Healthy Choice Application Form

The Brighton & Hove Healthy Choice catering scheme supports and rewards food businesses providing safe, healthy and tasty food.

The aim is to promote the use of healthier cooking methods and ingredients, and to increase opportunities for customers to make healthier choices if they wish.

Who can participate?

The scheme is open to food businesses catering for the general public including cafes, restaurants, takeaways, pubs, canteens and venues.

Outlets catering in Early Years or Residential Care settings can contact the Brighton & Hove Food Partnership (info@bhfood.org.uk) for information about support and Awards available.

Businesses must be registered in Brighton & Hove to take part.

healthy choice COMMITMENT

Food Outlets are recognised for making **Healthy Choice Commitments**

healthy choice AWARD

Outlets that make a range of commitments receive a **Healthy Choice Award**

Brighton & Hove City Council

Be a part of it: the benefits

Research shows that consumers are increasingly knowledgeable about healthy eating and aware of what goes into their food. It's FREE to participate, and by becoming a Healthy Choice caterer, you could:

- Expand your market and increase your profit by appealing to the growing number of people choosing to live a healthier lifestyle
- Increase choice for your customers while enhancing your reputation for great food
- Receive council recognition and free publicity for your commitment to healthier catering
- Obtain free advice, training and support

Be found on our website

We will promote your business on a dedicated page on the council website for your customers to find out about commitments you've made to healthier catering. You will receive a certificate and promotional materials and can use the Healthy Choice logo in your publicity. We can provide digital marketing materials and content to promote your commitments on your website, social media, blog or newsletter; doing so will help customers identify your business as one in the city providing healthier food.

How it works

We work with you to review your menus and catering practices, assess where commitments have been made and make recommendations for further action. To apply:

- Register your interest by contacting ehl.food@brighton-hove.gov.uk or 01273 294416
- We will check the Food Hygiene Rating Score for the business
- We will arrange a meeting with you to review your menu (s) and catering practices. The application form will be completed during this meeting. You pledge to take further action where necessary. You can download the Essential Guide to Healthier Catering from the Healthy Choice webpage for further information.
- Brighton & Hove City Council issues the Commitment or Award certificate, window sticker and promotional materials. Your business details will be added to the Healthy Choice webpage.

Criteria are informed by industry, government nutritional guidance and best practice.

Conditions and Renewal

Businesses must demonstrate good standards of food hygiene and have achieved a rating of 3 or above in the Food Hygiene Rating Scheme (FHRS) before they can participate in the scheme. Commitments and Awards will be renewed following each routine food hygiene inspection. Businesses will be withdrawn from the scheme if food hygiene standards fall to an unacceptable level. If you require advice about the FHRS you can contact the Food Safety Team (ehl.food@brighton-hove.gov.uk).

You must inform us of any major changes to your menu or cooking methods so your participation can be re-assessed. The business will need to reapply if there is a change of ownership.

Checklist for review (Office Use Only)

☐ Business registered in Brighton & Hove ☐ FHRS 3+ ☐ Menu(s) submitted

☐ Supporting documents submitted (kitchen/purchasing policies, recipes, receipts) as relevant

☐ Application Form and Pledge Form completed

Contact us

email ehl.food@brighton-hove.gov.uk
web www.brighton-hove.gov.uk/healthychoice
phone 01273 294416

Information

Business name

Address

Contact name

Position

Email

Telephone

Type of food business: (Please tick)

- Café
- Sandwich shop
- Restaurant
- Takeaway
- Pub
- Venue
- Staff canteen
- Other, please state:

Number of customers on a typical weekday weekend day week

Number of kitchen staff front of house/serving staff

What are your operating hours? Do you offer a delivery service? **yes / no**

Is your food business registered in Brighton & Hove? **yes / no**

Current Food Hygiene Rating Score
(Please note you must have a FHRS of 3 or above to participate in the Healthy Choice scheme)

Declaration

All information provided on this form is correct and we will ensure all staff members are made aware of our commitments to healthier catering (Please tick):

Monitoring

How did you hear about the scheme? Council website Food Partnership website Contact from Food Safety Team

 Information received in post via email Newsletter Other

Why are you interested in participating?

Assessment Form Please complete the form below.
If **10** or more commitments below have been implemented, including all three SUGAR SMART ones where applicable, your business will receive a Healthy Choice Award. Refer to the Essential Guide to Healthy Choice Catering for assistance.

Theme	Commitments	Implemented Y/N/NA?	How has this been implemented?
Preparation	Efforts are made to freshly prepare dishes from unprocessed, fresh ingredients.		
	Efforts are made to reduce the amount of salt/MSG added during the preparation of dishes.		
	Efforts are made to reduce the amount of sugar added during the preparation of dishes.		
	Steps are taken to ensure dishes are prepared consistently by all members of staff.		
Purchasing	Steps are taken to choose ingredients or products containing no or less added salt/MSG where available.		
	Steps are taken to choose ingredients or products containing no or less added sugar where available.		
Cooking Methods	Where frying or deep frying is necessary or unavoidable, all steps to improve frying practices, specified in the Essential Guide, are taken.		
	Healthier cooking methods (e.g. grilling and baking) are used where possible.		

Theme	Commitments	Implemented Y/N/NA?	How has this been implemented?
Choice	Customers can choose whether high fat/salt/sugar toppings and sides are added to their meals and these are not always added as standard.		
	A range of appropriate portion sizes is available and suitably priced.		
	SUGAR SMART Where there is a children's menu, at least one meal option should be healthier and low in sugar.		
Drinks	Where sugar-sweetened drinks are sold, unsweetened, low and no sugar options are also available.		
	All sugar sweetened drinks are no more than 330ml portion sizes.		
	SUGAR SMART Free tap water is available and promoted.		
Marketing & Promotion	Healthier food and drink options are given prominent positions in displays and/or menus and are priced suitably.		
	Staff understand the principles of Healthy Choice catering and are encouraged to promote options available.		
	SUGAR SMART Information about the sugar content of soft drinks and/or pre-packaged snacks is on display for customers.		
	Product pricing and promotions are used to encourage healthier choices.		

Pledges

Please make pledges where necessary outlining further action you will take.

Pledge

5964 Brighton & Hove City Council Communications Team