



Bristol Eating Better Early Years Award

Core Action Checklist

Action	We already do this action (tick)	This action is not applicable to our setting (tick)
Eligibility: Do you have a Food Hygiene Rating of at least a 4 or 5?		
Bronze Core Action. All Early Years caterers and providers need to have a Bristol Eating Better Award (Silver) OR the Soil Association Food For Life Early Years Award (Bronze). If you use an external caterer, do they have a Bristol Eating Better Award OR the Soil Association Food For Life Early Years Award? Please list your contract caterers and the awards they hold.		
Bronze Core Action. Does each meal offered (breakfast, lunch and tea) have a portion of starchy food provided, everyday?		
Bronze Core Action. Does at least one snack each day contain a starchy food?		
Bronze Core Action. Do you provide at least three different types of starchy foods across each day, and across every week for each meal and snack you provide (e.g breakfast, snack, lunch, tea)?		
Bronze Core Action. Do you provide a variety of wholegrain and white starchy foods across each week?		
Bronze Core Action. Do you provide a portion of vegetables or salad and/or fruit with all meals and with some snacks?		
Bronze Core Action. Do you provide a variety of vegetables, salad and fruits and offer at least four different types across each full day care and two different types during half day or sessional care?		
Bronze Core Action. Do you provide dried fruit at mealtimes only and not as a snack in between meals? Dried fruit contains sugars that can stick to and may harm children's teeth.		
Bronze Core Action. Do you provide at least two portions of milk and dairy foods each day as part of meals, snacks, and drinks?		
Bronze Core Action. For children under two years old, do you use whole (full fat) milk and full fat dairy foods (e.g., cheese and cream cheese, yoghurts, fromage frais)		
Bronze Core Action. Do you avoid using low fat skimmed milk and skimmed milk products for all children under five years old?		
Bronze Core Action. Do you offer a portion of beans, pulses, fish, eggs, meat or other meat-free or non-dairy proteins as part of lunch and tea every day?		
Bronze Core Action. Do you provide a variety of different proteins (beans, pulses, fish, eggs, meat or other meat-free or non - dairy sources of protein) as part of lunches and tea every day, and across the week?		



Bronze Core Action. Do you limit meat products (e.g., sausages, meatballs), fish products (e.g., fish fingers, fish cakes) and meat free products (e.g., vegetarian sausages or burgers) to no more than once a week for each of the three types?		
Bronze Core Action. Does your menu include dishes with oil-rich fish (such as salmon, sardines, or mackerel) at least once every three weeks, but not more than twice each week?		
Silver Core Action. If using meat, do you use leaner cuts and remove visible fat and skin from poultry, or buy meat products with lower saturated fat content - 5g/100g or less?		
Bronze Core Action. Do you provide one meat - free lunch and one meat - free tea for all children each week which uses pulses or a meat-free alternative as the protein source?		
Bronze Core Action. Do you provide vegetarian children with a variety of protein sources such as pulses, eggs, nuts* and meat-free alternatives each week, and two or three portions each day?		
Bronze Core Action. Do you only offer desserts, puddings, cakes and/or biscuits as part of meals at lunch and teatime and not between meals? N.B. This must not contain any confectionary.		
Silver Core Action. Do you offer a variety of different lower sugar fruit-based or lower sugar dairy-based desserts everyday as part of lunch and tea, and limit provision of cakes and biscuits? For guidance products that are lower in sugar are those which contain 5.0g or less per 100g and are labelled as 'low' (green) in sugar, or those that contain between 5 - 22.5g per 100g and are labelled 'medium' (amber) in sugar.		
Bronze Core Action. Do you make sure the processed food ingredients you use are sugar free or reduced sugar and reduced salt where available (and without artificial sweeteners as replacement). N.B. This also applies to breakfast cereals with the lowest sugar content, and bread and bread products with a lower salt content.		
Bronze Core Action. Can you confirm that you do not use salt in your recipes, and that salt is not added to food after it has been cooked?		
Bronze Core Action. Do you avoid or limit the use of condiments (such as ketchup) and readymade sauces, soups, stocks and gravy granules?		
Bronze Core Action. Do you avoid salty snacks such as crisps, pretzels, and cheese flavoured biscuits?		
Bronze Core Action. Do you only buy products free of Trans Fatty Acids (TFA's)?		
Bronze Core Action. Have you cut out or minimised the amount of saturated fat in your recipes? e.g., low saturated fat products have 1.5g of saturated fat or less per 100g		
Bronze Core Action. Do you use as little oil in cooking as possible, and choose a cooking oil high in unsaturated fats, such as vegetable, rapeseed, sunflower or olive oil?		
Silver Core Action. Do you only use healthier cooking methods and avoid shallow frying or deep frying your food?		
Bronze Core Action. Do you limit the use of pastry to once a week only?		



<p>Silver Core Action. Can you confirm that you do not offer children any food items with pastry, or if you do, that this is only offered occasionally (e.g., once, or twice every three weeks)?</p>		
<p>Bronze Core Action. Do children have access to drinking water throughout the day and are they regularly encouraged to drink and help themselves to water?</p>		
<p>Bronze Core Action. Do you only provide fresh tap water and plain milk for children to drink? N.B. avoiding fruit juice, diluted fruit juice, fruit juice drinks, squash, flavoured milk drinks, flavoured water and fizzy drinks</p>		
<p>Bronze Core Action. Are you working towards making the food options for your events, meetings, fundraising activities in your setting as healthy and sustainable as possible by limiting the provision of cakes/biscuits and other high fat and sugary items?</p>		
<p>Bronze Core Action. We don't use unhealthy food or drink for rewards or birthday celebrations for children.</p>		
<p>Bronze Core Action. We are a breastfeeding friendly place, ensuring that anyone who needs to feel comfortable to breastfeed. To demonstrate this, we confirm that we will comply with the following criteria*:</p> <ol style="list-style-type: none"> 1. Ensure that all our staff know about the Bristol Breastfeeding Welcome Scheme (see below) 2. Display a Bristol Breastfeeding Welcome scheme window sticker or poster in an obvious place in our setting 3. Uphold a woman's right to breastfeed by ensuring that if someone complains, the complainant is moved, not the mother. <p>*This means you will automatically become part of the Bristol Breastfeeding Welcome Scheme and we will send you window stickers and posters to display.</p>		
<p>Bronze Core Action. Do you support healthy packed lunches by encouraging parents not to add confectionery, including cereal bars, processed fruit bars, sweets, chocolate bars or chocolate coated products in packed lunch boxes?</p>		
<p>Bronze Core Action. If you use eggs, are all your eggs free-range?</p>		



Non-core criteria

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Do you monitor and record how much food waste you have and take action to reduce it?		
Do you provide re-usable crockery, utensils and other accessories for example cups and glasses, and only on occasion (ie. picnics) use recyclable varieties? *		
Do you recycle any remaining food waste (that isn't safe to eat) by composting it or putting it in a food waste bin?		
Do you and your suppliers try to buy products with as little single use packaging as possible?		
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 families? Local = within the South-West region. Sources includes = farmers, growers, producers, manufacturers. Any processed products bought in, should use local ingredients where possible.		
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)?		
Are you a 'living wage' employer/pay all employees the living wage?		
Do you only buy sustainable fish with an MSC (Marine Stewardship Council) or an ASC (Aquaculture Stewardship Council) standard?		
If palm oil is unavoidable in a product or as an ingredient, do you make sure all palm oil is certified sustainable by a recognised scheme? e.g., Roundtable on Sustainable Palm Oil (RSPO) certified.		
Do you try to buy some organic produce (veg, meat, bread, etc.) where possible? e.g. Soil Association Certification, Organic Farmers and Growers Certification, Organic Food Federation		
If you use a vehicle for your business, are you are moving towards low emissions/zero emissions vehicles that emit lower levels of pollution that are harmful to health?		
All are your staff involved in preparing/serving/teaching about food/cooking knowledgeable about the healthier eating and sustainable food practices that the business has agreed to do as part of the Bristol Eating Better Award?		
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?		
Do you promote your healthier food and your contribution to food sustainability on your website and through social media (where applicable)?		
Have you signed up to join the SUGAR SMART campaign?		