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# Healthier Choices Award

Last Modified July 21, 2022



## The scheme

This award scheme is available to food establishments located in Blackpool with a food hygiene rating of 3 or above .

The Healthier Choices award is all about giving customers the option to eat healthier food.

Making a few simple changes to the way you prepare and cook food, for example keeping oil and salt levels to a minimum, can have a big impact on the health and quality of your food.

## Who can apply

Blackpool food outlets such as takeaways and cafes with a hygiene rating of 3 or above.

## How does it work?

You will complete a self-assessment of the steps you need to take to achieve the award, such as using less salt, serving bigger portions of vegetables etc. We will arrange to visit you to check your application.

## Why should I sign up?

- Free award
- Receive a certificate and window sticker to display on your premises
- One to one support from a dedicated nutritionist
- Generate new custom and increase profits
- Positive PR and improved reputation

## Junior Healthier Choices Award

The Junior Healthier Choices Award is about supporting parents and providing a healthier start for Blackpool children.

As an award holder you will welcome breastfeeding and bottle-feeding on your premises and offer smaller portions and healthier choices for infants.

Please see the award checklist below for the criteria that must be met to achieve the award.

[Register now](#)

[Healthier Choices Award checklist](#)

[Junior Healthier Choices Award Checklist](#)

# Healthier choices

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