

# BRISTOL EATING BETTER BUSINESS AWARD



## Introduction

Welcome to the Bristol Eating Better Business Award (BEBA) application form.

This application form is for food businesses, such as restaurants, cafes, mobile food vans and market stalls.

**If your business provides food for schools, we have a schools award available, [click here](#)**

**If your business provides food for early years settings, we have an early years award available, [click here](#)**

### **Before starting your application:**

- Please ensure that you have read the BEBA business award webpages.
- Have the guidance document open to help answer any questions you have.
- Make sure you know about the working practices of your kitchen, for example what ingredients and cooking methods you use: after each question, we'll ask you to tell us a bit about how you do the action.
- Make sure you have permission from the owner of the business to make any agreed changes.

## Application Guidance

### **Application guidance:**

- All core actions are at the beginning of each objective. As these actions need to be completed, they include an option for you to tell us if the action is not applicable to your business. For all additional actions, please select 'yes' to tell us which ones are

you choosing to do. The Non-applicable option will not count towards your score if it is a non-core action.

- You can stop and save your application at any point. When you press save you will be asked to enter your email address and will be sent a link to resume your application.
- The application process relies on your honesty and we look forward to hearing about the actions you take. We conduct an annual audit and randomly select businesses to visit and discuss the actions they have committed to.
- If you need help completing the application form or have any questions, please e-mail [Bristoleatingbetter@bristol.gov.uk](mailto:Bristoleatingbetter@bristol.gov.uk)

### **Reminder of award levels:**

To achieve the bronze award, you need to:

- do the 27 core actions
- commit another 8 actions of your choice
- in total, you need to commit to 35 actions to achieve a bronze award

To achieve the silver award, you need to:

- do the 27 core actions
- commit to another 22 actions of your choice – this needs to include at least 5 actions from the healthier eating objectives (objectives 1-6) and at least 5 actions from the sustainability and sustainability and community objectives (objectives 7-12)
- in total, you need to commit to 49 actions to achieve a silver award

To achieve the gold award, you need to:

- do the 27 core actions
- commit to another 36 actions - this needs to include at least 10 actions from the healthier eating objectives (objectives 1-6) and 10 from sustainability and sustainability and community objectives (Objectives 7-12)
- in total, you need to commit to 63 actions to achieve a gold award

Thank you for your interest in the Bristol Eating Better Award. We look forward to receiving your application.

## **About your business**

### **Business Details**

Your details will be held confidentially in line with GDPR and your information will be used solely for the administration of the award scheme. [Our privacy notice](#) explains what we do with your personal information and how long we keep it. \*

Name of the business applying for the award

\*

First line of the business address

\*

Second line of the business address	<input type="text"/>	*
Third line of the business address	<input type="text"/>	
Full postcode	<input type="text"/>	*
Name of key contact	<input type="text"/>	*
Telephone / Mobile	<input type="text"/>	*
Email	<input type="text"/>	*
Business website	<input type="text"/>	

What type of food business are you?

*You may choose more than one option \**

- ☐ Coffee Shop/Cafe
- ☐ Restaurant
- ☐ Fast Food Business
- ☐ Mobile Trader
- ☐ Market Trader
- ☐ Home Caterer
- ☐ Workplace Canteen
- ☐ Hotel
- ☐ Event Caterer

☐ Other (please specify):

## Objective 1 – Healthier Eating – Reducing Sugar consumption

This objective includes 7 actions. For guidance about this objective visit the application support and guidance page.

### 1.1 Core action

**Do at least 90% of the soft drinks you offer contain no more than 5g of sugar per 100ml?  
e.g. naturally flavoured water, diet drinks and homemade ice teas.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve drinks

Please tell us how you are doing this:

## 1.2 Core Action

**Do you make sure any processed food ingredients you use are sugar free or reduced sugar, where available (without artificial sweeteners and syrups as replacement)?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## 1.3

**Are all your fruit juices pure, unsweetened and no larger than 150ml, or 330ml of fruit juice diluted with water?**

- ☐ Yes
- ☐ No
- ☐ My business does not serve fruit juices

Please tell us how you are doing this:

## 1.4

**If you offer cakes, chocolate bars and similar products, do you display them away from the counter and are they the smallest size possible?**

**e.g. cakes with less than 27g of sugar, smaller portion sizes and chocolate bars at 99 calories or less, or half portions of cake.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

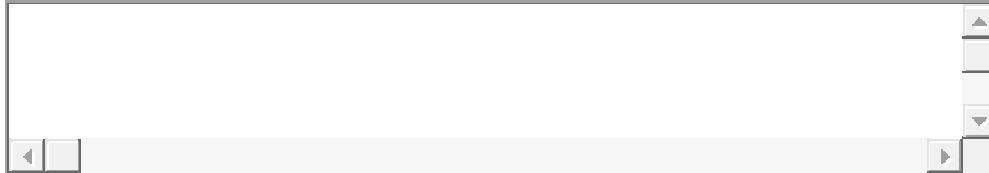
## 1.5

**Do you offer healthy snack options that are 100 calories or less?**

**e.g. fruit portions, pistachios, yoghurt, whole wheat crackers, pumpkin seeds, roasted crisps.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



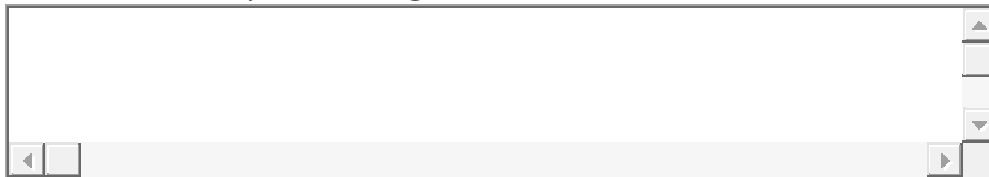
**1.6**

**Do you offer healthier alternatives to biscuits, cakes, and desserts?**

**e.g. fruit, nuts and scones.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve/use this product

Please tell us how you are doing this:



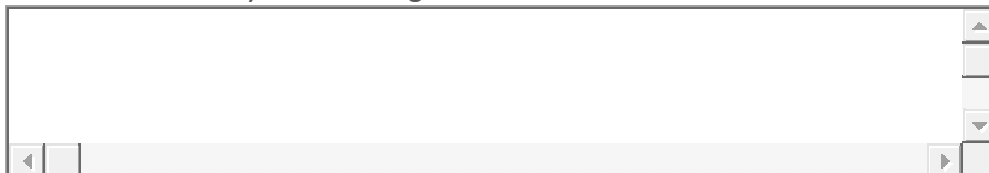
**1.7**

**Do you encourage customers to add less sugar to hot drinks?**

**e.g. removing sugar from tables, providing half teaspoon sized sugar sachets or natural sweeteners.**

- ☐ Yes
- ☐ No
- ☐ My business does not sell hot drinks

Please tell us how you are doing this:



## **Objective 2 – Healthier Eating – reducing salt consumption**

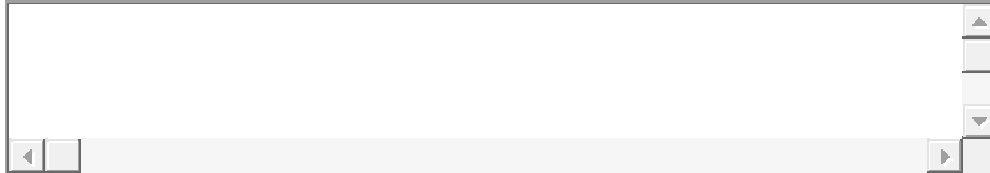
This objective includes 4 actions. For guidance about this objective visit the [application support and guidance page](#).

## 2.1 Core action

**Are you using the least possible amount of salt, or no salt at all, in your recipes?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



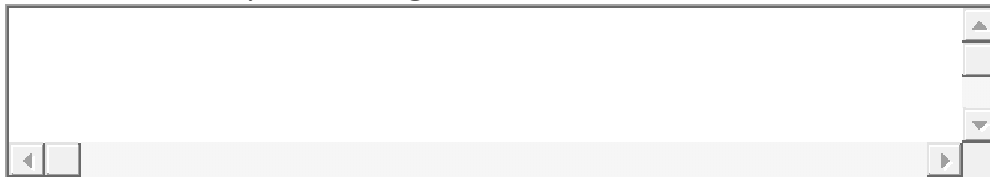
## 2.2 Core action

**Do you only offer salt to customers if they ask?**

**e.g. not have salt on front counter or on tables.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve salt

Please tell us how you are doing this:



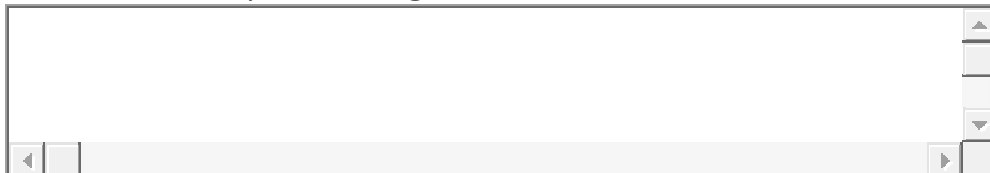
## 2.3

**Do you always make sure the processed food ingredients you use are salt free or reduced salt?**

**e.g. lower salt soy sauce, reduced salt baked beans, tinned fish in spring water (rather than brine) or low salt stock.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve/use this product

Please tell us how you are doing this:



## 2.4

**If you offer snacks, are they the smallest size possible and do you have some lower salt options?**

**e.g. low salt crisps, and unsalted nuts.**

- ☐ Yes

- ☐ No
- ☐ My business does not serve snacks

Please tell us how you are doing this:

## Objective 3 – Healthier eating – Reducing consumption of trans, animal and saturated fats

This objective includes 8 actions. For guidance about this objective visit the [application support and guidance page](#).

### 3.1 Core action

**Have you cut out or minimised the amount of saturated fat in your recipes?  
e.g. low saturated fat products have 1.5g of saturated fat or less per 100g.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 3.2 Core action

**Have you reduced the amount of red and processed meat, and increased the quality of meat you use where able, in your dishes or on your menu?  
e.g. you add more vegetables and pulses to reduce the amount of meat and enable you to purchase better quality meat. You could add: plant-based proteins, vegetables, pulses, lentils, quinoa.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve meat products

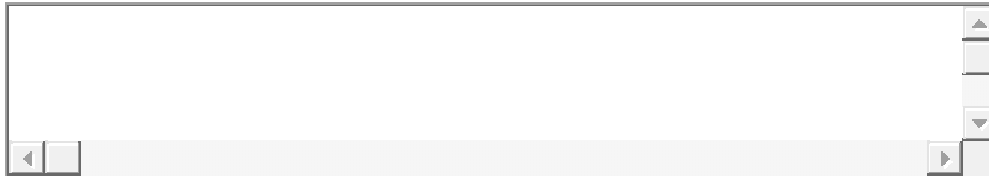
Please tell us how you are doing this:

### 3.3 Core action

**Do you use skimmed/semi-skimmed or non-dairy milk alternatives as standard?**

- ☐ Yes
- ☐ No
- ☐ My business does not use milk or milk alternatives

Please tell us how you are doing this:



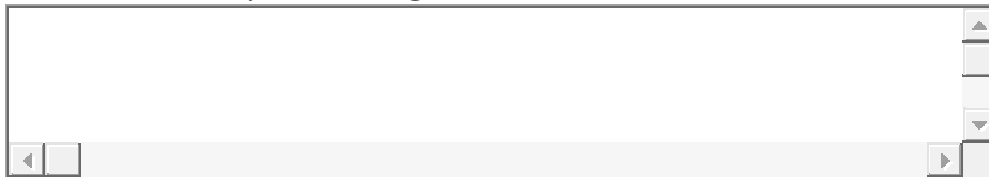
### 3.4

**Do you only offer and use products free of trans fatty acids?**

**e.g. products without hydrogenated fats including hydrogenated vegetable oil.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

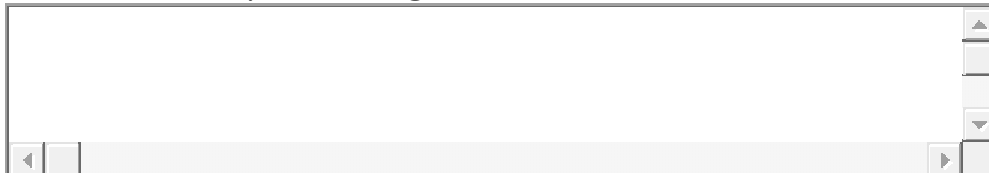


### 3.5

**If you deep-fry or shallow fry some foods, do you only use unsaturated oils and follow the Good Frying Guide?**

- ☐ Yes
- ☐ No
- ☐ My business does not use frying as a cooking method

Please tell us how you are doing this:

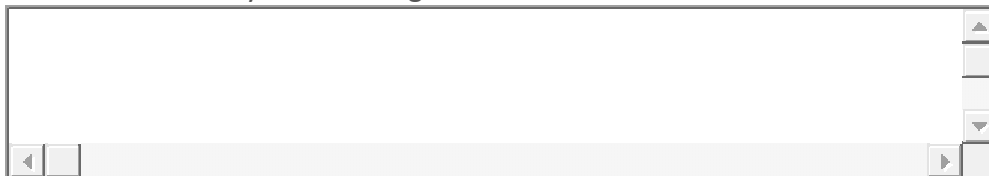


### 3.6

**If using meat, do you use leaner cuts and trim off most fat, or use meat products with 5g saturated fat per 100 grams of meat product?**

- ☐ Yes
- ☐ No
- ☐ My business does not serve meat

Please tell us how you are doing this:

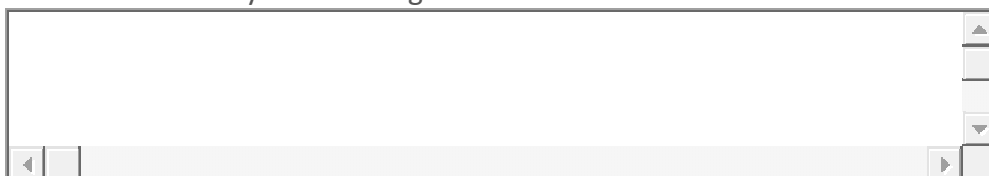


### 3.7

**Do you offer customers the choice of having their food with or without condiments, dressings or spreads?**

- ☐ Yes
- ☐ No
- ☐ My business does not serve condiments, dressings or spreads.

Please tell us how you are doing this:

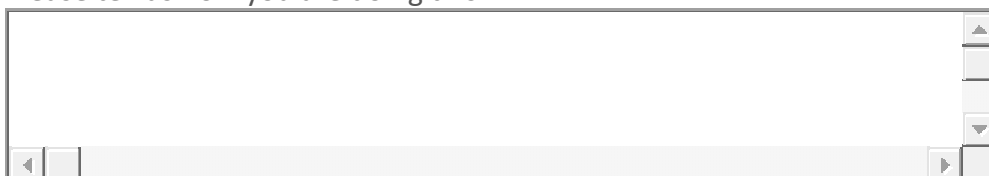


### 3.8

**Do you offer customers the option of having an unsaturated or lower fat option of condiments, dressings or spreads?**

- ☐ Yes
- ☐ No
- ☐ My business does not serve condiments, dressings or spreads

Please tell us how you are doing this:



## Objective 4 – Healthier eating – Increasing consumption of fruit, vegetables and fibre

This objective includes 6 actions. For guidance about this objective visit the [application support and guidance page](#).

### 4.1 Core action

**Do you offer customers the choice of a portion of salad, vegetables or fruit with all meals?**

- ☐ Yes
- ☐ No

- ☐ My business does not serve/use this product

Please tell us how you are doing this:

#### 4.2 Core action

**Do you offer high fibre bread as standard, with a choice of other breads as alternatives where available?**

- ☐ Yes
- ☐ No
- ☐ My business does not serve bread

Please tell us how you are doing this:

#### 4.3

**Do you offer fresh fruit or vegetable snacks?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

#### 4.4

**Do you offer low fat and low sugar fruit based desserts?**

**e.g. fruit crumbles with low sugar and fat content.**

- ☐ Yes
- ☐ No
- ☐ My business does not offer desserts

Please tell us how you are doing this:

#### 4.5

**Do you offer high fibre carbohydrate options?**

**e.g. whole-wheat pasta, brown rice, wholemeal chapattis, pancakes or scones.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve/use this product

Please tell us how you are doing this:

#### 4.6

**Do you include pulses in as many meals as possible, either as a main ingredient or on the side?**

**e.g. lentils, beans and chickpeas. Mains should contain at least 2 portions of veg, or 1 portion of veg and 1 pulse.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## Objective 5 – Healthier eating – Availability, marketing and promotion of healthier options

This objective includes 10 actions. For guidance about this objective visit the [application support and guidance page](#).

### 5.1 Core action

**Do you offer healthier options on your menu which are low in sugar, salt and fat?**

**e.g. healthy meals as regular items on your menu.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## 5.2 Core action

**Are healthier options highlighted and clearly displayed where customers can easily spot them?**

**e.g. at the start of the menu or highlighted as a special on the menu.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## 5.3 Core action

**Do you only use healthier cooking methods for the majority of your menu?**

**e.g. boiling, grilling, baking.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## 5.4

**Do you offer the choice of small portions or small sized products which are cheaper than larger portions?**

**e.g. choice of small meal/product, mini desserts, half portions of cake.**

- ☐ Yes
- ☐ No
- ☐ My business does not serve main meals or desserts

Please tell us how you are doing this:

## 5.5

**Do you avoid promoting larger sizes and adding extras, to discourage customers from adding extra calories, to hot drinks or desserts?**

**e.g. offering small/regular size as standard, not upselling toppings, cream, ice-cream**

- ☐ Yes
- ☐ No
- ☐ My business does not offer hot drinks or desserts

Please tell us how you are doing this:



**5.6**

**Do hot drink and dessert toppings cost extra?**

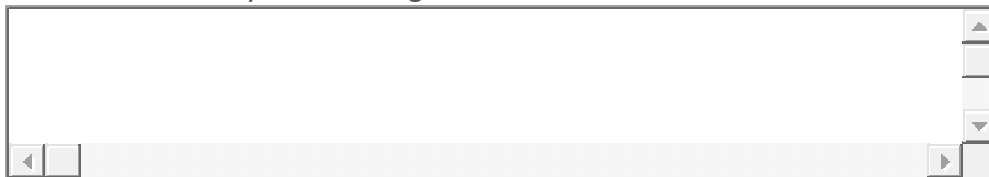
- ☐ Yes
- ☐ No
- ☐ My business does not serve/use this product

**5.7**

**Do all standard meal deals, menus and promotions include a healthy side (fruit, vegetables or salad) and drink (water, milk or unsweetened fruit juice which is smaller than 150ml) option?**

- ☐ Yes
- ☐ No
- ☐ My business does not serve/use this product

Please tell us how you are doing this:



**5.8**

**Do all children's meal deals, menus and promotions include a healthy side (fruit, vegetables or salad) and drink (water, milk or unsweetened fruit juice which is 150ml) option?**

- ☐ Yes
- ☐ No
- ☐ My business does not offer children's meals

Please tell us how you are doing this:

5.9

**Does your menu include a range of vegetarian and vegan options that are clearly labelled on the menu?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

5.10

**Are at least 75% of dishes on the menu freshly prepared (on site or at a local hub)?**

- ☐ Yes
- ☐ No
- ☐ This does not apply to my business (please tell us why below)

Please tell us how you are doing this:

## Objective 6 – Healthier Eating – positive steps to improve health and community

This objective includes 4 actions. For guidance about this objective visit the [application support and guidance page](#).

### 6.1 Core action

**Does your menu include healthy options for people with dietary and/or cultural needs? e.g. gluten free, food allergies, halal**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## 6.2 Core action

We would like to welcome you to the Breastfeeding Welcome Scheme as part of your BEBA application.

All businesses can join the scheme by:

- ensuring all your staff know about the scheme
- displaying a Bristol Breastfeeding Welcome scheme window sticker or poster
- upholding a woman's right to breastfeed by ensuring that if someone complains, the complainant is moved, not the mother.

Please confirm that you agree to take the steps above.

- ☐ Yes

## 6.3

Does your business offer non-alcoholic varieties of drinks?

e.g. non-alcoholic beers, wine, cocktails.

- ☐ Yes
- ☐ No
- ☐ My business does not serve/use this product

Please tell us how you are doing this:

## 6.4

Are your outdoor seating areas smoke free areas or protected from cigarette smoke and e-cigarette vapours?

- ☐ Yes
- ☐ No
- ☐ My business does not offer outdoor seating for customers

Please tell us how you are doing this:

## Objective 7 – Sustainability – Reducing Food waste

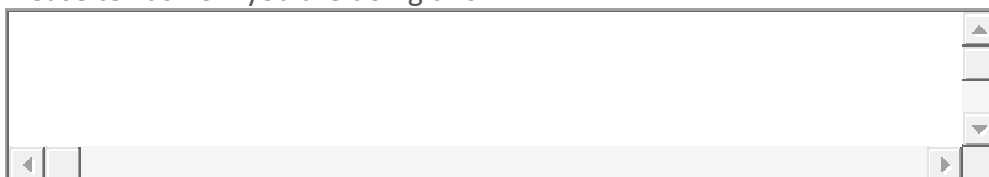
This objective includes 8 actions. For guidance about this objective visit the [application support and guidance page](#).

### 7.1 Core action

**Do you collect your food waste in a separate food waste bin for recycling or composting?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

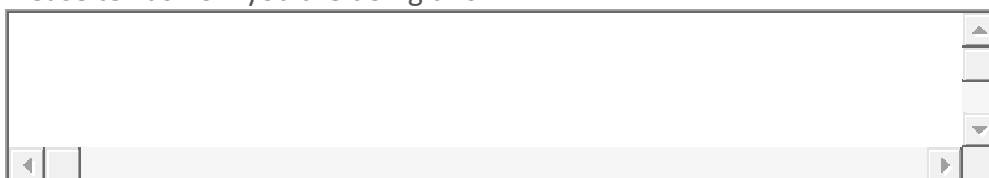


### 7.2 Core action

**Do you take steps to reduce your food waste?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

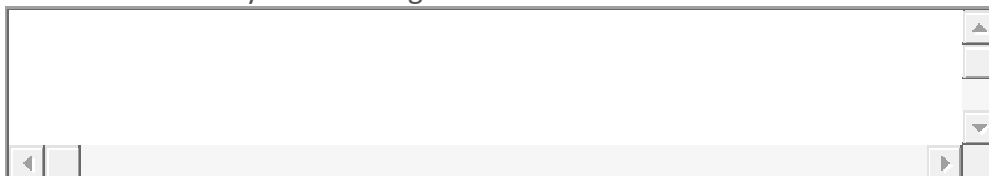


### 7.3 Core action

**Do you provide re-useable crockery (e.g. plates, dishes, cups, glasses) and cutlery for customers eating in and encourage customers to bring their own reusable cups, cutlery and food containers when taking away (where applicable to your business)?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



### 7.4 Core action

**Do you ensure that any single use containers you provide to your customers are recyclable in Bristol?**

- ☐ Yes

- ☐ No
- ☐ My business does not provide single use containers

Please tell us how you are doing this:

7.5

**If you are taking steps to reduce your food waste, do you have monitoring in place to understand the effectiveness of your food waste reduction actions?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

7.6

**If you have leftover food which is safe to consume, do you redistribute it to organisations who help people in need, or to consumers at a reduced price/for free?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

7.7

**Do you work with suppliers to buy products with as little single use packaging as possible?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

## 7.8

Have you signed up as a 'Refill Bristol' station and if so do you visibly promote this to encourage customers and members of the public to refill their water bottles in your premises?

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



## Objective 8 – Sustainability – Supporting ethical practice and animal welfare

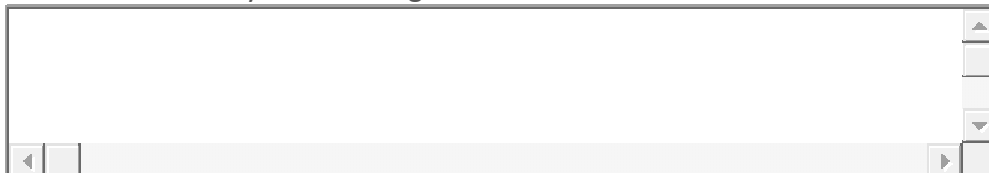
This objective includes 4 actions. For guidance about this objective visit the [application support and guidance page](#).

### 8.1 Core action

If you use eggs, are all the eggs you buy free-range?

- ☐ Yes
- ☐ No
- ☐ My business does not use eggs

Please tell us how you are doing this:



### 8.2 Core action

Do you ensure that no fish you buy or serve is listed on the Marine Conservation Society '[fish to avoid](#)' list?

- ☐ Yes
- ☐ No
- ☐ My business does not serve fish

Please tell us how you are doing this:

### 8.3

Bristol is a **Fairtrade City**. Do you buy, use or serve Fairtrade products where able and display it clearly on your menu?

e.g. tea, coffee, sugar, cocoa, bananas.

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 8.4

Is all the meat you serve (including any in pre-prepared products) from farms which satisfy UK animal welfare standards?

- ☐ Yes
- ☐ No
- ☐ My business does not serve meat

Please tell us how you are doing this:

## Objective 9 – Sustainability – Reducing Carbon

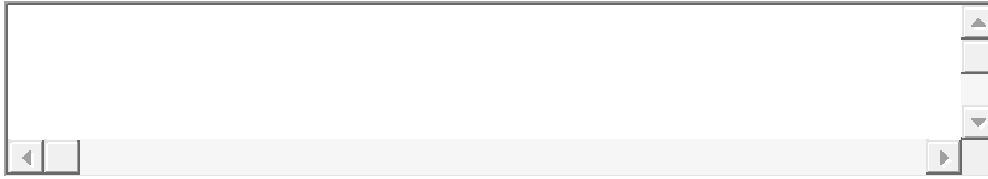
This objective includes 6 actions. For guidance about this objective visit the [application support and guidance page](#).

### 9.1 Core action

Are you taking steps to incorporate more plant-based ingredients in the food you serve (to reduce the amount of meat and dairy products on your menus)?

- ☐ Yes
- ☐ No
- ☐ My business cannot incorporate plant-based ingredients into our food

Please tell us how you are doing this:

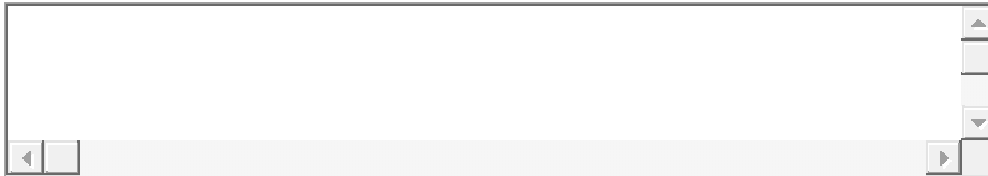


## 9.2 Core action

**Do you source in-season produce from the UK as much as possible?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

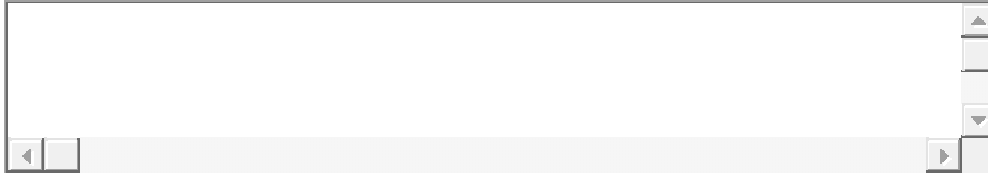


## 9.3 Core action

**Do you highlight what ingredients/products are in-season on your menus?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



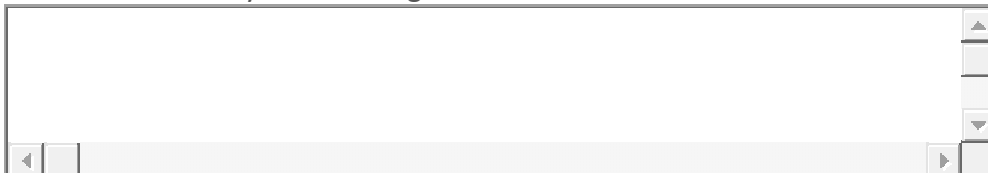
## 9.4

**If you need to use a vehicle, or vehicles, for your business, do you use more sustainable transport options?**

**e.g. using a bike delivery service, freight consolidation or electric vehicles.**

- ☐ Yes
- ☐ No
- ☐ My business does not use a vehicle

Please tell us how you are doing this:



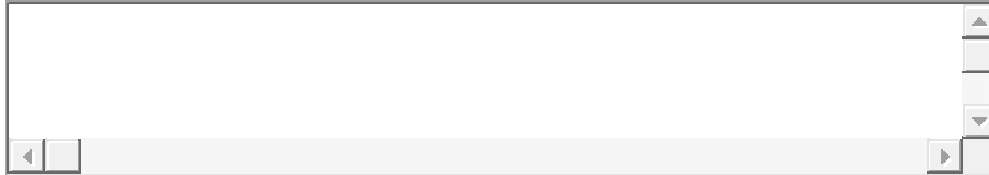
## 9.5

**Have you taken measures to improve the energy efficiency of the building and the**

**appliances you use? If you are renting this would include engaging with your landlord to encourage changes.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



## 9.6

**Does your business have a carbon reduction plan?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



# Objective 10 – Sustainability – Supporting biodiversity and the environment

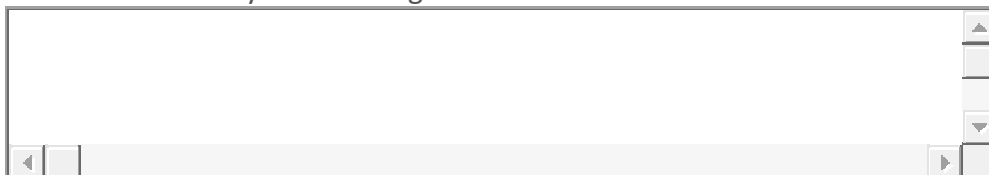
This objective includes 5 actions. For guidance about this objective visit the [application support and guidance page](#).

## 10.1

**Do you source any certified organic ingredients or products?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



## 10.2

**If palm oil is unavoidable in a product or as an ingredient, do you make sure all palm oil is certified sustainable by a recognised scheme?**

**e.g. Roundtable on Sustainable Palm Oil (RSPO) certified.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 10.3

**Do you ensure that none of the products you use are genetically modified, and that they contain no genetically modified ingredients?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 10.4

**Do you take steps to make sure that the products and ingredients you buy are not contributing to deforestation? E.g., making sure any wooden or paper products you provide (such as stirrers, cutlery, napkins) are from a certified sustainable source or are made using recycled materials; and avoid buying meat, eggs and dairy products where the animals have been fed with soy.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 10.5

**If you use solid fuel for cooking, do you have plans to switch to a cleaner alternative fuel with lower smoke emissions?**

**Examples of solid fuel are: wood, coal, firewood and pellets. Examples of cleaner fuels are biogas, electricity, LPG, ethanol and natural gas.**

- ☐ Yes
- ☐ No
- ☐ My business does not use solid fuel for cooking

Please tell us how you are doing this:

## Objective 11 – Sustainability and Community – Supporting the local economy

This objective includes 4 actions. For guidance about this objective visit the [application support and guidance page](#).

### 11.1 Core action

**Do you display information about where the food you serve comes from?**

**e.g. local farms and/or local producers, country of origin or other sustainable sources.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 11.2 Core action

**Do you source any ingredients or products from local suppliers, and champion local producers and UK suppliers as much as possible?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

### 11.3

**Are you a real Living Wage employer?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

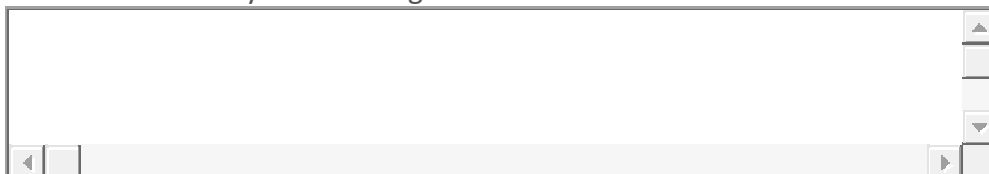
## 11.4

**Do you employ local people?**

**Local people is defined as people living within the BS1-BS16 postcodes.**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



## Objective 12 – Sustainability and Community – Communicating, training and working with others

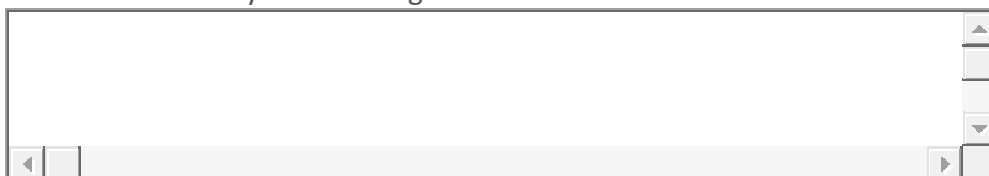
This objective includes 4 actions. For guidance about this objective visit the [application support and guidance page](#).

### 12.1 Core

**Do you seek feedback from customers about the food you serve to help reduce waste and improve your food offer?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

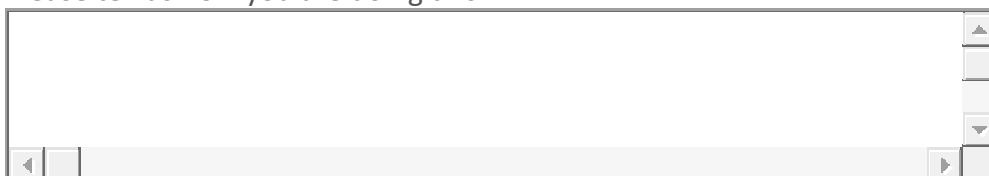


### 12.2 Core

**Have all employees involved in preparing/serving/selling food, completed relevant training or online learning in healthier catering and sustainable food practices relevant to the business?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

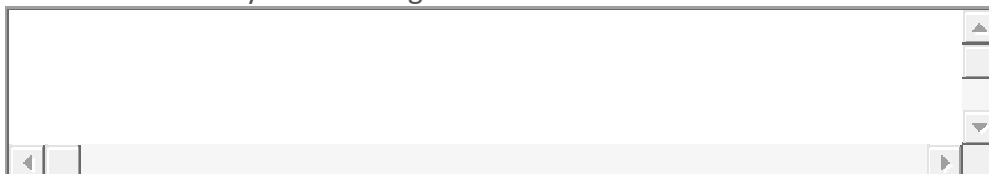


### 12.3

**Do you promote your healthier food and commitment to sustainability in store, on your website and on social media (where applicable)?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:

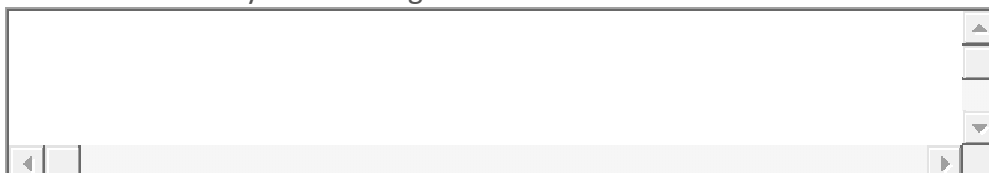


### 12.4

**Do you engage with and/or support the local community on food related initiatives?**

- ☐ Yes
- ☐ No

Please tell us how you are doing this:



You have now completed all BEBA objectives, please review your responses and check you are happy with your answers.

Your application will not be submitted until you reach the end and press 'submit'.

Before you do, we have a couple more questions to help us process your application.

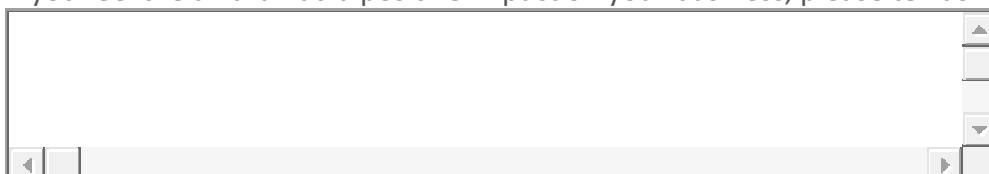
**Have you previously held a Bristol Eating Better Award?**

- ☐ Yes
- ☐ No

**If yes, which award did you achieve?**

- ☐ Gold
- ☐ Silver
- ☐ Bronze

If you feel the award had a positive impact on your business, please tell us how:



**Are you currently applying for a council catering contract?**

- ☐ Yes
- ☐ No

## Your Food offering

We have a directory of BEBA awarded businesses on our website. Please answer the following questions to provide additional information to be included in this directory.

**What type of food or drinks do you provide?**

**e.g. burgers, mexican food, coffee and cakes.**

**Are you happy to be promoted as being able to provide food at festivals and events?**

**e.g. the Harbourside festival.**

- ☐ Yes - we can provide main meals at high volume, high turnover locations
- ☐ Yes - we can provide at a smaller catering stand e.g. coffee and cakes
- ☐ No

**If you would like to be promoted as being able to provide food at events and festivals, what phone number and/or email address should event organisers use to contact you? Please note this will be shared on the public BEBA directory.**

## Feedback

We would appreciate your feedback about the award and how easy the application process is.

The following information will be kept confidential and will be used for administration and evaluation purposes only unless permission is given to share.

**How did you hear about the award?**

- ☐ Facebook
- ☐ Instagram
- ☐ Twitter

- ☐ Saw it displayed by another business
- ☐ Council promotional e-mail
- ☐ Via a food safety inspection
- ☐ Word of mouth
- ☐ Other (please specify):

**How easy was the application form to complete?**

- ☐ Very easy
- ☐ Easy
- ☐ Neither easy nor difficult
- ☐ Difficult
- ☐ Very difficult

Please tell us if there is anything we can do to improve the application form:

**How knowledgeable do you currently feel about how to make your food healthier and more sustainable?**

- ☐ I have some knowledge
- ☐ I have considerable knowledge
- ☐ I have very good knowledge

Please tell us if there any more information and support we can provide:

**We ask that Bristol Eating Better Award holders:**

- Make sure that all staff are aware of the health and sustainability actions your business has committed to.
- Display the BEBA sticker and certificate once awarded.

Please confirm that you agree to inform your staff and display the BEBA sticker and certificate.

- ☐ Yes

Please press '**submit**' to submit your application to the BEBA team.