

Bristol Eating Better 2019

1. Introduction



2. Introduction

What the Bristol Eating Better Award is

The **Bristol Eating Better Award** is a free award for food businesses that sell healthier food options and promote sustainability.

The award is about:

- making small changes, for example in the ingredients you use or how you prepare food and what packaging you serve the food in
- offering healthier alternatives, for example fruit or non sugary drinks
- encouraging customers to choose these alternatives, for example by making the healthier options cheaper
- encouraging customers to bring their own reusable cups and containers to reduce single use

[Read more about the Bristol Eating Better Award.](#)

Guidance on Applying for the Award

- To apply for this award your business must be registered with Bristol City Council. You must have a food hygiene rating score of 4 or 5. If you are a new business and haven't yet been rated, you can still apply however you must have a rating of 4 or 5 when inspected, to maintain the award.
- If you are a business registered with another Local Authority outside of Bristol, but trade in Bristol (as a mobile food trader) you are still eligible to apply.
- A version of the award scheme is being developed for schools and early years (available Spring 2019).
- Businesses that are owned by tobacco companies are not eligible to apply for the award.
- The award has 10 objectives that relate to the Bristol Good Food Plan (2010) and the more recent Sustainable Food City programme. It's about providing food that is 'Better for People, Better for Places and Better for the Planet.
- Within each objective are a number of practical actions that you can commit to doing. Guidance on each action is provided on our website.
- The award is broken down into "**Core Actions**" and additional actions. In order to get any level of the award, you must complete all the "**Core Actions**".
- There are 30 "**Core Actions**". If you do all of these (that are relevant to your business) you will receive the **BRONZE** award and the **SUGARSMART** award.
- There are an additional 30 actions in the award scheme. If you take on any of these, it will contribute to a higher level of award. **SILVER** is awarded when achieving at least 75% of all relevant actions
- **GOLD** is awarded for at least 90% of all relevant actions.
- We understand that not all the actions will be applicable for your business and you can mark these not applicable (N/A).
- The online application allows you to save as you go along.
- Businesses operating the same model across several premises only need to make one application. If you have more than one business with different models across each one, please submit a separate application for each.
- Awards will be dated and are valid for one calendar year, after which time you will need to reapply.
- If you need any help or have any questions please email bristoleatingbetter@bristol.gov.uk

3. Awards

Bronze Award



You will receive a **Bronze award** if you commit to all the CORE actions.
This makes up 50% of the award criteria.

Silver Award



You will receive a **Silver award** if you commit to all the CORE actions
and some additional actions,
achieving at least 75% of the award.

Gold Award



You will receive a **Gold award** if you commit to all the CORE actions
and some additional actions,
achieving over at least 90% of the award.

Not all the actions will be applicable for your business. Mark these as 'not applicable' and they won't affect your score.

Eligibility: Do you have a Food Hygiene Rating of at least a 4 or 5? *

- Yes
- No
- We are currently unrated, waiting for an inspection

Business Details: Note:- Your details will be held confidentially in line with GDPR and your information will be used solely for the administration of the award scheme. Our privacy notice explains what we do with your personal information and how long we keep it. *

Name of the business applying for the award	<input type="text"/>
First line of the business address	<input type="text"/>
Second line of the business address	<input type="text"/>
Third line of the business address	<input type="text"/>
Postcode	<input type="text"/>
Person to contact	<input type="text"/>
Telephone / Mobile	<input type="text"/>
Email	<input type="text"/>
Business Website	<input type="text"/>
What type of food business are you?	<input type="text"/>

5. Objective 1

Reducing Sugar Consumption

Read online guidance for reducing sugar consumption



(All Actions are 'Core' Actions)

Core Action 1. Do you make sure the processed food ingredients you use are sugar free or reduced sugar, where available (and without artificial sweeteners as replacement)? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 2. If you sell pre-packed cakes, chocolate bars, and similar products, do you display them away from the counter and are they the smallest size possible? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 3. Do you sell healthy snack options that include some options of 100 calories or less? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 4. Do you sell healthier alternatives to biscuits, cakes, and desserts? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 5. Is all your breakfast food, for example cereals, fruit, yogurt, breakfast bars, low sugar or sugar free? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 6. Do you have free tap water available for customers*? * With the exception of mobile traders who do not have free tap water. These traders must make sure that water is the cheapest drink they offer. *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 7. Are at least 80% of the soft drinks you sell contain no more than 5g of sugar per 100ml? * Check the product label to make sure the sugar content is per 100ml and not per portion *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 8. Are all your fruit juices pure and unsweetened and no larger than 150ml? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 9. Do you encourage customers to add less sugar to hot drinks? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

6. Objective 2

Reducing Salt Consumption

Read online guidance for reducing salt consumption



Core Action 10. Do you always make sure the processed food ingredients you buy are salt-free or reduced salt? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 11. If you sell pre-packed savoury snacks, do you have some lower salt options and are they the smallest size possible? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 12. Are you using the least possible amount of salt or no salt at all, in your recipes? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

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

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

7. Objective 3

Reducing Consumption of Trans, Animal and Saturated Fats

[Read online guidance for reducing consumption of fats](#)



Core Action 14. Do you only buy products free of Trans Fatty Acids (TFA's)? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 15. Have you cut out or minimised the amount of saturated fat in our recipes? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 16. If you deep-fry or shallow fry some foods, do you only use unsaturated oils and follow the Good Frying Guide? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

17. Do you only use healthier cooking methods? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

18. If using meat, do you use leaner cuts and trim off most fat, or buy meat products with lower saturated fat content - 5g/100g or less? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

19. Have you reduced the amount of red and processed meat in your dishes or on your menu? This could be achieved by adding more vegetables & pulses, lentils, quinoa etc. instead. *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

20. Does your menu include dishes with oil-rich fish such as salmon, mackerel or sardines? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

21. Do you use skimmed or semi-skimmed milk as standard? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

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

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

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

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

8. Objective 4

Increasing Consumption of Fruit, Vegetables and Fibre

[Read online guidance for increasing the consumption of fruit, vegetables, and fibre](#)



Core Action 24. Do you encourage customers to have a portion of salad, vegetables, or fruit with all meals? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 25. Do you sell high fibre bread as standard, with a choice of other breads as alternatives? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

26. Do you sell fresh fruit or vegetable snacks? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

27. Do you sell low fat and low sugar fruit based desserts alongside other dessert choices? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

28. Do you sell high-fibre alternatives to carbohydrate foods, for example, whole-wheat pasta, brown rice, wholemeal chapattis, pancakes, or scones? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

29. Do you try to include pulses, for example lentils, beans, chickpeas, in as many meals as possible, either as a main ingredient or on the side? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

9. Objective 5

Marketing and Promotion of Healthier Options

[Read online guidance for promoting healthier options](#)



Core Action 30. Do you offer and promote the option of smaller or half portion sizes which are cheaper than the full portion? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 31. Are healthier menu items and options obvious on your menus and boards, and displayed where customers can easily spot them? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 32. Do you make sure not to encourage customers to add cream, ice-cream, chocolate, or other toppings to hot drinks and desserts and if they do choose it, does it cost more to add toppings? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

33. Do children's meal deals, menus, and promotions include fresh fruit and vegetable or salad, and only water, milk, or unsweetened fruit juice to drink? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

34. Does your menu include a range of vegetarian or vegan options? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

35. Does your menu include options for a range of dietary requirements, for example gluten-free, allergies or halal? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

10. Objective 6

Other Positive Steps to Support Health

[Read online guidance for other ways to support health](#)



Core Action 36. Do you sell non-alcoholic drinks as an alternative to the alcoholic version, for example non-alcoholic beers, wine, cocktails? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 37. We are a breastfeeding friendly place, ensuring that anyone who needs to feels comfortable to breastfeed in our setting. To demonstrate this, we confirm that we will comply with the following criteria*: ensure that all our staff know about the Bristol Breastfeeding Welcome Scheme (see below) display a Bristol Breastfeeding Welcome Scheme window sticker or poster in an obvious place in our setting uphold a woman's right to breastfeed by ensuring that if someone complains, the complainant is moved, not the mother *This means you will automatically become part of the Bristol Breastfeeding Welcome Scheme and we will send you window stickers and posters to display. *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

38. Are customers eating or drinking in outdoor areas of the business protected from cigarette smoke and e-cigarette vapours? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

11. Objective 7

Reducing Waste

[Read online guidance for reducing waste](#)



Core Action 39. Do you monitor and record how much food waste you have and take action to reduce it? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 40. For premises serving the takeaway market, are all your food and drink containers, cutlery and other accessories for example straws and serviettes, reusable or recyclable? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 41. For premises serving the takeaway market, do you encourage your customers to bring in their own reusable cups for hot drinks? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 42. For premises serving the takeaway market, do you encourage customers to bring in their own reusable food containers? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

43. If you have any leftover food that is still safe to eat, do you give this to any to organisations who can share it with people in need? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

44. Do you recycle any remaining food waste (that isn't safe to eat) by composting it, giving it to animals or putting it in a food waste bin? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

45. For eat-in premises, do you provide re-usable crockery, utensils and other accessories for example cups and glasses? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

46. Do you try to buy products with as little disposable packaging as possible? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

47. Have you signed up as a refill station with 'Refill Bristol' to encourage customers to bring their own water containers to fill up for free? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

12. Objective 8

Supporting the Local Economy, Animal Welfare and Ethical Practice

Read online guidance for supporting the local economy and ethical trading



Core Action 48. Do you source your food ingredients and products as locally and as seasonally as possible* (meat, dairy, fruit, veg and other ingredients) and this information is displayed to customers? * Local = within the South-West region. Sources includes = farmers, growers, producers, manufacturers. Any processed products bought in, should use local ingredients where possible. *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 49. Are all your eggs are free-range? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

50. Bristol is a FAIRTRADE city. Do you make sure that the products you buy sourced ethically where possible* (E.g. Fairtrade tea & coffee, bananas, cocoa and sugar)? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

51. Are you a 'living wage' employer/pay all employees the living wage? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

13. Objective 9

Supporting Environmental Sustainability

[Read online guidance for supporting environmental sustainability](#)



Core Action 52. Do you only buy sustainable fish with an MSC (Marine Stewardship Council) standard? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

Core Action 53. If you use palm oil in your business or buy products containing palm oil, do they come from accredited sustainable sources? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

54. Do you try to buy some organic produce (veg, meat, bread, etc.) where possible? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

55. If you use a vehicle for your business, are you moving towards low emissions/zero emissions vehicles that emit lower levels of pollution that are harmful to health? Check out our website www.bristol.gov.uk/eatingbetteraward for guidance on sustainable energy. *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

14. Objective 10

Communicating, Training and Working with Others

Read online guidance for training, communication, and collaboration



Core Action 56. All are your staff involved in preparing/serving/selling food knowledgeable about the healthier eating and sustainable food practices that the business has agreed to do as part of the Bristol Eating Better Award? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

57. Has all staff involved in preparing/serving/selling food have completed relevant training or 'E-Learning' in healthier catering and sustainable food practices relevant to the business? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

58. Do you promote your healthier food and your contribution to food sustainability on your website and through social media (where applicable)? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

59. Do you engage with/support the local community on food related initiatives? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

60. Have you made any 'Going for Gold' pledges as part of Bristol's ambition to become a Gold Sustainable Food City? *

- Yes, we already do this
- Yes, we'll be doing this from now on
- No, we're not doing this

Please give us details about how you're doing this

15. Evaluation and feedback

Evaluation and feedback



We would like to evaluate the impact of the award over time and would appreciate your feedback to the questions below.

The following information will be kept confidential and will be used for administration and evaluation purposes only.

How did you hear about the award? *

- Facebook
- Instagram
- Twitter
- Word of mouth
- Saw it displayed by another business
- Council promotional e-mail
- Via a Food Hygiene Inspection
- Other (please explain below)

What type of food business are you? *

- Coffee Shop/Café
- Restaurant
- Fast Food Business
- Mobile Trader
- Market Trader
- Home Caterer
- Workplace Canteen
- Hotel
- Event Caterer
- Other (please explain below)

What type of food do you serve? *

On average, how many customers do you serve every day? (Please enter a number...) *

How knowledgeable you currently feel about how to make your food healthier & more sustainable? Is there any support we can provide you with? *

Have you previously held a 'Bristol Eating Better' award and at what level? *

If yes, has it had an impact on your business? Please tell us how below.