This questionnaire is used to assess the provision of healthier food choices.

The food business will achieve the award by meeting ALL of the applicable criteria. To assist the assessor please provide at least one week’s full menus of all food choices available or rotating menus where applicable, including snacks and drinks.

**Promotional**

1. The food business should be seen to be actively promoting healthier options.

   a. Are healthier choices equally promoted by staff (i.e. offering salad)?

      Yes ○  No ○  N/A ○

   b. Are smaller portions of healthier options offered on your children’s menu?

      Yes ○  No ○  N/A ○

      If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

      __________________________________________

      __________________________________________

      __________________________________________

**Salad/vegetables**

2. Vegetables/salads are very low in fat and a good source of many vitamins.

   a. Are there at least two types of vegetables (frozen, tinned, fresh) available on display or on the menu daily as a choice to go with the meals? (NB: Potatoes do not count as a vegetable)

      Yes ○  No ○  N/A ○

   b. Are meals available with an undressed side salad and vegetables without glaze?

      Yes ○  No ○  N/A ○

      If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

      __________________________________________

      __________________________________________

      __________________________________________

**Sugar**

3. Caterers should attempt to limit the sugar content of the food they produce.

   a. Are steps being taken to reduce the amount of sugar being added to dishes during preparation and cooking?

      Yes ○  No ○  N/A ○

   b. Are lower sugar desserts and puddings available (these may be made with less sugar or no added sugar e.g. using fruit to sweeten)?

      Yes ○  No ○  N/A ○

      If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

      __________________________________________

      __________________________________________

      __________________________________________

**Salt**

4. Caterers should attempt to limit the salt content in the food they produce.

   a. Are steps being taken to reduce the amount of salt being added to dishes during preparation and cooking?

      Yes ○  No ○  N/A ○

   b. Are customers given the choice whether they want salt or to add salt to their food (e.g. baked potatoes, sandwiches)?

      Yes ○  No ○  N/A ○

      If ‘yes’, list examples below to help you in your final assessment:

      __________________________________________

      __________________________________________

      __________________________________________
Poultry and Meat

5. Where meat or poultry are served, meat should be trimmed of fat and the skin removed from poultry before cooking.

a. Is fat trimmed from the meat before cooking?
   - Yes ☐
   - No ☐
   - N/A ☐

b. Where appropriate, is the skin removed from poultry before cooking?
   - Yes ☐
   - No ☐
   - N/A ☐

If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

Fats and Oils

6. Unsaturated oils and fats should be used in food preparation and cooking.

a. Are unsaturated oils and fat spreads readily available as an alternative to butter?
   - Yes ☐
   - No ☐
   - N/A ☐

b. Are unsaturated fats and oils used for cooking?
   - Yes ☐
   - No ☐
   - N/A ☐

If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

Bread and Pasta

7. Starchy foods are a good source of energy and the main source of a range of nutrients in the diet which should make up about one-third of the daily diet.

a. Are wholemeal or granary varieties of bread, rolls, ciabattas or pitta always available?
   - Yes ☐
   - No ☐
   - N/A ☐

b. Where chips and/or fried rice are offered on your menu is an alternative of pasta, boiled rice (preferably wholemeal), boiled or baked potatoes, without added fat and salt available?
   - Yes ☐
   - No ☐
   - N/A ☐

If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

Fruit and Fruit Juice

8. Fruit is always a healthy option so should be included in dishes/meals.

a. Is fresh fruit available on your menu daily such as individual pieces of fruit, tinned fruit in natural or unsweetened fruit juice or a fruit based dessert?
   - Yes ☐
   - No ☐
   - N/A ☐

b. Do you serve unsweetened fruit juice?
   - Yes ☐
   - No ☐
   - N/A ☐

If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

Vegetarian

9. A vegetarian diet can be a very healthy one but, as with any diet, it must contain the right balance of foods.

a. Where a vegetarian option is available is there a choice of a non-cheese based dish?
   - Yes ☐
   - No ☐
   - N/A ☐

b. Are vegetarian meat alternatives offered stir fried, in a minimal amount of unsaturated fat, or grilled, baked or roasted?
   - Yes ☐
   - No ☐
   - N/A ☐

Continued...
If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

General

10.

a. Are low fat/reduced fat salad dressings/sauces always available?
   Yes ☐  No ☐  N/A ☐

b. Are customers able to choose whether desserts, puddings and cakes are plain or served with cream/custard/ice cream?
   Yes ☐  No ☐  N/A ☐

c. Is water always available, either, unflavoured bottled water or tap water (freely available on the counter, table or offered to customers)?
   Yes ☐  No ☐  N/A ☐

d. Do you have procedures in place relating to the food you produce if a customer was to inform you of an allergy they have? (i.e. nuts, gluten)
   Yes ☐  No ☐  N/A ☐

If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.


e. Do all catering and serving staff have an understanding of what a healthier option is and are able to guide customers to make healthier choices?
   Yes ☐  No ☐  N/A ☐

If you answered ‘yes’ on each of the above please list examples to help you in your final assessment.

Your Contact Details

Please complete this form and hand to your assessor. If your application is successful, your details will be used on a certificate to register your premises as having achieved the Healthy Options NORfolk Award (HONOR).

Name of food business applying for the award:

(This will be printed on your certificate)

Name of contact and position (Senior Caterer/Manager):

Address of food business

Telephone/Fax of Food business:

Email address of Food business:

Conditions of the HONOR Award

1. This certificate is issued on condition that you meet all the criteria for the HONOR Award.
2. This certificate is the property of your local authority and will be withdrawn if the awarding criteria ceases to be fulfilled.
3. If your premises become non broadly compliant or does not comply with food hygiene standards, your award will be removed.
4. At each routine food safety inspection an assessment will be carried out to check compliance with each criteria. If you no longer comply with the criteria, your award will be removed.

Name of business__________________________  Signed ___________________

Date__________________________