



Awards



Awarded to

1735 Cafe

St Michaels Hospital, Bristol

Achieving 90% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22 August 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks and side dishes
5. To ensure all dishes are nutritionally well-balanced
6. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
7. To offer free drinking water and become a Refill station
8. To reduce food waste as much as possible
9. To support the local economy, such as by buying local and in season produce as much as possible, & displaying information on sourcing
10. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
11. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

1735 Kiosk

BRI Hospital, Bristol

Achieving 90% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22 August 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
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7. To offer free drinking water and become a Refill station
8. To reduce food waste as much as possible
9. To support the local economy, such as by buying local and in season produce as much as possible, & displaying information on sourcing
10. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
11. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Accolade Wines

Kings Weston Lane, BS11 9FG

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

25th June 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing to customers
13. To buy meat, eggs and milk that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Baxter Storey at RBS

Trinity Quay, Avon St, Bristol, BS2 2DG

Achieving 88% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

26 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To source, provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
- 3) To provide nutritionally balanced meals
- 4) To help customers eat more fibre by using & offering wholegrain/ complex carb options as much as possible
- 5) To help customers eat more fresh fruit and vegetables
- 6) To provide customers with information about what they're eating
- 7) To have staff that are able to explain the basics of healthy eating
- 8) To offer free tap water and become a Refill station
- 9) To reduce waste and recycle as much as possible
- 10) To support the local economy, such as by buying local produce as much as possible
- 11) To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
- 12) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

BBC Canteen (Servest)

BBC, Whiteladies Rd, Bristol

Achieving 87% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

26 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation , cooking & service
- 3) To offer free drinking water
- 4) To help customers eat more fresh fruit and vegetables
- 5) To use complex carbohydrates as much as possible
- 6) To provide nutritionally balanced meals offered in a range of portion sizes
- 7) To have staff that can offer basic advice on eating healthily
- 8) To reduce waste and recycle as much as possible
- 9) To try and buy fruit and vegetables that are local and in season where possible
- 10) To buy meat, eggs, milk and fish that meet minimum animal welfare standards whenever possible
- 11) To use organic produce where possible
- 12) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Ben Bartlett

Achieving 100% of the applicable Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

16 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide and promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation & service
- 3) To help customers eat more fibre by using & offering wholegrain options as much as possible
- 4) To help customers eat more fresh fruit and vegetables by making them inclusive as much as possible and also available as snacks & desserts
- 5) To ensure all food is nutritionally well-balanced
- 6) To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
- 7) To reduce waste and recycle as much as possible
- 8) To support the local economy, such as by buying local and in-season produce as much as possible
- 9) To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
- 10) To offer vegetarian options
- 11) To try and buy organic produce whenever possible
- 12) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Bocabar

Paintworks, Arnos Vale, Bath Road, Bristol

Achieving 88% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

22 August 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier menu alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Box-E

Unit 10, Cargo 1, Wapping Wharf, BS1 6WP

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

11th April 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To offer a selection of low sugar drinks with less than 5g sugar/100ml
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To ensure all dishes are nutritionally well-balanced
6. To offer a selection of meat free alternatives
7. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
8. To be breast feeding friendly
9. To offer free drinking water and be a Refill station
10. To reduce food waste & also single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
12. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
13. To try and buy organic produce where possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies
15. To encourage staff to support customers to make healthier choices

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Buzz Lockleaze

6a Gainsborough Sq, Lockleaze

Achieving 94% of the applicable Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22 August 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging/products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy free range eggs, and milk from dairies that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Café Create

Create Centre, B Bond, Smeaton Road

Achieving 93% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

26 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation & service
- 3) To provide nutritionally balanced meals
- 4) To provide healthier children's drinks and meals
- 5) To help customers eat more fibre by using & offering wholegrain options as much as possible
- 6) To help customers eat more fresh fruit and vegetables
- 7) To provide customers with information about what they're eating
- 8) To be breast feeding friendly
- 9) To offer free tap water and become a Refill station
- 10) To reduce waste and recycle as much as possible
- 11) To support the local economy, such as by buying local produce as much as possible and accepting the Bristol Pound
- 12) To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
- 13) To try and buy occasional organic produce where possible
- 14) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Café Gusto (City Hall)

Achieving 89% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

23 May 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To source, provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats added during preparation & service
- 3) To help customers eat more fibre by using & offering wholegrain options as much as possible
- 4) To help customers eat more fresh fruit and vegetables
- 5) To provide customers with information about what they're eating
- 6) To ensure staff are able to give basic advice on healthy eating
- 7) To promote the use of re-fillable cups
- 8) To reduce waste and recycle as much as possible
- 9) To support the local economy, such as by buying local produce as much as possible
- 10) To offer a range of vegetarian options
- 11) To buy meat, eggs, milk and fish that meet minimum animal welfare standards whenever possible
- 12) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Café Ronak

169 Gloucester Road, Bishopston, Bristol

Achieving 94% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

13 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation & service
- 3) To help customers eat more fibre by using & offering wholegrain options as much as possible
- 4) To help customers eat more fresh fruit and vegetables by making them inclusive as much as possible and also available as snacks
- 5) To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
- 6) To be breast feeding friendly
- 7) To offer free tap water and become a Refill station
- 8) To reduce waste and recycle as much as possible
- 9) To support the local economy, such as by buying local produce as much as possible and accepting the Bristol Pound
- 10) To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
- 11) To try and buy organic produce where possible
- 12) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Cook Eat & Travel

Achieving 100% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22 August 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar added to food
3. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
4. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
5. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
6. To try and buy organic produce where possible
7. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Eat a Pitta

1-3 Glass Arcade, St. Nicholas Market, BS1 1LA

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

16th April 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To encourage the uptake of healthier food options by offering free tastings
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks and side dishes as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To make healthier condiments & dressings available and served separately
7. To offer a variety of healthier, plant based meat free alternatives
8. To provide customers with information about what they're eating and sign post to healthier options on menus & boards
9. To ensure staff have a basic understanding of healthy eating and are able to explain and promote healthier menu options
10. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
11. To be breast feeding friendly
12. To offer free drinking water with all meals
13. To have in place a robust stock management and control system to reduce food waste
14. To reduce the use of single use plastic waste and using recyclable/reusable packaging and/or products as much as possible
15. To support the local economy, such as by buying local ingredients and in season produce as much as possible
16. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Eat a Pitta

21a Queens Road, Clifton BS4 4AX

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

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Date

16th April 2018

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Becky Pollard Director of Public Health



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6. To make healthier condiments & dressings available and served separately
7. To offer a variety of healthier, plant based meat free alternatives
8. To provide customers with information about what they're eating and sign post to healthier options on menus & boards
9. To ensure staff have a basic understanding of healthy eating and are able to explain and promote healthier menu options
10. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
11. To be breast feeding friendly
12. To offer free drinking water with all meals
13. To have in place a robust stock management and control system to reduce food waste
14. To reduce the use of single use plastic waste and using recyclable/reusable packaging and/or products as much as possible
15. To support the local economy, such as by buying local ingredients and in season produce as much as possible
16. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
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Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Eat a Pitta

67a Gloucester Road, Bristol, BS7 8AD

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

16th April 2018

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Becky Pollard Director of Public Health



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5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To make healthier condiments & dressings available and served separately
7. To offer a variety of healthier, plant based meat free alternatives
8. To provide customers with information about what they're eating and sign post to healthier options on menus & boards
9. To ensure staff have a basic understanding of healthy eating and are able to explain and promote healthier menu options
10. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
11. To be breast feeding friendly
12. To offer free drinking water with all meals
13. To have in place a robust stock management and control system to reduce food waste
14. To reduce the use of single use plastic waste and using recyclable/reusable packaging and/or products as much as possible
15. To support the local economy, such as by buying local ingredients in season produce as much as possible
16. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Eat a Pitta

Kiosk 3b Broadmead, Bristol BS1 3EA

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

16th April 2018

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Becky Pollard Director of Public Health



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3. To encourage the uptake of healthier food options by offering free tastings
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks and side dishes as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To make healthier condiments & dressings available and served separately
7. To offer a variety of healthier, plant based meat free alternatives
8. To provide customers with information about what they're eating and sign post to healthier options on menus & boards
9. To ensure staff have a basic understanding of healthy eating and are able to explain and promote healthier menu options
10. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
11. To be breast feeding friendly
12. To offer free drinking water with all meals
13. To have in place a robust stock management and control system to reduce food waste
14. To reduce the use of single use plastic waste and using recyclable/reusable packaging and/or products as much as possible
15. To support the local economy, such as by buying local ingredients and in season produce as much as possible
16. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Grill and Bake

275 Lodge Causeway, Fishponds, BS16 3RA

Achieving 99% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

6th June 2018

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. Healthier menu items are clearly signposted on menus and boards
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy meat that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Henleaze Campus Breakfast Club

Henleaze Infant School, Park Grove, BS9 4LG

Achieving 88% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1st May 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and served
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes and meat free alternatives
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To clearly signpost healthier food options on menus & boards
10. To encourage the uptake of healthier food options by offering free tastings of them
11. To offer free drinking water
12. To reduce food waste & single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
13. To buy eggs and milk that meet animal welfare standards whenever possible
14. To source organic produce depending on reported levels of contamination
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Horizon House

Deanery Road, Bristol, BS1 5AH

Achieving 88% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

17th May 2018

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To provide and encourage the uptake of healthier, high fibre alternatives where possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure
9. To offer free drinking water and become a Refill station
10. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To actively reduce the amount of single use plastic used where possible
12. To support the local economy, such as by buying local and in season produce as much as possible and display information on sourcing
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Kabala Kitchen

Achieving 86% of the applicable Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

16 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To take steps to help customers reduce sugar intake such as by providing information , reducing sugar added during preparation & offering low-sugar options .
2. To take steps to reduce the amount of saturated fats adding during preparation & cooking
3. Not to use products containing trans-fats
4. To provide healthy children's meals
5. To try and use high fibre items as much as possible and offer customers the choice of such items where relevant
6. To try and make fruit and vegetables an inclusive part of every meal and also available as snack options
7. To offer adults different portion sizes and nutritionally balanced meals
8. To enable customers to know what the healthy options are
9. To ensure staff are able to offer basic advice on healthy eating
10. To take various measures to reduce food waste
11. To support the local economy by buying local produce and accepting the Bristol Pound
12. To offer meat free alternatives
13. To support some organic farming practices
14. To support ethical & sustainable trade & ingredients

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Kate's Kitchen

Unit 11, Windmill Farm Business Centre,
Bartley Street, BS3 4DB

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

17th May 2018

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
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4. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
5. To offer a selection of vegetarian dishes
6. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
7. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
8. To be breast feeding friendly
9. To offer free drinking water and become a Refill station
10. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To support the local economy, such as by buying local and in season produce as much as possible and display information on sourcing
12. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
13. To try and buy organic produce where possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



For more
information email
bristoleatingbetter@bristol.gov.uk

Bristol Eating Better is a Bristol City Council initiative



Awarded to

Kiosk (1735 Cafes)

BRI Hospital, Bristol

Achieving 90% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22 August 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks and side dishes
5. To ensure all dishes are nutritionally well-balanced
6. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
7. To offer free drinking water and become a Refill station
8. To reduce food waste as much as possible
9. To support the local economy, such as by buying local and in season produce as much as possible, & displaying information on sourcing
10. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
11. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Matter

660 Fishponds Road, Fishponds, BS16 3HJ

Achieving 99% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

17th May 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To try and buy organic produce where possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Number 7 Kitchen

7-8 Carlton Court, Westbury-On-Trym, Bristol, BS9 3DF

Achieving 89% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

23rd June 2017

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Papadeli

84 Alma Road, Bristol, BS8 2DJ

Achieving 90% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22nd June 2017

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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6. To offer a selection of vegetarian dishes
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10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Parsnip Mash

Lord Mayor's Mansion House, Clifton

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

04 July 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To source and offer healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
- 3) To provide nutritionally balanced meals
- 4) To help customers eat more fibre by using & offering wholegrain/ complex carb options as much as possible
- 5) To help customers eat more fresh fruit and vegetables
- 6) To provide customers with information about what they're eating
- 7) To have staff that are able to explain the basics of healthy eating
- 8) To offer free tap water
- 9) To reduce waste and recycle as much as possible
- 10) To buy local & in season produce as much as possible
- 11) To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
- 12) To source organic produce wherever possible
- 13) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Patient's Kitchen, NBT Southmead Hospital

Brunel Building, Westbury On Trym, BS10 5NB

Achieving 89% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1st May 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To offer a selection of healthier alternatives to the traditional confectionery, cakes, dessert items, etc.
3. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
4. To use & offer the alternative of high-fibre options as much as possible
5. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
6. To ensure all dishes are nutritionally well-balanced
7. To offer a selection of vegetarian and meat free alternative dishes
8. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
9. To clearly signpost healthier food options on menus & boards and to adjust our menu and prices to encourage healthier choices
10. To ensure all staff have read the Eat Well Guide and are able to explain & promote healthier options
11. To reduce the amount of food waste and single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To sign up and commit to being a Bristol 'refill station'
13. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing
14. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
15. To try and buy organic produce where possible
16. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Royce Rolls

Wine Street, St.Nicholas Market, BS1 1JQ

Achieving 99% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

13th June 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

School's Out Henleaze

Henleaze Infant School, Park Grove, BS9 4LG

Achieving 85% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1st May 2018

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Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes and meat free alternatives
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To clearly signpost healthier food options on menus & boards
10. To encourage the uptake of healthier food options by offering free tastings of them
11. To offer free drinking water
12. To reduce food waste & single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
13. To buy eggs and milk that meet animal welfare standards whenever possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Spoke & Stringer

The Boathouse Unit 1, Gasworks Lane, BS1 5AD

Achieving 94% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

17th May 2018

Becky Pollard

Becky Pollard Director of Public Health



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2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
4. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
5. To offer a selection of vegetarian dishes
6. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
7. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
8. To be breast feeding friendly
9. To offer free drinking water and become a Refill station
10. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing
12. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
13. To try and buy organic produce where possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

The Bluebird Tea Co

73 park Street, Bristol

Achieving 87% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

15 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To help customers reduce their sugar intake by providing drinks low in sugar
- 2) To offer customers alternatives to full-fat milk or cream with their drinks
- 3) To be breast feeding friendly
- 4) To offer free tap water and become a Refill station
- 5) To reduce waste and recycle as much as possible
- 6) To support the local economy, such as by buying local produce as much as possible and accepting the Bristol Pound
- 7) To only use milk that meets certain animal welfare standards whenever possible
- 8) To try and offer vegetarian options
- 9) To try and buy organic produce where possible
- 10) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

The Greenway Centre Café

Doncaster Road, Southmead

Achieving 92% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

23 May 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation & service
- 3) To provide nutritionally balanced meals
- 4) To provide healthier children's drinks and meals
- 5) To help customers eat more fibre by offering wholegrain options as much as possible
- 6) To help customers eat more fresh fruit and vegetables
- 7) To provide customers with information about what they're eating
- 8) To be breast feeding friendly
- 9) To offer free tap water and become a Refill station
- 10) To reduce waste and recycle as much as possible
- 11) To support the local economy, such as by buying local produce as much as possible
- 12) To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
- 13) To try and buy organic produce where possible
- 14) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Tiffin Time

Address

Achieving 99% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1st May 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To offer a range of portion sizes of main meals and ensure meals are healthy and nutritionally well-balanced.
8. To encourage the uptake of healthier food items by offering free samples
9. To ensure staff have read the Eat Well Guide and are able to explain and promote healthier food items to customers
10. To be breast feeding friendly
11. To offer free drinking water and become a Refill station
12. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
13. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
14. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
15. To try and buy organic produce where possible
16. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
[www.bristol.gov.uk/eat
ingbetter](http://www.bristol.gov.uk/eatingbetter)



Bristol Eating Better is a Bristol City Council initiative

For more
information email
[bristoleatingbetter
@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk)



Awarded to

VeGain Meals

Unit 10, Cargo 1, Wapping Wharf, BS1 6WP

Achieving 86% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

11th April 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To offer a selection of low sugar drinks with less than 5g sugar/100ml
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To ensure all dishes are nutritionally well-balanced
6. To offer a selection of meat free alternatives
7. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
8. To be breast feeding friendly
9. To offer free drinking water and be a Refill station
10. To reduce food waste & also single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
12. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
13. To try and buy organic produce where possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies
15. To encourage staff to support customers to make healthier choices

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Vu Restaurant, NBT Southmead Hospital

Brunel Building, Westbury On Trym, BS10 5NB

Achieving 89% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1st May 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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4. To use & offer the alternative of high-fibre options as much as possible
5. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
6. To ensure all dishes are nutritionally well-balanced
7. To offer a selection of vegetarian and meat free alternative dishes
8. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
9. To ensure all staff have read the Eat Well Guide and are able to explain & promote healthier options
10. To reduce the amount of food waste and single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To sign up and commit to being a Bristol 'refill station'
12. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
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Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Wongs Restaurant

12 Denmark Street, Bristol, BS1 5DQ

Achieving 93% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

22nd June 2017

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



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3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Ziba

Flat 4, 480 Filton Avenue, Horfield, BS7 0LW

Achieving 98% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

13th June 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
10. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing
11. To try and buy organic produce where possible
12. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Assilah Bistro

194 wells Road, Totterdown, Bristol. BS4 2AX

Achieving 79% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

06th July 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible, displaying information on sourcing and accepting the Bristol Pound
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To try and buy organic produce where possible
15. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Basil & Co.

St. Thomas Court, Redcliff Street, BS1 6JG

Achieving 60% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

17th May 2018

A handwritten signature in black ink that reads "Becky Pollard".

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To ensure healthier options are displayed in prominent positions within the business, where possible
9. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
10. To support the local economy, such as by buying local and in season where possible
11. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
12. To try and buy organic produce where possible
13. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
[www.bristol.gov.uk/eat
ingbetter](http://www.bristol.gov.uk/eatingbetter)



For more
information email
[bristoleatingbetter
@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk)



Awarded to

City Farm Café, Windmill Hill City Farm

Philip Street, Bristol, BS3 4EA

Achieving 74% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

28th December 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation , cooking & service
- 3) To offer free drinking water
- 4) To help customers eat more fresh fruit and vegetables
- 5) To provide nutritionally balanced meals offered in a range of portion sizes
- 6) To have staff that can offer basic advice on eating healthily
- 7) To reduce waste and recycle as much as possible
- 8) To try and buy fruit and vegetables that are local and in season where possible
- 9) To buy meat, eggs, milk and fish that meet minimum animal welfare standards whenever possible
- 10) To use organic produce where possible
- 11) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Cod Almighty

467 Southmead Road, Southmead, BS10 5LZ

Achieving 77% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

13th June 2018

A handwritten signature in black ink that reads "Becky Pollard".

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To provide specific drinks for children and these are limited to plain water, unsweetened fruit juices or semi-skimmed milk
10. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To offer free drinking water and sign up to Refill Bristol by becoming a refill station
12. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

The Colosseum

Redcliffe Hill, Redcliffe, BS1 6SJ

Achieving 62% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

25th June 2018

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To be breast feeding friendly
10. To offer free drinking water and become a Refill station
11. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
12. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing to customers
13. To buy meat, eggs, milk and fish that meet animal welfare standards whenever possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Espresso Yourself

286 Gloucester Road, Horfield, BS7 8PD

Achieving 78% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1st May 2018

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To use & offer the alternative of high-fibre options as much as possible
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian dishes
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
9. To clearly signpost healthier food items on menus and boards
10. To encourage the uptake of healthier food items by offering free samples
11. To offer free drinking water
12. To source products with as little single use plastic as possible
13. To support the local economy, such as by buying local and in season produce as much as possible
14. To ensure meat-free alternatives consisting of healthier plant-based alternatives are available
15. To buy eggs, milk and fish that meet animal welfare standards whenever possible
16. To try and buy organic produce where possible
17. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Horfield Leisure Centre

Dorian Way, Horfield, Bristol, BS7 0XW.

Achieving 80% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

23rd May 2017

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



- 1) To provide & promote healthier alternatives across the range of products made and sold
- 2) To try and reduce unnecessary sugar, salt and saturated fats during preparation , cooking & service
- 3) To offer free drinking water
- 4) To help customers eat more fresh fruit and vegetables
- 5) To use complex carbohydrates as much as possible
- 6) To provide nutritionally balanced meals offered in a range of portion sizes
- 7) To have staff that can offer basic advice on eating healthily
- 8) To reduce waste and recycle as much as possible
- 9) To try and buy fruit and vegetables that are local and in season where possible
- 10) To buy meat, eggs, milk and fish that meet minimum animal welfare standards whenever possible
- 11) To use organic produce where possible
- 12) To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
[www.bristol.gov.uk/eat
ingbetter](http://www.bristol.gov.uk/eatingbetter)

For more
information email
[bristoleatingbetter
@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk)



Awarded to

Noa Sushi Restaurant

12-13 Waterloo Street, Bristol, BS8 4BT

Achieving 71% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

1st May 2018

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service and regularly review the products we buy to choose lower sugar, salt and saturated fat alternatives
3. To follow the Good Frying Guide for deep fat frying
4. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
5. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
6. To offer a selection of vegetarian and meat free alternative dishes using lentils, beans and chickpeas etc. where appropriate
7. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
8. To offer a range of healthier unsweetened children's drinks
9. To offer the option of a smaller (& appropriately priced) portion size(s) for adults on the majority of our main meals and make this clear on our menu
10. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To support the local economy, such as by buying local and in season produce as much as possible and displaying information on sourcing
12. To buy meat, eggs and fish that meet animal welfare standards whenever possible
13. To try and buy organic produce where possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Quick Crepes

Kiosk by decking in Harbourside

Achieving 79% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

16 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To take steps to help customers reduce sugar intake such as by providing information, reducing sugar added in preparation and by ensuring majority of drinks on offer are not high in sugar.
2. To reduce salt added during preparation & service
3. To take steps to reduce the amount of saturated fats adding during preparation & cooking, and offer customers the option of low-fat items
4. Not to use products containing trans-fats
5. To try and increase use of high fibre items as much as possible
6. To try and make fruit and vegetables an inclusive part of every meal and available as a snack/dessert option
7. To offer adults nutritionally balanced meals
8. To enable customers to know what the healthy options are and positively promote these items
9. To ensure staff are able to offer basic advice on healthy eating
10. To take various measures to reduce waste, such as by accepting reusable cups, using recyclable items and sourcing ingredients with minimal packaging.
11. To support the local economy by buying local in-season produce where possible
12. To offer meat free alternatives
13. To only buy meat, fish, eggs and milk that meet minimum welfare standards whenever possible
14. To support ethical & sustainable trade & ingredients

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Smilers

72 Ridingleaze , Lawrence Weston, Bristol

Achieving 68% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

This includes significant actions to help customers become Sugar Smart.

Date

1 September 2017

A handwritten signature in black ink that reads 'Becky Pollard'.

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To offer free drinking water and become a Refill station
3. To try and reduce unnecessary salt and saturated fats during preparation & service
4. To follow the good frying guide and only fry with unsaturated oils
5. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
6. To offer a selection of vegetarian dishes
7. To offer the option of a high fibre bread (e.g. wholemeal)
8. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
9. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
10. To be breast feeding friendly
11. To reduce food waste & minimise other waste going to landfill
12. To buy free range eggs
13. To buy meat and milk that meet animal welfare standards and buy sustainably farmed/fished fish whenever possible
14. To try and buy organic produce occasionally where possible

Full details can be viewed at
www.bristol.gov.uk/eatingbetter



Bristol Eating Better is a Bristol City Council initiative

For more information email
bristoleatingbetter@bristol.gov.uk



Awarded to

St Stephens Café (Brandon Trust)

St Stephens Church, St Stephens Avenue, BS1 1EQ

Achieving 77% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

1st May 2018

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To offer a selection of healthier alternatives to the traditional confectionery, cakes, dessert items, etc.
4. To use & offer the alternative of high-fibre options as much as possible
5. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
6. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
7. To offer a selection of vegetarian dishes
8. To ensure all staff have read the Eat Well Guide and are able to explain & promote healthier options
9. To clearly signpost healthier food options on menus & boards
10. To reduce the amount of food waste and single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. Re-usable hot drinks containers are encouraged and actively promoted
12. To make meat-free alternatives consisting of healthier plant-based alternatives available
13. To buy eggs and milk that meet animal welfare standards whenever possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

The Watershed

1 Canon's Rd, Harbourside, Bristol, BS1 5TX

Achieving 69% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

16 June 2017

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide healthy children's drinks and meals
2. Not to actively promote high sugar items
3. To take some steps to reduce the amount of sugar , salt and saturated fat added during preparation
4. To deep fry using healthier oils (non-saturated) and according to the Good Frying Guide
5. To offer the option of lower fat condiments for customers
6. To try and use high fibre items as much as possible and offer customers the choice of such items
7. To try and make fruit and vegetables an inclusive part of every meal and also available as snack options
8. To offer adults different portion sizes and nutritionally balanced meals
9. To enable customers to know what the healthy options are
10. To ensure staff are able to offer basic advice on healthy eating
11. To take various measures to reduce food waste
12. To support the local economy by buying local produce and accepting the Bristol Pound
13. To buy meat, eggs and fish that meet recognised standards
14. To support organic farming practices
15. To support ethical & sustainable trade & ingredients

Full details can be
viewed at
[www.bristol.gov.uk/eat
ingbetter](http://www.bristol.gov.uk/eatingbetter)



Bristol Eating Better is a Bristol City Council initiative

For more
information email
[bristoleatingbetter
@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk)



Awarded to

Vassalls Café (Brandon Trust)

The Vassall Centre, Gill Avenue, Fishponds, BS16 2QQ

Achieving 72% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

1st May 2018

A handwritten signature in black ink that reads "Becky Pollard".

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To offer a selection of healthier alternatives to the traditional confectionery, cakes, dessert items, etc.
4. To use & offer the alternative of high-fibre options as much as possible
5. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
6. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
7. To offer a selection of vegetarian dishes
8. To ensure all staff have read the Eat Well Guide and are able to explain & promote healthier options
9. To clearly signpost healthier food options on menus & boards
10. To reduce the amount of food waste and single use plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. Re-usable hot drinks containers are encouraged and actively promoted
12. To make meat-free alternatives consisting of healthier plant-based alternatives available
13. To buy eggs and milk that meet animal welfare standards whenever possible
14. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Yakinori Bristol

78 Park Street, Bristol, BS1 5LA

Achieving 57% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

6th June 2018

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To provide and promote healthier alternatives across the range of products made and sold
2. To try and reduce unnecessary sugar, salt and saturated fats during preparation, cooking & service
3. To help customers eat more fresh fruit and vegetables by making them inclusive within every dish/meal as much as possible and also available as snacks, side dishes and desserts as is relevant
4. To offer a range of portion sizes and ensure all dishes are nutritionally well-balanced
5. To offer a selection of vegetarian dishes
6. To provide customers with information about what they're eating and ensure staff have basic understanding of healthy eating
7. To offer a range of healthier unsweetened children's drinks and ensure children's meals are healthy and nutritionally well-balanced.
8. All staff have read the Eat Well Guide and are able to explain & promote healthier options
9. To offer free drinking water and become a Refill station
10. To reduce food waste & also plastic waste by using recyclable/reusable packaging and/or products as much as possible
11. To buy eggs, milk and fish that meet animal welfare standards whenever possible
12. To source ethical ingredients and support suppliers with ethical trading & sustainability policies

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

Blossom Takeaway

2a St Peters Rise, Bishopsworth, BS13 7LU

Achieving 50% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

24/8/17

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To ensure staff have basic knowledge on healthy eating and display some information on this for customers
2. To be breast feeding friendly
3. To offer a choice of portion sizes
4. To offer healthier snacks such as fruit or salads, and try and make as many dishes as possible include vegetables.
5. To offer the option of a higher-fibre bread
6. To only sell confectionary in sizes below 250kcal /27g sugar
7. To display sugar content against items that contain more than 5g sugar
8. To encourage customers to add less sugar to hot drinks
9. To only sell savoury snacks in packets 40g or less
10. To encourage reduced salt consumption by always asking if customers want salt adding and to have salt only available on request
11. To only purchase foods without trans-fats
12. To use only leaner cuts of meat
13. To reduce ingredients high in saturated fat
14. To only use healthier methods of cooking, such as using a griddle with non-saturated oil.
15. To offer customers the choice of butter, margarine or neither
16. To reduce food waste and to try and buy produce which has as little non-recyclable packaging as possible
17. To support the local economy by trying to buy locally produced and in season goods, and displaying information on sourcing.

Full details can be
viewed at
www.bristol.gov.uk/eatingbetter

For more
information email
bristoleatingbetter@bristol.gov.uk



Awarded to

On a Roll

3 Arnside Road, Southmead

Achieving 40% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

24/8/17

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. To only sell confectionary in packets 250kcal /27g sugar or less and offer half portions on cakes
2. To only sell juice that are unsweetened & in sizes 250ml or less
3. To encourage customers to add less sugar to hot drinks
4. Not to actively promote high sugar items
5. To make as much as possible from raw ingredients and not add sugar or salt unless absolutely necessary
6. To only purchase products without trans-fats
7. To reduce ingredients high in saturated fat
8. To follow the good frying guide and also offer healthier alternatives to fried items
9. Customers are offered the choice of a lower fat milk
10. To try and make vegetables inclusive to as many dishes as possible and also offer fresh fruit as a snack/dessert option
11. To try and make children's meals nutritionally well-balanced
12. To be breast feeding friendly
13. To try and reduce food waste and minimise plastic waste
14. To only buy meat which meets recognised animal welfare standards
15. To buy free range eggs

Full details can be
viewed at
[www.bristol.gov.uk/eat
ingbetter](http://www.bristol.gov.uk/eatingbetter)



For more
information email
[bristoleatingbetter
@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk)



Awarded to

Star Fish Bar

157 Greystoke Avenue, Southmead

Achieving 40% of the Bristol Eating Better actions, designed to increase the availability of healthy food and support the environment.

Date

22/8/17

Becky Pollard

Becky Pollard Director of Public Health



Bristol Eating Better is a Bristol City Council initiative



1. We will sign up to Refill Bristol and offer free drinking water
2. We do not actively promote high sugar items
3. Our sugary drinks will only be in sizes of 330ml or less
4. We will only sell unsweetened juices in sizes 250ml or less
5. We will offer a selection of healthier children's drinks which are free from added sugar or sweeteners (e.g. water, milk, juice)
6. We will help customers reduce their sugar intake by providing information on sugar content
7. We always ask if customers want salt
8. Sauces etc are served separately
9. We only purchase food free from trans-fats
10. We follow the good frying guide
11. Customers have the choice of buying salad as a side/main dish and this comprises several different vegetables
12. We offer different portion sizes
13. We try to ensure our children's meal offers are nutritionally well-balanced
14. We try to reduce food waste
15. We try to buy food with as little packaging as possible
16. We support the Bristol Pound
17. We try to only buy fish certified as being from sustainable stocks
18. We try to buy some organic produce where possible

Full details can be
viewed at
[www.bristol.gov.uk/eat
ingbetter](http://www.bristol.gov.uk/eatingbetter)

For more
information email
[bristoleatingbetter
@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk)