

Healthier Catering

London Boroughs can play an important role in helping their residents to enjoy good food that is also good for their health. The Healthier Catering Commitment scheme brings together environmental health and public health teams to help businesses to improve the diet of Londoners.

The Commitment provides guidance on ways that caterers and food business can make straightforward changes. Small changes in processes and ingredients can make a big difference, improving not only diet but can also increase business profits. Simple and affordable steps include changing cooking oil to a healthier product, using more fruit and vegetables in a recipe and reducing salt content, for example, restricting added salt in a chip shop.

In participating Boroughs, businesses can get advice about turning practical ideas into action from the teams supporting the scheme. Caterers and food outlets that adopt healthier ingredients and cooking practices can display

a Healthier Catering Commitment sticker in their window. As the scheme is also aligned to the new local Public Health Responsibility Deal, participants can also gain further recognition under this initiative for no extra work.

The Healthier Catering Commitment scheme is a partnership project between environmental health teams in London Boroughs with support from public health colleagues, the Greater London Authority and the Chartered Institute of Environmental Health (CIEH) to improve diet across London.

In 2012, the CIEH in partnership with the London Food Board produced a Takeaways Toolkit, to

Chartered
Institute of
Environmental
Health



help local authorities develop a response to the health impacts of fast food takeaways, especially in areas around schools. Further information on this issue can be found on page 22, and the toolkit can be downloaded at:

www.london.gov.uk/priorities/business-economy/london-food-board/london-boroughs/takeaways-toolkit



Healthier Catering in Sutton and Merton

In the London Boroughs of Sutton and Merton, the Healthier Catering Commitment is being implemented as part of the Sutton and Merton Responsibility Deal. Local businesses, workplaces and organisations are being invited to work together to help improve the health of the community, their customers and employees, by pledging to make changes that encourage healthier lifestyle choices.

Businesses can sign up to the Commitment to meet the minimum requirements of this scheme. Food businesses also have the option of signing up to 'My Choice' which involves highlighting and including healthier and more balanced choices on menus to appeal to a wider range of customers.

There are currently 31 food businesses across Sutton and Merton that have achieved the Healthier Catering Commitment. Venus Bar & Brasserie in Colliers Wood have changed the oil they are using to cook and prepare food, introduced salt shakers which will reduce how much salt is used and provide a separate healthier choices menu as part of the 'My Choice' scheme. Jose's Café in Morden advertise smaller portion sizes and displaying fresh fruit on the counter.



"The Healthier Catering Commitment is a great way to improve menus in fast food outlets, while supporting existing businesses. By earning the HCC award, our local businesses have demonstrated their commitment to providing healthier options for their customers".

Dr Kay Eilbert,
Director of Public Health,
London Borough of Merton

What are London Boroughs doing to promote healthier catering?



Map key

- Borough that is participating in the Healthier Catering Commitment scheme or has developed its own healthier catering scheme for businesses*
- Borough that is currently exploring participation in the Healthier Catering Commitment
- Borough not yet participating in the Healthier Catering Commitment scheme**

** Tower Hamlets has its own healthier catering scheme so is also in this category*

*** Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

Healthier catering: tracking borough progress

In the 2011 edition of the Good Food for London report, we showed that 18 out of London's 33 boroughs were by then working with the new Healthier Catering Commitment, and Tower Hamlets had developed its own scheme. By 2012, two more were joining in. In 2013 the total number of boroughs participating in the programme has risen to 25.

What can London Boroughs do?

Promote the Healthier Catering Commitment to London's food businesses. This is already being promoted by environmental health officers and others in the majority of London Boroughs, and has been designed by them in conjunction with the Chartered Institute of Environmental health and the GLA. Contact:

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