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## What is the R4H Award?

The R4H award promotes businesses that focus on healthy eating, environmental issues, and social responsibility. Sound like you? Read on. R4H is awarded by Lancashire County Council and is a Lancashire Trading Standards scheme for caterers.

## Benefits for your business

* Businesses will be supported to make positive changes to their menus, policies, and practice to support the health of the local community and to the local environment.

* Businesses with the award will receive online promotion on the Lancashire County Council website, which is promoted across the country, and in council buildings.
* Businesses with the award will receive a promotion pack containing a certificate and other eye-catching materials to display in premises.

## 

## How to apply?

* There are three levels to R4H - **Bronze, Silver and Gold.**
* The award is **free** to apply for.
* **You must have attained at least 5 stars for the Food Hygiene Rating Scheme at your most recent inspection.**
* Please then fill in this self-assessment form. The form is then sent to Trading Standards. If you are successful, you will be notified by post. **This should take no longer than 1 month.**
* You can apply to the award at any time of the year. If you have any questions, please contact: [recipe4health@lancashire.gov.uk](mailto:recipe4health@lancashire.gov.uk)

**Gold Award Criteria**

Please complete this self-assessment form by carefully filling in the information requested. The more information you give us, the less likely it is an officer will need to undertake an assessment visit. If you need more space, please include any extra information on additional paper and return it with your self-assessment form. If any questions are not applicable to your business, please write N/A.

**Please provide a copy of your menu with your assessment sheet.**

If you require any further advice or assistance in completing this form, please go to <https://www.lancashire.gov.uk/business/trading-standards/recipe-4-health/> or contact the Recipe 4 Health team on 01772 532145 or email us on [recipe4health@lancashire.gov.uk](mailto:recipe4health@lancashire.gov.uk)

**Business details**

|  |  |
| --- | --- |
| **Business Name** |  |
| **Business Address** |  |
| **Manager/Owner Details** |  |
| **Contact Telephone Number** |  |
| **Email Address** |  |
| **Website** |  |
| **Type of Establishment (e.g. Hot Food Takeaway)** |  |

**GOLD AWARD CRITERIA**

## Clean

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Attained 5 stars for Food Hygiene Rating Scheme (OFFICE USE ONLY) |  |

## Promotions and Marketing

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| How do you promote healthier options? **Please explain** |  |
| Do you promote healthy eating guidelines on your premises? e.g. 5–a–day, the Eatwell plate, reduced salt intake. **Please give details** |  |

## Healthy Eating\*

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Are vegetables or salad included as an accompaniment as standard and are they incorporated into dishes wherever possible? **Please give examples** |  |
| Are staff knowledgeable on how to choose a healthier diet and are they able to advise customers on healthier options**? Please give details** |  |
| Is there an oily fish option available e.g. tuna, salmon, mackerel, pilchards, and sardines. **Please give details**  *NB tuna is NOT classed as an oily fish when canned but the others are* |  |
| Are sandwiches served without spread as standard unless the customer specifically requests it? |  |
| Are fruit and fruit-based desserts available? e.g. whole fresh fruit, fruit salads, malt loaf, fruit cake, fruit crumbles |  |

*\*N.B. for premises providing food solely for under 5's such as nurseries and childcare settings there is no requirement to use low fat products, it is preferable to use full fat dairy products, however low sugar and low salt options are preferable.*

## Fruit, Fibre and Vegetables

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| If making homemade chips, do you keep the skin on or try to source chips with the skin on? |  |

## Salt

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Do you reduce or refrain from using MSG (Monosodium Glutamate) AND salt together in recipes? |  |

## Sugar

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Do you refrain from serving unlimited refills of sugar sweetened drinks? |  |

## Fats and Frying

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Do you ensure that products do not contain hydrogenated fats**? Please explain how do you do this?** |  |
| Do you consider where and how Trans Fatty Acids can be reduced or eliminated from the menu? e.g. only purchasing products that are free from Trans Fatty Acids |  |

## Allergens

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Please outline how you control allergens in your premises? |  |
| Explain how staff are made aware which menu items contain allergenic ingredients? |  |
| When there are changes to the allergens in ingredients used, are menu indications updated immediately? If yes, please explain how staff are notified of these changes? |  |
| Is staff training in relation to allergens documented and regularly refreshed? |  |

## Alcohol Awareness (for licensed premises only)

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| Please explain how staff are trained on how to spot proxy purchasers? |  |
| Do you have a documented policy on refusing sales to older adults purchasing alcohol on behalf of a person under the age of 18? |  |
| Do all staff review the Age Check pack at least every 12 months, and is this documented? |  |
| Please outline what training staff have received in relation to managing conflict with customers when refusing alcohol sales? |  |
| Do you have a documented policy on not serving alcohol to persons already excessively intoxicated? |  |
| Do you run a “Designated Driver Drinks” offer on your premises? |  |
| Do you regularly audit the refusals log to ensure that all relevant staff are refusing and recording refusals? |  |

## Environment

|  |  |
| --- | --- |
| **ESSENTIAL** | |
| How frequently do you carry out checks and maintenance on water taps, and on fridge / freezers seals to ensure they are kept in good repair to avoid energy/water leakage? |  |
| Do your suppliers take back packaging for reuse where available? |  |
| Are spray taps/hoses or percussion taps with flow restrictors installed in public bathrooms? |  |
| Do you use water saving devices in toilet cisterns or dual flush systems? |  |
| Are staff made aware of waste minimisation, water saving, and energy saving issues at staff meetings? |  |

## Declaration

As an authorised person of the above-named business, I verify that all information supplied above is true and accurate at the time of completing this self-assessment form.

Print Name

Signature

Date

After completion please return to:

**Recipe 4 Health,**

**Lancashire County Council Trading Standards Service**

**PO Box 100**

**County Hall**

**Preston**

**PR1 0LD**

**OR**

**By email to -**  [recipe4health@lancashire.gov.uk](mailto:recipe4health@lancashire.gov.uk)

NB Don't forget to include a copy of your menu.

Further free guidance can be found here :

Business Companion - <https://www.businesscompanion.info/en/in-depth-guides>

Food Standards Agency - <https://www.food.gov.uk/>

Government website - <https://www.gov.uk/>

***Data Protection:***

*In completing this form, you understand that Lancashire County Council has a requirement to process your personal data.*

*Lancashire County Council will only ever process your personal data where it has a clear lawful basis for doing so in full compliance with data protection legislation - UK GDPR and The Data Protection Act (2018).*

*We will ensure the security and confidentiality of your personal data at all times.*

*For full details of how Lancashire County Council handles your personal data please see our privacy notice here:*

[*https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notices/trading-standards/*](https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notices/trading-standards/)