



Core Action Checklist

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

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.

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 90% of the soft drinks you offer 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 any processed food ingredients you use are sugar free or reduced sugar, where available (without artificial sweeteners and syrups as replacement)?		
2 – Healthy Eating – Reducing salt consumption	2.1	Are you using the least amount of salt, or no salt at all, in your recipes?		
	2.2	Do you only offer salt to customers if they ask? e.g., not having salt on front counter or on tables.		
3 – Healthy Eating – Reducing consumption of trans, animal and saturated fats	3.1	Have you cut 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	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? E.g., you add more vegetables and pulses to reduce the amount of meat and enable you to purchase better quality meat. You could add plant-based proteins, vegetables, pulses, lentils, quinoa.		
	3.3	Do you use skimmed/semi-skimmed or non-dairy milk alternatives as standard?		
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 means?		

	4.2	Do you offer high fibre bread as standard, with a choice of other breads as alternatives where available?		
5 – Healthier Eating – Availability, Marketing and promotion of healthier options	5.1	Do you offer healthier options on your menu which are low in sugar, salt and fat? E.g., healthy meals as regular items on your menu		
	5.2	Are healthier options highlighted and clearly displayed where customers can easily spot them? E.g., at the start of the menu or highlighted as a special on the menu		
	5.3	Do you use healthier cooking methods for the majority of your menu? E.g., boiling, grilling and baking.		
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? E.g., gluten free, food allergies or Halal.		
	6.2	<p>We would like to welcome you to the Breastfeeding Welcome scheme as part of your BEBA application.</p> <p>All businesses can join the scheme by:</p> <ul style="list-style-type: none"> - ensuring all your staff know about the scheme - displaying a Bristol Breastfeeding Welcome scheme window sticker or poster - upholding a woman’s right to breastfeed by ensuring that if someone complains, the complainant is moved, not the mother. <p>Please confirm that you agree to take the steps above</p>		
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	Do you provide re-useable crockery (e.g., plates, dishes, cups, glasses) and cutlery for customers eating in and encourage customers to bring their own reusable cups, cutlery and food containers when taking away (where applicable to your business)?		
	7.4	Do you ensure that any single use containers you provide to your customers are recyclable in Bristol?		
8 – Sustainability – Supporting ethical practice and animal welfare	8.1	If you use eggs, are all the eggs you buy free-range?		
	8.2	Do you ensure that no fish you buy or serve is listed on the Marine Stewardship Council's ‘fish to avoid’ list?		
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? E.g., local farms and/or local producers, country of origin or other sustainable sources.		
	11.2	Do you source any ingredients or products from local suppliers, and champion local producers and UK suppliers as much as possible?		

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 be 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.