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Healthier Choices award checklist

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Food hygiene rating

A food hygiene rating of 3 or higher

Fats and frying

- Use a polyunsaturated or monounsaturated fat or oil when preparing and cooking food e.g. sunflower, corn or rapeseed oil rather than saturated fat e.g. lard or butter
- Avoid deep fat frying. Where unavoidable, ensure the fryer is heated to the optimum temperature (175 - 190°C)
- Chips are thick cut (14 mm or bigger)
- After frying the chips, bang, shake and drain off excess oil in the wire basket
- Oil is properly maintained - the fryer is skimmed throughout service, oil is topped up after every session and filtered regularly, and oil is changed before it froths, foams or smokes

Salt

- Ask customers if they would like salt before adding it
- Use salt shakers that have 5 holes or less
- Do not automatically give out sachets of salt with food
- Where MSG is used, steps are being taken to reduce levels
- MSG and salt are not used together in dishes

Portion size

- Smaller portions for children and adults are available and promoted (1/2 to 1/3 of the standard portion size)
- Do not overfill or compress food into containers

Fruit, vegetables and whole grains

- Where fruit, vegetables or salad is served, an 80 g portion is provided as a minimum e.g. baked beans, peas, salad (**not** potatoes)
- Add vegetables to as many dishes as possible and ensure at least half of the main dish is made up of vegetables or offer a vegetarian option

Promoting healthier options

- Healthier options are advertised separately at the counter
- Swap 1 or 2 items on set menus for healthier options e.g. boiled rather than fried rice, vegetable soup instead of spring rolls
- Where soft drinks are sold, healthier options are also available and displayed e.g. water, unsweetened fruit juice, low calorie options
- Where hot drinks are sold, sweeteners are available as an alternative to sugar
- Lower fat mayonnaise and dressings are available and customers are given the option of adding their own
- Where seating is available, drinking water is always available and free of charge

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