



## Bristol Eating Better Schools Award

### Core Action Checklist

\*SFS = School Food Standards

Action		
<p><b>Eligibility question.</b> Do you have a Food Hygiene Rating of at least a 4 or 5? *Please note: Each school food provider/operator (even if they are using the same venue) should have a separate Food Hygiene Rating</p>		
<p><b>Bronze Core Action.</b> Does each meal offered have at least one portion from the starchy foods group every day? SFS*</p>		
<p><b>Gold Core Action.</b> When you offer bread do you offer 50/50 type bread (this is bread with half white and half whole wheat flour mix) as standard, with a choice of other breads (white or wholegrain) as alternatives?</p>		
<p><b>Bronze Core Action.</b> Do you offer high-fibre alternatives to carbohydrate foods, for example, whole-wheat pasta, brown rice, wholemeal chapattis, pancakes, or scones at least one or more times a week? SFS*</p>		
<p><b>Gold Core Action.</b> Do you offer high-fibre alternatives to carbohydrate foods, for example, whole-wheat pasta, brown rice, wholemeal chapattis, wholemeal pancakes, or wholemeal scones at least 3 times a week?</p>		
<p><b>Bronze Core Action.</b> Do you offer students the choice of having their food with or without condiments, dressings, or spreads (allowing them to add it themselves, if they want to)? Any condiments must be limited to no more than 10 grams or 1 teaspoon. SFS*</p>		
<p><b>Bronze Core Action.</b> Do you offer a portion of salad or vegetables with all meals? For those not providing lunch, do you always offer fruit and/or vegetables? SFS*</p>		
<p><b>Bronze Core Action.</b> Do you offer a low sugar, 50% fruit based dessert 2 or more times per week, if you are a lunchtime provider? If you provide meals other than lunch, when you provide dessert do you only provide yoghurt or fruit-based desserts containing at least 50% fruit) SFS* Note: These should be offered alongside fruit snacks</p>		
<p><b>Gold Core Action.</b> Do you offer low sugar desserts that are 50% fruit based, 2 or more times per week SFS*, and reduced sugar and reduced saturated fat desserts only throughout the rest of the week? Note: These should be offered alongside fruit snacks</p>		
<p><b>Bronze Core Action.</b> When you offer milk do you always have semi-skimmed milk available as an alternative to whole milk? SFS*</p>		
<p><b>Bronze Core Action.</b> For lunchtime providers, do you offer at least one portion from the milk and dairy group every day? SFS*</p>		
<p><b>Bronze Core Action.</b> Do you limit the amount of processed meat or poultry products in your dishes or on your menu to no more than once a week only in primary schools and twice a week only in secondary schools? (Applies across the whole school day so settings will need to liaise with all meal providers in school to ensure compliance). SFS* E.g. This could be achieved by adding more vegetables &amp; pulses, lentils, quinoa etc. instead. *</p>		

<b>Bronze Core Action.</b> For lunchtime providers, does your menu include dishes with oil-rich fish such as mackerel or sardines at least once every three weeks? SFS*		
<b>Gold Core Action.</b> If using meat, do you use leaner cuts and trim off most fat, or buy meat products with lower saturated fat content (5g saturated fat per 100g of meat product or less)? *		
<b>Gold Core Action.</b> Do you give every student the option of choosing a meat free/ plant-based dish every day? *		
<b>Bronze Core Action.</b> Do you make sure the processed food ingredients you use are sugar free or reduced sugar, reduced salt and/or reduced fat where available (and without artificial sweeteners as replacement) (this also applies if you run a Breakfast Club or Afterschool Club). SFS*		
<b>Bronze Core Action.</b> If offering snacks outside of mealtimes, do you provide only the following snacks: vegetables, fruit, nuts and seeds, with no added salt, sugar or fat. This also applies if you run a tuck shop or vending machine. SFS*		
<b>Gold Core Action.</b> Do you use the least amount of salt possible, or no salt at all in your recipes, and do you ensure that no salt is added to food after it has been cooked?		
<b>Bronze Core Action.</b> Can you confirm that salt is not available to use once food has been cooked? SFS*		
<b>Bronze Core Action.</b> If you offer breakfast, is all your breakfast food low sugar/sugar free and low salt, for example cereals, fruit, yogurt, baked beans, toast? SFS*		
<b>Bronze Core Action.</b> Do you only buy products free of Trans Fatty Acids (TFA's)? (This also applies if you run a Tuck Shop, Breakfast Club or Afterschool Club). SFS* e.g., products without hydrogenated fats including hydrogenated vegetable oil.		
<b>Bronze Core Action.</b> Have you cut out or minimised the amount of saturated fat in your recipes? SFS* e.g., low saturated fat products have 1.5g of saturated fat or less per 100g		
<b>Bronze Core Action.</b> Do you use healthier cooking methods where possible? SFS* E.g., Grilling, baking, stir-frying etc.		
<b>Gold Core Action.</b> Do you only use healthier cooking methods and avoid shallow frying or deep frying any of your food?		
<b>Bronze Core Action.</b> Have you minimised the amount of pastry offered to students by only offering it twice per week or less? (This applies across the whole school day so services must liaise to ensure compliance). SFS*		
<b>Gold Core Action.</b> Do you avoid offering students any food items with pastry or if you do, do you only offer it occasionally (e.g., once, or twice every three weeks)?		
<b>Bronze Core Action.</b> Do you have tap water available for students throughout your session? SFS*		
<b>Bronze Core Action.</b> Can you confirm that fizzy drinks that are high in sugar are not provided to students? SFS*		
<b>Silver Core Action.</b> Do you only offer milk or water to students?		
<b>Gold Core Action.</b> If hot drinks are available to adults and staff, do you encourage them to add less sugar to hot drinks? e.g., removing sugar from tables, providing half teaspoon sized sugar sachets or natural sweeteners.		
<b>Bronze Core Action.</b> Can you confirm that you do not offer second helpings of full-sized meals? Note: With the exemption of vegetables, salad, and fruit. SFS*		
<b>Gold Core Action.</b> Are healthier food options promoted on your menus and boards, and displayed where students can easily spot them?		



<b>Secondary Schools Only</b>		
<b>Gold Core Action.</b> Do students always have the option of selecting a meat free/ plant-based option or meat option without having to pre-order in advance?		
<b>Silver Core Action.</b> Are you working towards providing and encouraging healthier and more sustainable options for occasions, such as birthday celebrations with pupils and staff, events, meetings, and fundraising activities in school?		
<b>Silver Core Action.</b> Do you avoid using food or drink as a reward? (e.g., for good behaviour or as a prize)		
<b>Gold Core Action.</b> If you use eggs, are all the eggs you buy free-range?		

## Non-Core actions

Action	We already do this action (tick)	This action is not applicable to our setting (tick)
If you require students to pre-order their lunch options, do you provide photographs on the menu of what each dish looks like?		
If you are taking steps to reduce food waste, do you monitor and record how much food waste you have, and take action to reduce it?		
Are all your food and drink containers, cutlery and other accessories for example straws and serviettes, reusable or recyclable? *Note. Plastic straws should be available upon request to those with medical needs or a disability.		
If there are takeaway provisions, do you encourage people to bring in their own reusable cups, cutlery, and food containers (where applicable)? E.g., encouraging water bottles		
If you have leftover food which is safe to consume, do you redistribute it to organisations who help people in need, or to consumers at a reduced price/for free?		
Do you collect your food waste in a separate food waste bin for recycling or composting?		
Do you and/or 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 customers? * 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)?		
Do you only buy sustainable fish with an MSC (Marine Stewardship Council) or 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 certified organic produce/ingredients (veg, meat, bread, etc.) where possible? E.g., Soil Association Organic		
Are all staff who are involved in preparing/serving/teaching about food/cooking knowledgeable about the healthier and sustainable food practices that has been agreed to as part of the Bristol Eating Better Award?		
Have all staff who are involved in preparing/serving/selling food completed relevant training or 'E-Learning' in healthier catering and sustainable food practices relevant to the school/business? *		
Do you promote your healthier food and your contribution to food sustainability on your website and through social media (where applicable)?		