



Nottinghamshire County Council

In partnership with



Healthier Options Takeaways (HOT) are outlets that have been merited for making positive changes, offering healthier ways of preparing, cooking or serving food and drink to their customers.

How your business could benefit from being 'HOT'

Making a few simple changes to how you prepare, cook and display your menu, and by becoming a HOT, could help your business. By achieving the merit, your business will be seen to be committed to supporting local communities to lead healthier lives. Other benefits could include:

- Increasing customer choice
- Increasing customer satisfaction and sales
- Enhancing the reputation of your business
- Receiving a certificate and promotional material to display in premises

Recognition of achievements through Nottinghamshire County Council website and social media.

What is the HOT scheme?

The HOT merit scheme, run by Nottinghamshire County Council and Environmental Health teams at your district or borough council, aims to increase access to and awareness of healthier options in takeaway outlets. Many takeaways, restaurants, cafes and coffee shops already offer healthier options for their customers and display information about this on their menus. Others may offer healthier options without realising or promoting it. By making small changes to what is offered or how food is prepared, cooked or served, takeaways can offer more choice for their customers.

Is your business eligible?

Any business which offers takeaway food in Nottinghamshire and has a food hygiene rating of **3** or more, is eligible to apply. The merit will last for two years, unless the takeaway has a change of owner or cuisine. Your district or borough council has the right to remove the merit if the food hygiene rating falls below 3.

There is no cost to applying for the merit - please complete and return the attached self assessment form to your Local Authority contact details overleaf

Benefits of a healthy balanced diet

A good diet is important for your health and many health risks can be dramatically reduced by choosing a healthier lifestyle. In the UK, we have one of the highest rates of heart disease and stroke in the western world, along with this obesity rates are increasing.

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight. In simple terms, we should eat more fibre; eat less fat, less sugar and less salt.

More and more food is being prepared and eaten outside of the home, so caterers are therefore in a position of influence to give customers the chance to choose healthier food without compromising on taste.



For more information or to discuss the HOT merit in more detail, please contact your local authority officer:

| District / Borough Council | Contact Details |
|---|---|
|  | The Food Team food@ashfield-dc.gov.uk 01623 457274 |
|  | Liz Knights liz.knights@bassetlaw.gov.uk 01909 533819 |
|  | Sue Hickey Chief Environmental Health Officer health@broxtowe.gov.uk 0115 9173612 |
|  | Samuel Palmer Food, Health and Housing Manager Sam.Palmer@gedling.gov.uk 0115 901 3846 |
|  | Amanda Hooke Environmental Health Officer environmentaladministration@mansfield.gov.uk 01623 463189 |
|  | Health Improvement Officer Environmental.Health@nsdc.info 01636 650000 |
|  | Denise Sawyer Technical Officer Neighbourhoods DSawyer@rushcliffe.gov.uk 0115 9148269 |



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Healthier Options Takeaway (HOT) Merit

Self Assessment Form - Page 1



The Merit is available for any premises offering take away foods.

Further guidance is available to clarify each question on this assessment

form within the associated criteria checklist. Please use the comment box to help us understand exactly how you are meeting the criteria - this might be examples of what you do or changes you have made.

| Criteria | Yes | No | N/A | Comments / Evidence |
|--|-----|----|-----|---------------------|
| Food Hygiene Rating Score of 3, 4 or 5 at last inspection? | | | | |
| Menu Attached? | | | | |
| 1. Displays, pricing, promotion and training | | | | |
| a Are healthier options given a prominent position in displays? | | | | |
| b Are healthier options priced competitively? | | | | |
| c Are staff routinely offered training on the healthy options that are available and taught about the benefits of a healthy lifestyle? | | | | |
| d Do staff actively promote healthier options and routinely offer or suggest them? | | | | |
| e Are smaller portions available to order for adults? | | | | |
| 2. Fruit and vegetables (not including potatoes) | | | | |
| a Do you sell unsweetened fruit juices? | | | | |
| b Are steamed, grilled or stir fried vegetables used in main dishes? | | | | |
| c Do you offer extra vegetables or salads to meals? | | | | |
| d Do you include a fruit or vegetable portion with each meal or offer any vegetables or side salad options? | | | | |
| 3 Potatoes, bread, rice, pasta and starchy carbohydrates | | | | |
| a Are wholemeal options always available? | | | | |
| b Do you offer thick cut chips? | | | | |
| c Are non-fried potato options offered? | | | | |
| d Are non-fried rice options offered? | | | | |



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Healthier Options Takeaway (HOT) Merit Self Assessment Form - Page 2



| Criteria | Yes | No | N/A | Comments / Evidence |
|--|-----|----|-----|---|
| 4. Dairy and alternatives | | | | |
| a | | | | Are low fat dairy products used in the cooking of food? |
| b | | | | Are low fat dairy products offered? |
| c | | | | Are lower fat varieties of cheese offered? |
| 5. Beans, pulses, fish, eggs, meat and other proteins | | | | |
| a | | | | Is visible fat removed in preparation of meat and skin removed from poultry as standard practice? |
| b | | | | Are grilled, poached or stir fried meat and fish offered as alternative to fried? |
| c | | | | Are meat products, such as sausages and burgers, offered grilled, baked or roasted on a rack, as an alternative to fried or roasted in fat? |
| d | | | | Are tofu or Quorn available as an alternative to traditional meat dishes? |
| 6. Fats, sugar and salt | | | | |
| a | | | | Do you use an oil in the <u>preparation</u> of your food with less than 15g saturated fat per 100g? |
| b | | | | Do you use an oil in <u>cooking</u> of your food with less than 15g saturated fat per 100g? |
| c | | | | Where deep fat frying is unavoidable, is the oil heated the optimum temperature, normally between 175 and 190 °C and the thermostat is accurately calibrated? |
| d | | | | Do you drain excess fat from fried food before serving by using the 'shake, bang and hang' technique? |
| e | | | | Do you offer reduced sugar drinks (less than 5%), unsweetened fruit juice and/or water? |
| f | | | | Are customers given the choice whether they want salt added to their food? |
| g | | | | Is salt added in the <u>preparation</u> of your food? |
| f | | | | Is salt added in the <u>cooking</u> of your food? |



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Healthier Options Takeaway (HOT) Merit

Self Assessment Form - Page 3



Your Pledges

We are asking you to think about at least three new things you can do to offer healthier options to your customers. There are some suggestions overleaf.

| | |
|--------------|--|
| I pledge to: | |
| I pledge to: | |
| I pledge to: | |

| Contact Details | |
|--|---|
| Name of Food Business: | Type of Cuisine: (e.g. Café/Deli/Indian) |
| Address of Food Business: (Inc. postcode) | Food Hygiene Rating Score: |
| Your name and job title: | Contact Number: |
| Email: | Estimate of Daily Covers: |
| Website Address: | Facebook Page: |
| Twitter Name: | Date: |

Please return this form to your local Environmental Health Department

The form will be scored using a matrix to determine whether your takeaway has met the standards set to receive a HOT merit. We will aim to process your application with in two weeks. Thank you for applying to be a 'HOT'.

| Office Use only | |
|-------------------|----------------------|
| Assessment Score: | Assessment Decision: |
| Date: | Officer Name: |



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Pledge Ideas

Below is a selection of example pledges. You can use any of these as your pledges (if they are suitable for your business) or you can use them as inspiration to create your own.



Displays, pricing, promotion and training

Make children's (smaller) portions available to everyone

Clearly advertise the healthier options on the menu

Train staff to ask customers for the preferred healthier cooking method (grill, bake, poach, steam)

Have a competitively priced healthier option each day or week

Fruit and vegetables (not including potatoes)

Offer fresh fruit or fruit salad alternatives

Offer salad with each meal

Offer vegetables with cooked meals

Where appropriate, incorporate pulses such as lentils and beans into soups, stews, curries etc

Potatoes, bread, rice, pasta and starchy carbohydrates

Offer wholemeal or wheat germ bread options

Use or offer wholemeal pasta as standard

Use or offer brown rice as an alternative

Offer only thick cut chips—no skinny fries

Dairy and alternatives

Use crème fraîche or natural yoghurt in place of cream

Use or offer less cheese in fillings and toppings

Use lower fat milk instead of full fat milk

Use lower fat dairy products when cooking meals

Beans, pulses, fish, eggs, meat and other proteins

Remove visible fat and/or skin from meat and poultry products before cooking

Use lean minced meat or drain off the fat during cooking

In cooked dishes, replace or reduce quantity of meat and substitute with Quorn or pulses such as lentils and beans

Use tuna in spring water, instead of brine or oil

Fats, sugar and salt

Use oils with less than 15g saturated fat per 100g, such as rapeseed or sunflower oil

When deep frying, ensure oil is heated to a temperature which reduces the take up of fat (e.g. 175°C for chips)

Offer lower fat spreads and dressings - ask customers if they want spread or dressings on their food

Ask customers if they want salt before adding it

Reduce or remove salt from the preparation and cooking of food

Provide water and sugar free drink options

Reduce portion sizes of sugary drinks (i.e. 330ml cans instead of 500ml bottles)

Provide lower sugar or sugar free desserts/snacks