



Core Action Checklist

To make it easier for you to check if you can achieve a Bristol Eating Better Business Award, we have developed this checklist to allow you to check that you are taking action against all the core actions applicable to your business before starting your application. To achieve a Bristol Eating Better Business Award you must complete all core actions which are applicable to your business. For actions which do not apply to your business, you can tick the not applicable option to tell us that they do not apply to your business.

For more information and guidance about the actions visit the application support and guidance page visit the [Business Bristol Eating Better Business Award](#).

The core actions are:

Objective	Action Number	Action	Our business does this action (tick)	This action is not applicable to our business (tick)
1 – Healthy Eating – Reducing sugar consumption	1.1	Do at least 80% of the soft drinks you sell contain no more than 5g of sugar per 100ml? e.g. naturally flavoured water, diet drinks and homemade ice teas		
	1.2	Do you make sure the processed food ingredients you use are sugar free or reduced sugar, where available (without artificial sweeteners and syrups as replacement)?		
	2.1	Do you take steps to reduce salt in your cooking, using the least possible amount of salt or no salt in your recipes?		

2 – Healthy Eating – Reducing salt consumption	2.2	Do you only offer salt to customers if they ask and remove salt from tables and front counter.		
	2.3	Do you always make sure the processed food ingredients you buy are saltfree or reduced salt? e.g. lower salt soy sauce, reduced salt baked beans, tinned fish in spring water (rather than brine) or low salt stock.		
3 – Healthy Eating – Reducing consumption of trans, animal and saturated fats	3.1	Have you cut out or minimised the amount of saturated fat in your recipes? e.g. low saturated fat products have 1.5g of saturated fat or less per 100g		
	3.2	If using meat, have you reduced the amount of red and processed meat, and increased the quality of meat you use where able, in your dishes or on your menu? This could be achieved by: adding more plant-based proteins, e.g. vegetables & pulses, lentils, quinoa; using lean meats; trimming fat off meat and buying meat products with 5g saturated fat per 100 grams.		
	3.3	Do you use skimmed/semi-skimmed and oat or soya milk as standard? (Almond Milk is less sustainable due to the amount of water it requires)		
4 – Healthier eating – Increasing consumption of fruit, vegetables and fibre	4.1	Do you offer customers the choice of a portion of salad, vegetables, or fruit with all meals?		
	4.2	Do you sell high fibre bread as standard, with a choice of other breads as alternatives where available? (At least 3g of fibre per 100g, per slice)		
5 – Healthier Eating	5.1	Do you provide healthier options on your menu which are low in sugar, salt and fat? e.g. healthy meals as regular items on your menu		

– Availability, Marketing and promotion of healthier options	5.2	Are healthier options and dietary requirements part of your regular menu and displayed where customers can easily spot them?		
6 – Healthier eating – Positive steps to improve health and Community	6.1	Does your menu include healthy options for people with dietary and/or cultural needs which are accurately labelled and full list of ingredients available? For example gluten free, allergies or halal?.		
	6.2	We would like to welcome you to the Breastfeeding Welcome Scheme as part of your BEBA application		

		Please confirm that you agree to sign up to the scheme.		
7 – Sustainability – Reducing food waste	7.1	Do you collect your food waste in a separate food waste bin for recycling or composting?		
	7.2	Do you take steps to reduce your food waste?		
	7.3	For eat in premises, do you provide re-usable crockery, cutlery, utensils and other serve ware		
	7.4	Do you ensure that any single use containers you provide to your customers are recyclable in Bristol, and encourage customers to bring their own containers and cups?		
8 – Sustainability – Supporting ethical practice and animal welfare	8.1	If you use eggs, are all the eggs you buy free-range?		
	8.2	does the fish you serve either meet the MSC, ASC or BAP certification standards.		

	8.3	'Bristol is a Fairtrade city. Where tea, coffee, sugar, chocolate and/or bananas are served, are products Fair trade or fairly traded and listed on the menu as Fairtrade or fairly traded? Only N/A if none of these products are served		
9 – Sustainability – Reducing carbon	9.1	Are you taking steps to incorporate more plant-based ingredients in the food you serve (to reduce the amount of meat and dairy products on your menus)?		
	9.2	Do you source in-season produce from the UK as much as possible?		
	9.3	Do you highlight what ingredients/products are in-season on your menus?		
10 – Sustainability – Supporting biodiversity and the environment		There are no core actions in this section		
11 – Sustainability – Supporting the Local economy	11.1	Do you display information about where the food you serve comes from? For example, the local farm/producer, country of origin or sustainable source?		
	11.2	Do you source any ingredients and products as much as possible from local food suppliers and champion local producers (within 50 miles of Bristol) and UK suppliers?		
12 – Sustainability – Communicating, training, and working with others	12.1	Do you seek feedback from customers about the food you serve to help reduce waste and improve your food offer?		
	12.2	Have all employees involved in preparing/serving/selling food, completed relevant training or online learning in healthier catering and sustainable food practices relevant to the business?		

You have now completed the core action checklist, if you have been able to tick yes or non-applicable to all these actions, congratulations, you're in a position to apply for the Bristol Eating Better Business Award. We value businesses who are taking action on healthy eating and sustainability, and contribute to Bristol's healthy food environment.

We look forward to hearing about the steps you are taking to be healthier and more sustainable. [Apply for a Bristol Eating Better Business Award.](#)

If there are any actions you have not been able to tick yes or non-applicable to at this point, why not view our guidance document to learn more about how you can complete all core actions. You will find simple and helpful actions your business can take to meet the core actions. Once you have made the appropriate changes, don't forget to complete the Bristol Eating Better Business Award application to let us know about the steps you have taken.