

Greater Manchester Healthier Catering Commitment Award

There are **three** levels to this award: *Commitment*, *Achievement* and *Excellence*. Each level has a number of criteria that **must** be fulfilled to qualify for the award level. Each assessor will need to decide if the criteria (or parts of the criteria) apply to each catering establishment. Notes can be made in the 3 columns at the side as to whether the criteria have been met or are not applicable.

Commitment Award

Level	No	Criteria	Yes	No	N/A
To qualify for the Commitment level, each business must: Achieve the following 9 criteria where applicable	1.	Obtain a minimum of a level of three via the Food Hygiene Rating Scheme.			
	2.	a. Use a polyunsaturated or monounsaturated fat or oil when PREPARING food (e.g. margarines, oils etc. – see 2b for examples).			
		b. Use a polyunsaturated or monounsaturated fat or oil when COOKING food (e.g. sunflower, corn or rapeseed oil instead of saturated fats such as lard, palm oil, ghee, butter).			
		Where deep fat frying is unavoidable:- c. The cooking oil in deep fat fryers is heated to the optimum temperature, normally between 175 and 190C and the thermostat is accurately calibrated. (Check the manufacturer's instructions for the correct use of your specific fryer).			
		d. Excess fat is drained from the food before serving – Shake, Bang, Hang (shake the chips, bang the basket vigorously twice and hang for at least 20 seconds).			

Greater Manchester Healthier Catering Commitment Award

		e. The oil is properly maintained (the fryer is skimmed throughout service, oil is topped up after every session and filtered regularly, oil is changed before it froths, foams or smokes).		
	3.	A portion (80g) of fruit, vegetables or salad is provided as a minimum where served (e.g. baked beans, peas, mixed salad, salad but NOT potatoes).		
	4.	a. Premises are ASK compliant (where catering premises have salt pots on tables) AND / OR		
		b. Premises use salt shakers that have 5 holes or less AND/ OR		
		c. Do not automatically give out sachets of salt with food		
	5.	a. Where soft drinks are sold water, 100% pure unsweetened fruit juice, semi skimmed/skimmed milk and reduced sugar/diet/slim line/unsweetened drinks are available AND displayed AND		
		b. Where hot drinks are sold, sweeteners are available as an alternative to sugar.		

Greater Manchester Healthier Catering Commitment Award

	6.	Lower fat mayonnaise and dressings are available and customers are given the option of adding their own.			
	7.	Chips are thick cut, not skinny (as a guide pre-cut chips from a supplier that are 14mm or greater are considered thick).			
	8.	Where seating is available, drinking / tap water is always available and free of charge.			
	9.	Adequate waste management in place and provide documentary evidence.			