

Healthyliving award Improvement session



Why the healthyliving award?

By achieving the healthyliving award you are showcasing good practice and a commitment to improving standards within your catering provision and driving standards for the wellbeing of people in care.

Benefits of achieving the award:

- Meet Health and social care standards - Eating and drinking 1.33 to 1.39
- Competitive edge when engaging with commissioners for future bids.
- Work in partnership with NHS HS colleagues and comply with award criteria to offer choice to people in care.
- Illustrates quality improvement and good food and fluid outcomes for people in care.



The best things in life are free

- The Award is completely free
- Duration 2 years with QA throughout
- Support and resources are provided
- Group support and training available
- Opportunity for internal mentors



Interest so far

- ✓ Over 1500 businesses are registered with us
- ✓ Over 800 currently hold the Award
- ✓ We have a standard and plus level of the Award
- ✓ Range of catering providers across Scotland



Progress in care sector

- 70 sites within the care sector have registered with the healthyliving award
- 50 have achieved the healthyliving award, of which 6 are leading the way by having achieved the Plus award.
- Range of care providers – elderly care, children's residential homes, secure units, day centres, specialist care providers.



Main aims of the Award

- **Making the menu generally healthier**
Caterers must make the food served generally healthier by making broad changes to how food is prepared
- **Helping customers make informed choices**
Caterers must use appropriate marketing and promotion to support healthier eating



Award conditions



- ✓ Keep fat, salt and sugar to a minimum in the food served
- ✓ Make fruit and veg clearly available
- ✓ Make starchy foods the main part of most meals
- ✓ Provide healthy, nutritious food for children (if applicable)
- ✓ Make sure that **50%** of the food served are healthyliving choices
- ✓ Have an appropriate sales promotions on the general principles of the award supporting healthier eating

Promotional Materials

- Posters
- Leaflets
- Wobblers
- Window stickers
- Customer leaflets
- Table tent cards
- Bespoke group promotional materials

Resource order form 

Many of these resources are available to download from the members' area at www.healthylivingaward.co.uk

Please complete this form in block capitals.

Name _____
Job title _____
Contract caterer _____
Company _____

Address _____
Postcode _____
email _____
Telephone _____
Date _____

Information for customers

Customer leaflet S295
Provide information for your customers about the award. Should be available at all times.
Quantity

Table-tent card S307
Provide information for your customers about the award. Great for displaying on tables.
Quantity

Signage

Calling cards (95x55mm x 130mm) S252
Award holders only. Each set contains two cards.
Quantity

Posters

A2: your health is mind S296
Quantity

A3: making it easier S297
Quantity

A3: cooking methods S298
Quantity

A2: healthier eating S299
Quantity

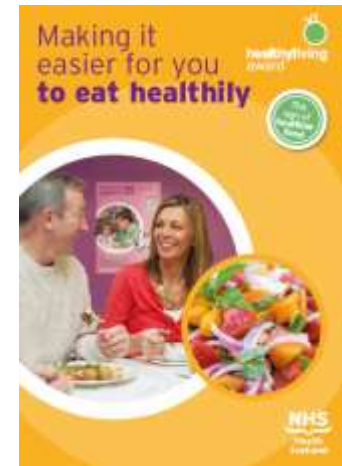
A4: higher fibre options S294
Quantity

A4: less salt of meat S295
Quantity

A4: Fat, salt and sugar S300
Quantity

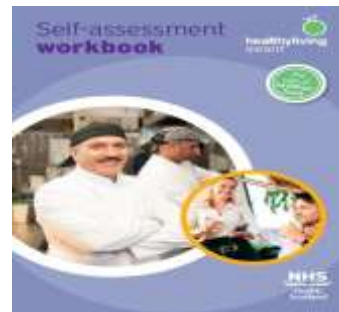
A4: healthier kids S301
Quantity





What's involved – registration

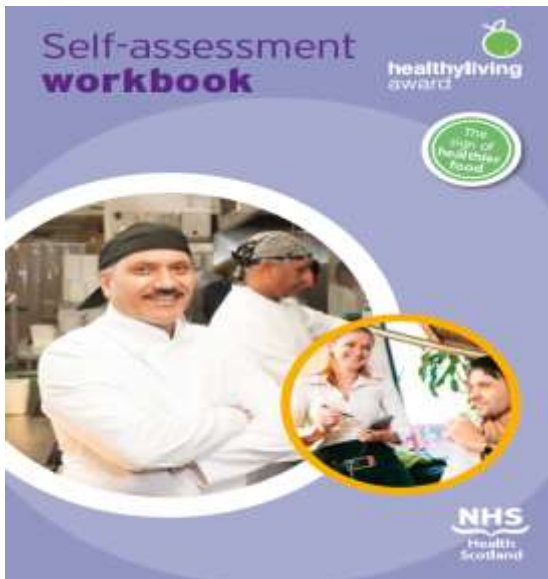
- ✓ Registration can be done either online or via post
- ✓ A guidance pack will be posted out once food hygiene requirements are met
- ✓ The guidance pack contains 3 helpful booklets to support you through the process



Registration form for the Healthy Living Award. The form includes fields for company name, contact name, address, and company website. It also includes a section for "Number of outlets" and "Average number of customers served per day". The NHS logo is visible in the bottom right corner.

What's involved – self assessment

- Complete the self assessment workbook
- Send menus
- Checked by assessment team/visit arranged



What's involved – assessment visit

- ✓ Trained assessor organises a suitable date
- ✓ 2 hours maximum
- ✓ Back of house chat – food prep, methods and ingredients
- ✓ Front of house walk round – food offer, staff and promotional materials



Further information

More information

www.healthylivingaward.co.uk



Next steps...

Thank you for inviting us today to introduce you to the award.

- Register with us today or visit our website where you can register online
- For any support or advice email:

joanne.burn1@nhs.net

Angela.kell@nhs.net

Any questions?

