

Working with food outlets



- Healthy Nutrition Project officer in regulatory services supports food businesses providing healthy food
- Cafes, restaurants, TA , pubs, early years and other settings
- Promote healthier cooking methods and ingredients
- Increase opportunities for healthier choices for customers
- Sugar smart options including voluntary levy, tap water, healthy and low sugar children menu, display of sugar content

**SUGAR
SMART**
BRIGHTON & HOVE

Healthy Choice Award

Assessment Form Please complete the form below.

Any Commitments adopted will be recognised with a Healthy Choice Commitment.

If 7 or more of the Commitments below have been adopted, your business will receive a Healthy Choice Award.

Theme	Commitments	Adopted Y/N	Details
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 (eg grilling and baking) are used where possible		
Choice	Customers can choose whether high fat/salt/sugar toppings and sides are added to their food meals and these are not always added as standard		
	A range of food and drink appropriate portion sizes is available and appropriately suitably priced		
Drinks	Where sugar-sweetened drinks are sold, water – either bottled or tap – is available and promoted to customers. The availability of unsweetened fruit juice and/or reduced sugar soft drinks is also recommended.		
	All sugar sweetened drinks are no more than 330ml portion sizes		
Marketing and Promotion	Healthier food and drink options are given prominent positions in displays and/or menus and priced suitably		
	Staff understand the principles of Healthy Choice catering and are encouraged to promote options available		



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.



Food outlets are recognised for making Healthy Choice Commitments.

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.



Outlets that adopt a range of Commitments are rewarded with a Healthy Choice Award.



Food outlet	HC changes
Tel's Kitchen at the Prince of Wales Pub	Change of menu over a year's time; hc training – uses lean meat, healthier cooking practices, sugar smart info in menu, extra portion veg added to standard dishes, new plates , discount schemes for weight management attendees
Wheat and Beans	Decided against levy, but have reduced sugar in cakes and reducing price of water. Also offer free tap water to customers when they order and will encourage staff to attend HC training.
Sabai Thai	Sugar Smart Info on drinks menu, promoting low and non-sugary drinks, water and milk children. Reduced 15-20 % sugar in curries, added veg to popular dishes. HC training completed.

Raising Sugar Smart Kids

Developed for by BHCC

More sugars and salt part of a balanced diet

0.75 sugar
0.85 sugar
0.9 sugar
0.75 sugar
0.75 sugar

JALDEE JALDEE is so proud to have achieved the #healthy choice award from Brighton and Hove Council. Jaldee Jaldee is committed to preparing dishes in a healthier way using fresh meats and ingredients, and take steps to offer our customers a range of food and drinks options including healthier choices. Visit [More](#)

Yesterday at 11:37 · Love · Public · 0 Comments · Full Story

JALDEE JALDEE is in · Love · Home · We're looking forward to launching our food via Just Eat this Thursday. Can't wait to get our gorgeous bags of food out to our lovely customers ❤️



YOUR FOOD

IT'S ALL REALLY **REALLY** FRESH

We love cooking and making our food for you. More importantly we make sure it's safe with no nasty additives. This is one of the reasons that we're proud to display our **Healthy Choice Award**. Tell your grown pps that all our food is cooked from raw ingredients meaning no added sugar, salts or preservatives.

MARROCCO'S

SINCE 1969
MARIA & RENATO MARROCCO

- PIZZA (No Cheese Is An Option)**
- Margherita (v)
 - Ham
 - Pepperoni
 - Ham & Mushroom
 - Ham & Pineapple
 - Vegetariana (v)
- PASTA & RISOTTO**
- Spaghetti Napoli (v)
 - Spaghetti Carbonara
 - Spaghetti Bolognese
 - Risotto Pollo e Spinaci
- THE GRILL**
- Calamari Fritti *£2.00 extra
 - Small Burger & Hand Cut Chips
 - Fish & Hand Cut Chips
 - Chicken Strips & Hand Cut Chips
- WHY NOT SWAP YOUR CHIPS FOR HAND CUT SWEET POTATO FRIES INSTEAD.**

healthy choice

- ♥ Spaghetti Napoli
- ♥ Small Burger, No Bun & Salad.
- ♥ Chicken Strips, & Salad
- ♥ Vegetariana Pizza

♥ DRINKS

- Orange or Blackcurrant
- With No Added Sugar,
- Or Cold Filtered Tap Water

healthy choice

SUGAR SMART
BRIGHTON & HOVE



SHAKES

YOU TOLD US THAT YOU WANTED TO BE ABLE TO ORDER **BIG** SHAKES

ADD A BIG SHAKE
£3.00* Only with Kids Special Meals
Choose any ice cream flavour, and it's made for you topped with bits of fruits.

IF YOU HAVE ALLERGIES, PLEASE ASK FOR OUR ALLERGY HANDBOOK BEFORE YOU ORDER

Semola love4pasta

FOOD HYGIENE RATING: 5 (VERY GOOD)

healthy choice

AWARD

LUX
Best Homemade Pasta 2017 Brighton

Catering workshops and chef champions



Sugar levy

The Argus

Sign up for Office today and get your first month free!

- NEWS
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- Education Youth In Action Independent Schools Guide

University of Brighton first in UK to sign up to Jamie Oliver's sugar smart campaign



Most popular
1 Education

SUGAR SMART

UNIVERSITY OF BRIGHTON

WE'RE JOINING JAMIE OLIVER TO CUT SUGAR CONSUMPTION

THE UNIVERSITY OF BRIGHTON IS THE FIRST UNIVERSITY IN THE COUNTRY TO LAUNCH SUGAR CONSUMPTION – AND IT IS BEING BACKED BY JAMIE OLIVER.

The University of Brighton is the first university in the country to launch a campaign to cut sugar consumption – and it is being backed by Jamie Oliver.

The renowned chef, who launched the 'Sugar Smart drive' has sent staff and students a message of support as the university joins with Brighton & Hove City Council in the Sugar Smart City campaign.



The university intends introducing initiatives over the next academic year to raise awareness of sugar consumption and hidden sugar, including the introduction of a 10p levy on the price of sugary drinks. The money raised will be used to fund food education schemes for the university's students.

The university is also planning to raise awareness of sugar consumption through cooking lessons, education and nutrition information.

Jamie Oliver sent the university's 23,000 students and staff the following message: 'I'm hugely excited that the University of Brighton is joining the Sugar Smart campaign. It's brilliant to hear that you are introducing a levy on sugary drinks to help raise awareness about the long-term damage too much sugar can have on our health, and empowering us

"I really believe this strategy to get back on track altogether totally fine by reducing have a huge impact with regular we can all

The Jamie drinks tax Osborne a



Healthy Choice feedback

‘We're very proud at The Good Food Shop to have been awarded a Healthy Choice Award by Brighton & Hove City Council.

As well as committing to significantly reducing salt & sugar content in our recipes, we've been offering plenty of healthy alternatives, including our popular 'rabbit style' sandwiches.

We've been able to pass our knowledge with the help of Sugar Smart to show people the actual sugar & salt content of their regular drink & snack & highlight healthy alternatives. This has led to a very significant increase in sales of these items & hopefully to the health of our customers too! ‘ (**Sarah Parker, The Good Food Shop, Takeaway**)

‘ 2 tables ordered Rainbow pad thai for lunch. And they said ..It is the best food they've had. It's so fresh and tasty – woo hoo. Thank you so much for your advice and hard work with us. (**Gina Horsham, Sabai Thai, Restaurant**)