Corporate Health Standard

Healthier Food and Catering Practices
This document shows the criteria for food and catering practices for each level of the Corporate Health Standard. This section is included so that workplaces can work towards providing a balanced menu with the promotion of healthier options, including the types and proportions of food that people should eat to achieve a healthier diet. Some of the terms used are explained further in the glossary (at the end of this document).

**BRONZE**

**Cooking and serving practices**
- Evidence of baking and grilling, instead of frying.
- Reduced fat mayonnaise should be used in sandwiches and / or sandwiches without mayonnaise should be available.
- Polyunsaturated or monounsaturated spread, fat or oil used when preparing and cooking food.
- Sauces, gravies and dressings include reduced fat versions.
- Steps are taken to reduce the use of salt during cooking such as by using reduced salt stock cubes and not salting water used to cook potatoes, vegetables, pasta and rice. Chips, if served, are not pre-salted.
- Salt is only available from the point-of-purchase.

**Fruit and vegetables**
- Fruit, vegetables or salad are provided to accompany meals, and as a snack option.

**Bread, rice, potatoes and other starchy foods**
- At least one wholemeal or high fibre option is available (such as wholemeal/granary bread or wholemeal pasta or brown rice).
- At least one healthier starchy food choice is offered e.g. jacket, boiled or mashed potatoes, rice or pasta as an alternative to higher fat options e.g. fried chips, fried wedges, pasta in mayonnaise, potato salads.

**Milk and dairy foods**
- Lower fat milk (skimmed, 1% or semi-skimmed) and lower fat options of dairy-based foods (cheese, custard, yoghurt, cream, crème fraîche, for example) are available, and used in cooking where appropriate.

**Snacks and confectionery**
**In vending and over the counter**
- 25% of sweet and savoury snacks available should be healthier options (see glossary).
Drinks
In vending and over the counter
• Drinking water is freely available.
• 25% of drinks available should be diet or contain no added sugar, including unsweetened fruit juice.

Display, pricing and marketing
• Healthier choices are placed in prime positions.
• Attractive signs and labels are used to promote healthier choices.
• Fruit and vegetables are marketed as snack choices as well as accompaniments.

SILVER

Cooking and serving practices
• Baking and grilling are the standard cooking practices.
• Excess fat is removed from meat or lean cuts of meat are used.
• Evidence of alternative seasoning methods to salt used during cooking e.g. herbs, lemon, spices etc.
• Sauces, gravies, mayonnaise and dressings include reduced-fat versions and are offered separately.

Fruit and vegetables
• A choice of vegetables, salads and fruit are incorporated into dishes and provided to accompany meals and desserts.
• Use of raw vegetables in salads.

Milk and dairy foods
• As Bronze criteria.

Bread, rice, potatoes and other starchy foods
• More than one wholemeal or high fibre option is available (such as wholemeal/granary bread or wholemeal pasta or brown rice).
• More than one healthier starchy food choice is offered e.g. jacket, boiled or mashed potatoes, rice or pasta as an alternative to higher fat options e.g. fried chips, fried wedges, pasta in mayonnaise, potato salads.
Snacks and confectionery
In vending and over the counter
• 50% or more of sweet and savoury snacks available should be healthier options (see glossary).

Drinks
In vending and over the counter
• 50% or more of drinks available should be diet or contain no added sugar, including unsweetened fruit juice.

Display, pricing and marketing
• Healthier options are promoted and form part of meal deals and offers.
• Staff are knowledgeable about healthy choices and actively promote them.

GOLD

Cooking and serving practices
• Working towards reducing meat consumption, alternatives such as pulses (lentils and beans) and their products (e.g. tofu from soybeans) and meat substitutes like mycoprotein (e.g. Quorn) and textured vegetable protein (TVP) are incorporated into dishes (to reduce fat and move towards more sustainable foods).
• Oily fish is served on the menu e.g. salmon, mackerel.
• Alternative seasoning methods are used as standard.
• Evidence of purchase of lower salt products.

Fruit and vegetables
A portion of fruit, vegetables, salad or 100% juice is provided as standard in all meal deals.

Milk and dairy foods
• Only skimmed, 1% or semi-skimmed milk is used in teas and coffees.

Bread, rice, potatoes and other starchy foods
• A range of wholemeal or high fibre options are available (such as wholemeal/granary bread or wholemeal pasta or brown rice).
• A range of healthier starchy food choices are offered e.g. jacket, boiled or mashed potatoes, rice or pasta as an alternative to higher fat options e.g. fried chips, fried wedges, pasta in mayonnaise, potato salads.
Snacks and confectionery
In vending and over the counter
- 75% or more of sweet and savoury snacks available should be healthier options (see glossary).

Drinks
In vending and over the counter
- 75% or more of drinks offered should be diet or contain no added sugar, including unsweetened fruit juice.

Display, pricing and marketing
- Employees ‘champion’ healthier choices themselves.
- Smaller portions are available and promoted, e.g. ‘Lighter Bites’.
- Confectionery and crisps are removed from the point-of-sale.
- Loyalty card promotions are available on healthier food and drink options.

Glossary

Mycoprotein
Mycoprotein is the ingredient common to all Quorn™ products. It’s a healthy, meat-free form of high quality protein and is also a good source of dietary fibre.

Textured vegetable protein (TVP)
Textured vegetable protein, TVP for short, is a high-fibre, high-protein meat substitute made from soy flour.

Portion sizes
Fruit, vegetables and salad should be served in a minimum of 80g portions. Change4Life shows the size of a portion of fruit and vegetables:
www.nhs.uk/Change4Life/Pages/five-a-day-portion-sizes.aspx

A portion of salad is roughly equivalent to a cereal bowl.

Snacks and confectionery
Change4Life offers advice on healthier food and drink, as well as on the location of vending machines and overcoming the barriers to healthier vending (see chapter 5: Healthier Vending):
http://gov.wales/topics/health/improvement/change/