

NUTRITIONAL SPECIFICATION FOR CAFÉS, DINING ROOMS, RESTAURANTS AND SANDWICH BARS

Compliance Criteria:

- Healthy Living Award / Healthy Living Award Plus
www.healthylivingaward.co.uk

Policy Outcome:

- All cafes / dining facilities will achieve HLA / HLA Plus criteria as eligible
- All In-house café / dining facilities will adopt a pricing structure that favours healthier options.

Summary of Key Requirements / Criteria:

	HLA Basic	HLA Plus - The criteria for the Basic award must still be met.
Product range	<ul style="list-style-type: none"> • At least 50 % of the food on the menu must meet the specific healthy living criteria, prepared using both healthier ingredients and cooking methods • Where appropriate, healthy and nutritious children's food should be provided. • 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. 	<ul style="list-style-type: none"> • At least 70% of the food you offer must be healthy living choices • At least half of the items in each section of the menu must be healthy living choices.
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. 	<ul style="list-style-type: none"> • Same as for the Basic award.
Promotion	<ul style="list-style-type: none"> • Have a promotion and marketing strategy which works alongside the general principles of the healthy living award and supports healthier eating. 	<ul style="list-style-type: none"> • Avoiding the promotion of non-healthy items • Increasing the provision and promotion of healthy choices