

**The Healthier Catering Commitment (HCC)** is a voluntary scheme which recognizes the food businesses across London that have made changes to the way that they prepare and cook their food to make it healthier for their customers – therefore making healthy choices easier. Hounslow Council encourages local food businesses to join the HCC trend growing across London.

### How will it benefit my business?

**We want to celebrate the changes you have made!**

- ✓ Your business will feature on the Council's website and in communications to tell the public where they can find healthier options.
- ✓ You will be included in the wider London promotion of the scheme through the HCC website and social media.
- ✓ You will be given a promotional window sticker and certificate to show that you have joined the scheme, and what changes you have made.
- ✓ You will be given a free place on the online level 2 food safety training course run by NCASS (Nationwide Caterers Association).

The scheme is already running in many London Boroughs, here are some of the comments from those who have joined...

**“Offering a healthy pasta dish rather than just pizzas has been very profitable for my business, the menu changes have paid off”**

*Pizza Parlour owner, Leytonstone*

**“We provide reasonably priced food coupled with healthy living”**

*Family café owner serving traditional Caribbean dishes, Tottenham*

**“Our customers are very happy with the food we offer”**

*Mobile burger van owner located outside the Emirates Stadium, Islington*

**“Offering healthy products has been very good for business. People who wouldn't have eaten in our shops can now eat here in the knowledge that they will find something healthy”**

*Chicken takeaway manager, franchises across outer London*

More information visit:  
[healthiercateringcommitment.co.uk](http://healthiercateringcommitment.co.uk)

## Healthier Catering Commitment

Small changes make a **BIG** difference



**Sign up**  
to help make  
Hounslow a  
healthier place  
to eat out!



SUPPORTED BY THE  
MAYOR OF LONDON

## What does a food business have to do?

It's all about making small changes which won't impact on the taste of the food or on your budget!

Here are some examples of simple ways to make your menu healthier:

### Frying

- Use healthier oils such as vegetable, sunflower or rapeseed oil instead of solid/semi solid cooking fat
- Check your frying temperature – if you can't avoid deep fat frying, ensure the oil is heated to the optimum temperature (175-190°C), skim, filter and change your oil often
- When frying, SHAKE, BANG and HANG the basket to remove excess fat



- Offer thicker chips rather than skinny ones as these absorb much less oil
- Wherever possible, grill meats rather than fry them
- Offer low fat mayonnaise, spreads and dressings
- Add a generous portion of salad to your burger or kebab
- Promote low or zero calorie drinks by placing these in a more prominent place in your drinks chiller
- Offer smaller portions to give customers a wider choice - not everyone wants a full portion!
- Offer healthier options, for example give your customers choice to have rice rather than chips and include a salad or vegetables on the side
- Promote your healthier choices on your menu



## I'm interested! Who can join?

The scheme is free for all independent food businesses; the only requirement is that you must have a food hygiene rating of 3, 4 or 5. The award lasts two years and you will be reassessed once it has expired. If there are any major changes to your menu or cooking methods, you will need to let the council know as they may wish to discuss this with you. If there is a new business owner, they will need to re-apply for the HCC as it will no longer be valid.

Who shall I  
contact?



SCAN ME

For an informal visit to explain more and to help you start making those healthy changes email:

[HealthierCateringCommitment@hounslow.gov.uk](mailto:HealthierCateringCommitment@hounslow.gov.uk)

More information on the HCC scheme across London can be found at [healthiercateringcommitment.co.uk](http://healthiercateringcommitment.co.uk)