

# Good Food in Greenwich Guidelines for Caterers

This guidance has been written to support caterers in providing healthy, sustainable menus. This guidance forms part of Good Food in Greenwich (GoodFig) and supports caterers to comply with the GoodFig Charter. For more information on Good Food in Greenwich, please go to [www.goodfoodingreenwich.org](http://www.goodfoodingreenwich.org)

The Guidelines follow the basic principles of healthy eating, as illustrated in 'The Eatwell Plate'. [www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

## General

- ✓ Label all food so people know what it contains

## Savoury Food

- ✓ Include plenty of vegetables and/or salad
- ✓ Offer wholegrain choices e.g. wholemeal bread
- ✓ Provide a fish option where possible (not fried or in a rich sauce)
- ✓ Provide at least two vegetarian and vegan options
- ✗ Cut down the use of fat when preparing food e.g. cooking oil, spread and mayonnaise in sandwiches
- ✗ Avoid deep fried foods such as samosas and spring rolls
- ✗ Limit the amount of salt added to food

## Sweet Food

- ✓ Provide a selection of fresh fruit
- ✗ Limit the amount of sugar and fat used e.g. by using low fat dairy products
- ✗ If biscuits are requested to accompany coffee/tea provide plain biscuits and always offer a healthy alternative such a fruit

# Sustainable Catering

If everyone on earth lived as we do in London, it would take nearly 4 planets to sustain us. We don't have 4 planets though..... we only have one! The following tips will help you contribute towards a more sustainable menu which means you'll be helping the planet, and usually helping your pocket! It's also a great selling point to say you are sourcing your food more sustainably.

- Sign up to Good Food in Greenwich and make a pledge. Good FiG can then promote you as a Good Food Business and work with you to achieve other aims. You will be sent a copy of the charter and window grab to display
- More meat free meals on the menu and reduce the amount of meat in other meals by bulking out with beans, lentils, vegetables and so on – try aiming for 70% veggie if you can!
- Make sure there are some vegan options on the menu – soup is always a good one to do vegan. You will expand your customer base if you have vegan options
- If using meat, try using a cheaper cut of meat e.g. chicken on the bone (thighs are always good); this way you could possibly afford a better quality e.g. free range/outdoor reared
- Commit to paying your staff London Living Wage or be working towards this aim – most people who are in receipt of benefits are in work but not paid enough to afford the basics
- Use certified ingredients such as Fairtrade, Marine Stewardship Council MSC and Freedom Food – they're not perfect, but they are a good start. Start asking your suppliers for these foods so they know there is a demand
- Source ingredients locally and nationally – try to buy British wherever possible
- Always use seasonal produce – it's usually cheaper and more nutritious
- Get involved with the [Food for Life Partnership](#) (if you're a public sector caterer)
- Try growing some of your own herbs and leaves
- Reduce your waste. Have a look at the following websites for ideas and tips on how to do this: <http://www.lovefoodhatewaste.com/> <http://www.wrap.org.uk/food-waste-reduction>
- Use recycled or recyclable consumables – there are some great suppliers out there that have a range of recycled and recyclable products – try London Biopackaging
- Recycle all your packaging and other waste – try to compost all food waste using compostable bag
- Ditch the processed foods – including fizzy drinks! They come with loads of packaging that gets thrown away, they're often full of salt/sugar/fat and preservatives, and you can't make as much money on them as making your own!
- Don't sell bottled water – it's an environmental disaster!

For more information on these go to <http://www.goodfoodingreenwich.org/what-can-i-do-business-or-organisation/>

Or visit <https://www.sustainweb.org/> for loads more resources

If you would like any support in achieving any of the above aims, please contact [Goodfig@gcda.org.uk](mailto:Goodfig@gcda.org.uk) or call Mel on 0208 2694880

## Follow these guidelines to help make your menus more healthy

**The Eatwell Plate** ([www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx) )

This is the model we use to promote healthy eating in the UK. It can be used by individuals, households and caterers to guide healthier menu planning.

Plenty of fruit and vegetables and starchy foods should be included in the menu provided. Moderate amounts of food should be offered from the Milk & dairy and Meat, fish, eggs, beans and other non-dairy food groups, with the emphasis on lower fat options. Overall fat, salt and sugar content of the foods on offer should be kept to a minimum.

### **Fruit and Vegetables**

People in the UK are advised to eat *at least* five different portions of fruit and vegetables a day (one portion = 80g/3ozs). Fresh, frozen, canned (in natural juice if fruit and no added salt and sugar if vegetable), dried and juiced fruits and vegetables can all be used when preparing dishes to ensure customers get the variety required. With salads, offer the dressing separately so the customer can decide whether to use it. When preparing vegetables, avoid cooking methods that use a lot of fat and opt for healthier methods such as steaming. Unembellished fresh fruits should be offered as a dessert.

### **Breads, Rice, Potatoes, Pasta and other Starchy Foods**

Offer plenty of foods from this group, preferably wholegrain varieties of cereals, as they are rich in fibre, vitamins and minerals as well as starch which provide the most important source of energy in the diet. Try to avoid excessive use of fat during preparation e.g. deep frying potatoes, lots of oil in pasta dishes, adding butter to sandwiches or baked potatoes and using lots of mayonnaise in sandwich fillings. Where possible provide butter separately and let the customer decide whether to use it.

### **Milk and Dairy Foods**

Use lower fat versions where possible e.g. skimmed or semi-skimmed milk, reduced fat yoghurt or cheeses such as Brie, Camembert, Edam or cottage cheese. If using higher fat cheeses use those with a stronger flavour e.g. extra mature Cheddar, so that less is required to add flavour.

### **Meat, Fish, Eggs, Beans and other Non-dairy Sources of Protein**

Be more creative with vegetarian options that include nuts, seeds and pulses such as beans, chickpeas and lentils. Eggs are also part of this food group. Offer more fish whenever possible as healthy eating guidelines indicate we should be eating fish more often, including oily fish once a week. Cut down on fat by ensuring you choose leaner cuts of meat, removing skin from chicken before cooking and using healthier cooking methods (roasting, baking, grilling and poaching). Aiming for more meat free menu options is a way to saving money whilst also supporting sustainability and health.

### **Foods and Drinks high in Fat and/or Sugar**

Various methods to cut down on fat have been included above. Additional advice is to use unsaturated or reduced fat spreads in sandwiches (and only when required, some fillings do not need spread).

Ensure fresh fruit (platter, kebabs, salad) is part of the menu for both dessert, snack and break-time options. Natural, low fat unsweetened yoghurt is a good alternative to custard, cream and ice-cream.

Water and fresh fruit juice should be available.

### **Salt**

Cut down on salt added to food and use lots of alternative flavourings e.g. herbs/spices/lemon juice. You could offer salt separately so the customer can decide whether to add more.