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# Junior Healthier Choices Award checklist

Last Modified February 10, 2020



If you sign up to Blackpool Council’s Junior Healthier Choices Award you are committing to welcome breastfeeding and bottle-feeding on your premises and to offer smaller portions of healthier choice menu items which are appropriate for infants.

## What will I need to do next?

### Step 1

Complete this checklist. These are the steps you need to take to achieve the Junior Healthier Choices Award.

### Step 2

Once you've completed your checklist, pop it in an envelope and post it to:

Public Health, Blackpool Council, PO Box 4, Blackpool FY1 1NA

### Step 3

We will be in touch to arrange a follow up meeting to ensure you have completed all the steps on your checklist. Should you not meet the criteria we will support you to make the changes needed to achieve the award.

### Step 4

You will receive a Junior Healthier Choices Award Certificate and window sticker to display on your premises. Your business will also feature on a list of caterers with the Junior Award on Blackpool Council’s website.

## Essential criteria

Criteria checklist	Check
Smaller portions are available of healthier menu items appropriate for infants	
A quiet area is made available for mothers to breastfeed, bottle-feed or infant feed	
Provide free tap water for mum to help prevent dehydration	
Provide free tap water or milk for older children	
Adjustable high chairs available for smaller babies	
Provide hot water to help warm bottles or baby food if requested	
All staff have an understanding of the scheme and actively welcome in families	
Do not sell energy drinks to anyone under 18 years of age	

## Renewal

Your award will expire after 2 years. We will visit you at least once during this period to offer our support and confirm the award criteria are still being met.

Business name:

Manager's name:

Signature:

Date:

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