **semi skimmed or skimmed milk** as standard.
15. **Serve vegetables or salad** as standard with items like sandwiches, and charge more for add-ons like chips.
16. **Yoghurt or custard** can be a better desert accompaniment than cream (though check the nutritional details first).
17. You can run your recipes through **nutritional websites** free of charge to find out how healthy they are and then consider any changes.
18. Salmon, trout, mackerel, sardines, whitebait and herrings are all **oily fish** which you could try to incorporate into your menu. Search online for inspiration and recipes.
19. Substitute white rice and pasta with **wholemeal** and **brown** varieties or try **wholewheat** cous-cous and quinoa (pronounced keen wah) as alternatives.
20. Try out cake recipes which include **vegetables** and/or **wholemeal flours**.
21. Where **chips or fried rice** are available, consider an alternative side dish of pasta, boiled rice, boiled or baked potatoes without added fat or salt.

