



Healthier Options Takeaway (HOT) merit Self-assessment form

In partnership with



Healthier Options Takeaways (HOT) are outlets that have been merited for making positive changes to offer healthier ways of preparing, cooking or serving food and drink to their customers.

How your business could benefit from being 'HOT'

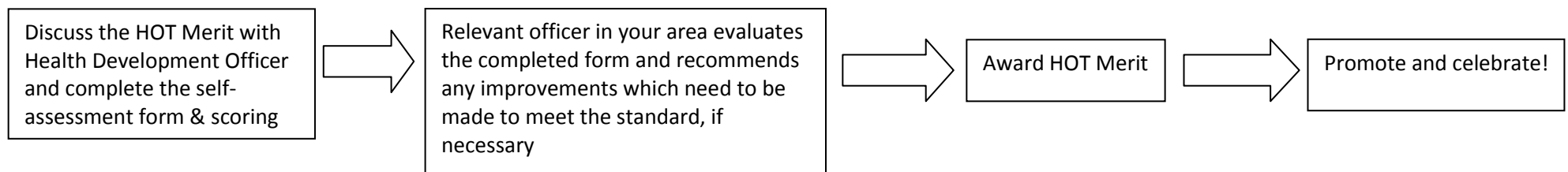
Making a few simple changes to how you prepare, cook and display your menu and becoming a HOT could help your business. By achieving the merit your business will be seen to be committed to supporting local communities to lead healthier lives, while other benefits could include:

- Increasing customer choice
- Increasing customer satisfaction and sales
- Enhancing the reputation of your business
- Receiving a certificate and promotional material to display in premises
- Recognition of achievements through Nottinghamshire County Council website and social media

What is the HOT scheme?

The HOT merit scheme run by Nottinghamshire County Council and Environmental Health teams at your district or borough council aims to increase access to and awareness of healthier options in takeaway outlets. Many takeaways, restaurants, cafes and coffee shops already offer healthier options for their customers and display information about this on their menus. Others may offer healthier options without realising or promoting it. By making small changes to what is offered or how food is prepared, cooked or served, takeaways can offer more choice for their customers.

The process of gaining a HOT merit is simple:



Is your business eligible?

Any business which offers takeaway food in Nottinghamshire, and has a food hygiene rating of **3** or more, is eligible to apply.

The merit will last for one year, or before if the takeaway has a change of owner or cuisine. Your district or borough council has the right to remove the merit if the food hygiene rating falls below 3.

Follow the instructions below to complete the self-assessment. There is no cost to applying for the merit.

Benefits of a healthy balanced diet

A good diet is important for your health and many health risks can be dramatically reduced by choosing a healthier lifestyle. In the UK, we have one of the highest rates of heart disease and stroke in the western world, along with this obesity rates are increasing.

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. In simple terms, we should eat more fibre; eat less fat, less sugar and less salt.

More and more food is being prepared and eaten outside of the home, so caterers are therefore in a position of influence to give customers the chance to choose healthier food without compromising on taste.

For more information or to discuss the HOT merit in more detail, please contact your local officer:

District / Borough Council	Contact Details
Ashfield District Council	The food team food@ashfield-dc.gov.uk 01623 457274
Bassetlaw District Council	Andrea Stewart Environmental.health@bassetlaw.gov.uk 01777 713764
Broxtowe Borough Council	Sue Hickey, Chief Environmental Health Officer health@broxtowe.gov.uk 0115 9173612
Gedling Borough Council	Samuel Palmer, Food, Health and Housing Manager Sam.Palmer@gedling.gov.uk 0115 901 3846
Mansfield District Council	Amanda Hooke, Environmental Health Officer ahooke@mansfield.gov.uk 01623 463190
Newark and Sherwood District Council	Mel Coton, Health Improvement Officer Melanie.Coton@newark-sherwooddc.gov.uk 01636 655990
Rushcliffe Borough Council	Denise Sawyer, Technical Officer Neighbourhoods DSawyer@rushcliffe.gov.uk 0115 9148269

Instructions on completing the self-assessment

This self-assessment questionnaire will take you step-by-step through possible healthier choices. Once the questionnaire is completed, a scoring matrix will be filled in to determine whether your takeaway has met the standards set and can receive the HOT merit.

There are six sections of the form and in each section all questions need to be completed. Please provide comments to help us understand how exactly you are meeting the criteria, this might be examples of what you do or changes you have made.

Please attach any copies of menus you may have to this form. Guidance notes and scoring system is detailed on the attached guidelines.

When completed please return to your local contact (see details on previous page).

Contact Details	
Name of business:	
Type of cuisine:	
Name of person completing questionnaire:	
Job title/position:	
Address and postcode:	
Telephone number:	
Email:	
Website address (if applicable):	
Food Hygiene Rating:	

1. Fruit and vegetables (not including potatoes)

Fruit, vegetables and salads are an excellent source of vitamins and minerals; they are full of fibre and can help reduce the risk of heart disease, stroke and some cancers. Fruit and vegetables contribute to a healthy and balanced diet.

Criteria	Yes	No	N/A	Comments/Evidence of how you meet the criteria
a) Do you sell unsweetened fruit juices?				
b) Are steamed, grilled or stir fried vegetables used in main dishes?				
c) Do you offer extra vegetables or salads to meals?				
d) Do you include a fruit or vegetable portion with each meal or offer any vegetable or side salad option?				

2. Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy foods should make up a 1/3 of the food on our plate. Starchy foods are a good source of energy, fibre, calcium, iron and vitamins. Starchy foods contribute to a healthy and balanced diet.

Criteria	Yes	No	N/A	Comments/Evidence
a) Are wholemeal options always available?				
b) Do you offer thick cut chips?				
c) Are non-fried potato options offered?				
d) Are non-fried rice options available?				

3. Dairy and alternatives.

Dairy products are a good source of protein and calcium. Dairy products can contribute to a healthy balanced diet if fat content is considered and lower fat options used.

Criteria	Yes	No	N/A	Comments/Evidence
a) Are low fat dairy products used in cooking of food?				
b) Are low fat dairy products offered?				
c) Are lower fat varieties of cheese available?				

4. Beans, pulses, fish, eggs, meat and other proteins.

Meat, poultry and fish are good sources of protein, vitamins and minerals. Caution needs to be taken about the amount of fat in meat; consideration of the cut of meat and amount is always advisable.

Criteria	Yes	No	N/A	Comments/Evidence
a) Is visible fat removed in the preparation of meat and skin removed from poultry as standard practice?				
b) Are grilled, poached or stir fried meat and fish offered as an alternative to fried?				
c) Are meat products such as sausages and burgers offered grilled, baked or roasted on a rack, not just fried or roasted in fat?				
d) Are tofu or quorn available as an alternative to traditional meat dishes?				

5. Fats, sugar and salt

Some **fats and oils** are needed in a balanced diet. But too much of saturated fat can raise cholesterol and increase the risk of obesity, type 2 diabetes, certain cancers, heart disease and strokes.

Sugar is a source of energy for the body, but when we eat too much we consume more energy than we burn, which can mean that we put on weight. A diet that is high in **salt** can cause raised blood pressure, which currently affects around one third of adults in the UK.

Criteria	Yes	No	N/A	Comments/Evidence
FATS				
a) Do you use an oil in the preparation of your food with less than 15g saturated fat per 100g?				
b) Do you use an oil in cooking of your food with less than 15g saturated fat per 100g?				
c) Where deep fat frying is unavoidable, is the oil heated to the optimum temperature, normally between 175 and 190c and the thermostat is accurately calibrated?				
d) Do you drain excess fat from fried food before serving by using the 'shake, bang and hang' technique?				
SUGAR				
e) Do you offer reduced sugar (<5%) drinks, unsweetened fruit juice and water?				
SALT				
f) Are customers given the choice whether they want salt added to their food?				
g) Is salt added in the preparation of your food?				
h) Is salt added in the cooking of your food?				

6. Displays, pricing, promotion and training				
Criteria	Yes	No	N/A	Comments
a) Are healthier options given a prominent position in displays?				
b) Are healthier options priced competitively?				
c) Are staff routinely offered training on healthy options that are available and taught about the benefits of choosing a healthy lifestyle?				
d) Do staff actively promote healthier options and routinely offer/suggest them?				
e)				
f) Are smaller portions available to order for adults?				

Total score

/56

Please refer to 'Guidance and examples' document for how to score your business. If you can score 34 or more, and make three new pledges you'll qualify as a HOT takeaway.

Pledges

We're asking you to think about at least three new things you can do offer healthier options to your customers.

There are some examples of possible pledges on the next page. Feel free to pick three things from the list that you aren't already doing – or come up with your own.

	I pledge to...	By what date?
1		
2		
3		

Below are suggestions of pledges which you could use in your own business. If you would prefer to set your own pledges you can, but these might give you some ideas.

7. Fruit and Vegetables (not including potatoes)

Fruit, vegetables and salads are an excellent source of vitamins and minerals; they are full of fibre and can help reduce the risk of heart disease, stroke and some cancers. Fruit and vegetables contribute to a healthy and balanced diet.

- Use or offer vegetables or salad (see definition)
- Offer fresh fruit or fruit salad alternatives
- Incorporate, where appropriate for the dish, pulses, including lentils or beans in dishes like soups, stews, curries, stir fries and rice

8. Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy foods should make up a 1/3 of the food on our plate. Starchy foods are a good source of energy, fibre, calcium, iron and vitamins. Starchy foods contribute to a healthy and balanced diet.

- Offer wholemeal or wheatgerm bread, pitta bread, flatbreads, naan, chappatis, pizza base etc.
- Use or offer wholegrain pasta
- Use or offer brown rice

9. Dairy and alternatives.

Dairy products are a good source of protein and calcium. Dairy products can contribute to a healthy balanced diet if fat content is considered and lower fat options used.

- Use or offer less cheese in fillings and toppings
- Use or offer low fat cheese
- Use or offer single cream, low fat crème fraiche or natural yogurt instead of double cream.
- Use or offer skimmed, 1% or semi-skimmed milk instead of full fat milk
- Use or offer no spread/butter
- Use or offer low fat spread or less butter
- Offer low fat or fat free natural yogurts as a dessert

10. Beans, pulses, fish, eggs, meat and other proteins.

Meat, poultry and fish are good sources of protein, vitamins and minerals. Caution needs to be taken about the amount of fat in meat; consideration of the cut of meat and amount is always advisable.

- Use lean minced meat or drain off the fat. Trim excess fat from meat and remove skin from chicken
- Use cooked meats with all visible fat trimmed off

11. Fats, Sugar and salt

Some **fats and oils** are needed in a balanced diet. But too much of saturated fat can raise cholesterol and increase the risk of obesity, type 2 diabetes, certain cancers, heart disease and strokes.

- Use an oil for frying with less than 15g saturated fat per 100g such as rapeseed or sunflower oil
- Offer to grill, bake, poach or steam food instead of frying
- When deep frying, ensure the oil is heated to a temperature which reduces
- Shake the basket of the deep fat fryer to remove excess fat
- the take up of fat (175°C for chips)
- Use or offer low fat dressings
- Use or offer food without mayonnaise or dressings
- Use or offer other low fat products

SUGAR

Sugar is a source of energy for the body, but when we eat too much we consume more energy than we burn, and this can mean that we put on weight.

- Offer water, sugar free drinks or fruit juice
- Use or offer fruit in fruit juice rather than syrup
- Offer low sugar desserts
- Offer sugar free desserts

SALT

A diet that is high in **salt** can cause raised blood pressure, which currently affects around one third of adults in the UK.

- Remove salt from tables and counters so customers don't just add it automatically
- Add less salt when cooking food
- Don't add salt when boiling food such as rice, pasta, potatoes or vegetables
- Use herbs or spices to improve the flavour of food rather than salt
- Use low salt/sodium ingredients in the preparation of food
- Offer low salt/sodium menu items as alternatives

12. Displays, pricing, promotion and training

- Offer small portions or servings for adults