

NUTRITIONAL SPECIFICATION FOR HOSPITALITY FUNCTIONS

Compliance Criteria:

- Healthy Living Basic and Plus Award (HLA) www.healthylivingaward.co.uk

Policy Outcome:

- Supplier of hospitality functions should comply with HLA.

Summary of Key Requirements / Criteria:

	HLA Basic
Product range	<ul style="list-style-type: none">• At least 50 % of the food on the menu must meet the specific healthyliving criteria, prepared using both healthier ingredients and cooking methods• The product range should include offers sensitive to religious dietary requirements.• NHSGGC requires 100% of soft drinks (by both product and retail volume) to be sugar-free (less than 0.5 grams of sugar per 100ml). Soft drinks include flavoured waters.
Nutritional composition and content	<ul style="list-style-type: none">• Starchy foods must form the main part of most meals.• Levels of fats and oils, particularly saturated fat, must be kept to a minimum.• Levels of salt must be kept to a minimum.• Levels of sugar must be kept to a minimum.• Fruit and vegetables must be clearly available.