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## What is the R4H Award?

The R4H award promotes businesses that focus on healthier 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 be promoted by Trading Standards, particularly on the Lancashire County Council website and social media platforms, 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 complete this self-assessment form. The form is then sent to Trading Standards. If you successfully qualify, you will receive your award during a short presentation. **The whole process 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

**Gold Award Criteria**

Please complete this self-assessment form by carefully filling in the information requested. 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

**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**

## FHRS Rating

|  |  |
| --- | --- |
| What is your current food hygiene rating?(must be 5\* for Gold award) |  |

## Promotions and Marketing

|  |  |
| --- | --- |
| Do you promote healthy eating guidelines on your premises? *e.g. 5–a–day, the Eatwell Plate, reduced salt intake.* **Please provide details**Free Healthier Catering training:[Recipe 4 Health award - Lancashire County Council](https://www.lancashire.gov.uk/business/trading-standards/recipe-4-health-award/#section3) |  |

## Healthy Eating\*

|  |  |
| --- | --- |
| Are staff knowledgeable on how to choose a healthier diet and are they able to advise customers on healthier options?**Please provide details of any applicable training, qualifications or experience**Free Healthier Catering training:[Recipe 4 Health award - Lancashire County Council](https://www.lancashire.gov.uk/business/trading-standards/recipe-4-health-award/#section3) |  |
| Is there an oily fish option available e.g. tuna, salmon, mackerel, pilchards, and sardines. (If appropriate for your cuisine)**Please provide details** *NB tuna is NOT classed as an oily fish when canned but the others are.* |  |

*\*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 and Vegetables

|  |  |
| --- | --- |
| Do you offer skin on chips or oven-baked chips? |  |
| Are vegetables or salad included as an accompaniment as standard and are they incorporated into dishes wherever possible? **Please provide examples** |  |

## Salt

|  |  |
| --- | --- |
| Do you avoid using MSG (Monosodium Glutamate) AND salt together in recipes, or reduce the amount of MSG used? (If appropriate for your cuisine) |  |

## Sugar

|  |  |
| --- | --- |
| Do you refrain from serving unlimited refills of sugar sweetened drinks? |  |
| Are all fruit juices pure and unsweetened and made available in 150ml servings? **Please provide product details** |  |

## Fats and Frying

|  |  |
| --- | --- |
| Do you look at oil maintenance and how this could be improved? *e.g. oil in deep fryers is regularly strained/debris skimmed after each batch/throughout service, fully filtered at least weekly, oil is topped up after every session and oil is changed before it froths, foams or smokes.* **Please state what you do**Guidance (fats and frying):[Recipe 4 Health award - Lancashire County Council](https://www.lancashire.gov.uk/business/trading-standards/recipe-4-health-award/#section5) |  |
| Do you consider how Partially Hydrogenated Fats/Trans Fatty Acids can be reduced or eliminated from the menu? **Please explain how you do this** |  |
| Are sandwiches served without spread as standard unless the customer specifically requests it? |  |

## Allergens

|  |  |
| --- | --- |
| 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? **Please provide details** |  |
| How are reworked/reused/leftover foods controlled to ensure information in relation to allergens is retained? |  |

## Environment

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

General

|  |  |
| --- | --- |
| Have all relevant senior staff completed the minimum of Level 3 Food Safety and Hygiene training? **Please provide copies of certificates** |  |
| It is deemed 'Best Practice' for Food Safety and Hygiene training to be refreshed every 3 years. **Please provide evidence** |  |

## 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

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/)