

The business has developed its healthy eating policy and practices to meet customer demand for healthy foods and actively promotes healthy eating.

### How do Awards help customers?

- More information on the foods being offered for sale, which helps customers to make informed food choices.
- More advice and information on healthy eating and achieving a balanced diet.
- Confidence in the business increases with the knowledge that the business is seeking to meet customer's demands for healthier foods.

### How long do Awards last?

Awards recognise the achievement of a food business in meeting the various award criteria and can be renewed after a year.

The award scheme is free to businesses, however, awards may be revoked or reviewed if; a business no longer satisfies the award criteria; significant changes have been made to menus, ingredients or suppliers; relevant enforcement action has been taken against the business; or the business has changed ownership.

For more information please visit  
[www.middlesbrough.gov.uk/food4health](http://www.middlesbrough.gov.uk/food4health)

# Food4Health

## Healthy Eating Awards



## What are Food4Health awards?

Food4Health Awards recognise and reward food businesses that offer healthy food options, promote healthy eating and make it easier for customers to make an informed choice on the foods they buy.

There are three awards: Bronze, Silver and Gold.

Each award considers the types of foods and ingredients used, the methods of preparing and cooking food, the information given to customers and the promotion of healthy eating by the business.



## Food4Health Awards are based on the following healthy eating principles:

- Food is made generally healthier by reducing fat, salt and sugar content and increasing the use of fruit and vegetables.
- Catering practices have been designed to produce healthier food.
- Customers can make informed food choices.
- Healthy and nutritious food is provided for children
- Portion sizes are appropriate for a healthy diet with smaller portions available to all customers.
- Healthy eating is promoted and pricing, sales and marketing practices encourage customers to eat healthier foods.

## Bronze Award

The Bronze Award recognises the commitment made by a business to make foods generally healthier by reducing fat, salt and sugar content.

## Silver Award

The Silver Award recognises the commitment made by a business to improving the nutritional quality of food.

The business has a written healthy eating policy, helps customers to make informed food choices and offers a selection of healthy food options.

## Gold Award

The Gold Award is given to businesses that offer nutritionally balanced meals and customers are able to make fully informed food choices.