



Healthier Catering Commitment

Small changes can make a big difference!

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The Healthier Catering Commitment Award

The Healthier Catering Commitment (HCC) is a voluntary scheme based on the principle that small changes can make a big difference. It recognises those businesses in London that demonstrate a commitment to offering healthier options.

Most catering businesses are eligible to take part in the scheme provided that the business has a food hygiene rating of three or above.

A minimum of eight criteria has to be fulfilled to qualify for the Healthier Catering Commitment and include conditions in relation to the use of fats, oils and salt and the availability of lower sugar drinks and snacks, and fruit and vegetables.

Benefits for your business:

Great publicity on Hammersmith & Fulham Council's and HCC websites, Twitter & Facebook Pages.

HCC window sticker, sign and menu poster which allows you to write specials on.

Be an example of good health and wellness for the community.

Your rewards for providing the community with healthier Choices on your menu

- Businesses will receive free advice and support to provide healthier options and gain the award.
- Save money by using less oil, salt and by providing smaller sized portions.
- Free healthier catering Training opportunities will be available to all participating businesses.

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Check out some ways to make your menu healthier:

- Use healthier oils such as rapeseed, vegetable, sunflower oil instead of lard, palm oil, coconut oil or AVR60.
- Shake, bang and hang your chips!
- Check your temperature The cooking oil in deep fat fryers is heated to the optimum temperature, normally between 175o and 190oC.
- Reduce mayonnaise and oil-based dressings to low fat/low salt.
- Promote bottled water and reduced sugar or diet drinks and unsweetened fruit juice instead of fizzy drinks with high sugar content.
- Offer healthier options and accompaniments such as salads, sweetcorn, or jacket potatoes.
- Provide smaller portions.
- Don't add salt to your customers' chips, only provide salt on request.

Burgers & Kebabs

Help your customers achieve the recommended five servings of fruit and vegetables a day by adding salad to your burgers & kebabs.

Chip size does matter!

Changing from thin and crinkle cut chips to thick cut chips and wedges reduces the amount of oil absorbed during cooking.

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A Healthier H&F

Eating out has now become part of our everyday lives. Food consumed outside of the home tends to be higher in saturated fats and salt than food eaten at home. Hammersmith & Fulham has high rates of obesity and Type 2 diabetes among its residents.

As a caterer, you could make a significant contribution to Improving your customers' diet and health by making a few simple changes in how you prepare and cook your food. We believe that the Healthier Catering Commitment can contribute to improving the health of Hammersmith & Fulham.

Consumers are becoming more aware of healthy eating, and by signing up to the Healthier Catering Commitment you could increase both your customer satisfaction and your sales.

Sign up here

To sign up or find out more information please:

Call: 020 8753 1081

Email: foodandsafety@lbhf.gov.uk

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