

Good Food in Greenwich Guidelines for Caterers

This guidance has been written to support caterers in providing healthy, sustainable menus. It forms part of Good Food in Greenwich and supports caterers to comply with the Good Food in Greenwich Charter. For more information on Good Food in Greenwich, [visit the Good Food in Greenwich website](#).

The Guidelines follow the basic principles of healthy eating, as illustrated in [the Eatwell Guide](#).

The Africa & Caribbean and South Asian versions of the Eatwell Guide are provided at the end of this document. You can also find the Africa & Caribbean Eatwell Guide on [the Diverse Nutrition Association website](#), and the South Asian Eatwell Guide on [dietician Fareeha Jay's website](#).

General

- ✓ Label all food so people know what it contains, highlighting allergens

Savoury Food

- ✓ Include plenty of vegetables and/or salad
- ✓ Offer high-fibre starchy food options e.g. wholemeal bread, rice, pasta
- ✓ Provide a fish option where possible (not fried or in a rich sauce)
- ✓ Provide vegetarian and vegan options
- ✗ Cut down the use of fat when preparing food e.g. cooking oil or 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 and sugar dairy products
- ✗ If biscuits are requested to accompany coffee/tea provide plain biscuits (e.g. plain digestives, Hobnobs, ginger, malted milk or Nice biscuits) and always offer fruit as a healthy alternative

Using the Eatwell Guide when planning a menu

The Eatwell Guide shows the different types of foods that make up our diet and the proportions in which to eat them to achieve a balanced diet that provides all the nutrients required for good health. Use it as a guide for healthier menu planning, considering the following tips.

Fruit and vegetables

- The Eatwell Guide recommends we eat *at least* five portions of a variety of fruit and vegetables every day. They should make up a third of the food we eat.
- A portion is the amount that fits into the palm of your hand or 80g/3oz.
- Adding plenty of fruit and vegetables to menus helps us achieve this.
- Fresh, frozen, tinned (in natural juice if fruit and in water with no added salt and sugar if vegetables) and dried fruits and vegetables can all be used when preparing dishes to ensure customers get the variety required.
- When cooking vegetables, avoid cooking methods that use a lot of fat. Use healthier methods like steaming instead.
- With salads, offer the dressing separately so the customer can decide whether to use it.
- Fresh fruit should always be offered as a dessert and during tea/coffee breaks.

Breads, rice, potatoes, pasta and other starchy foods

- These should make up approximately one-third of the food we eat, so they should not dominate the menu.
- Use wholegrain or high-fibre versions of starchy foods e.g. wholemeal bread, pasta or rice.
- Minimise the use of fat during preparation e.g. do not deep-fry potatoes, add lots of oil to pasta dishes or butter to sandwiches or baked potatoes. Minimise mayonnaise in sandwich fillings.
- Minimise added salt.
- Where possible provide butter separately and let the customer decide whether to use it.

Beans, pulses, fish, eggs, meat and other proteins

- These make up a smaller part of the Eatwell Guide, so should be included in the menu in smaller amounts.
- Plant-based options are healthier and more sustainable, so be creative with vegetarian and vegan menu options. Include nuts, seeds and pulses such as beans, chickpeas and lentils and also eggs.
- Offer fish whenever possible, as we should be eating fish more often, including oily fish once a week.
- If using meat, cut down on fat by ensuring you choose leaner cuts, removing skin from chicken before cooking and using healthier cooking methods such as roasting, baking, grilling and poaching.
- Offering a plant-based menu is a good way of saving money whilst also supporting sustainability and health.

Dairy and alternatives

- These make up a smaller part of the Eatwell Guide, so should be included in the menu in smaller amounts.
- Use reduced-fat and sugar versions where possible, for example, skimmed or semi-skimmed milk, reduced-fat & sugar yoghurt or cheeses such as Brie, Camembert, Edam or cottage cheese. If using higher fat cheese use those with a

stronger flavour like extra-mature Cheddar, so that less is required to add flavour.

Oils and spreads

- Aim for oils and spreads to make up the smallest proportion of food provided
- Choose unsaturated oils and spreads and use them in small amounts. Examples include rapeseed, olive or sunflower oil, and spreads made from these oils.

Eat less often and in small amounts

- These are foods and drinks that are high in fat, saturated fat, salt and sugar including chocolate, cakes, biscuits, pastries, crisps, sauces, sugary soft drinks, butter, coconut oil, palm oil and ice-cream.
- Eating large amounts can lead to health problems. Guidance recommends they are eaten less often and in small amounts.
- If biscuits are requested to accompany coffee/tea provide plain biscuits (e.g. plain digestives, Hobnobs, ginger, malted milk or Nice biscuits) and always offer fruit as a healthy alternative.

Salt

Reduce salt added to food and use lots of alternative flavourings, for example, herbs, spices and lemon juice.

If possible, offer salt separately so the customer can decide whether to add more.

Drinks

Water is the healthiest option and should always be available alongside food and/or tea/coffee.

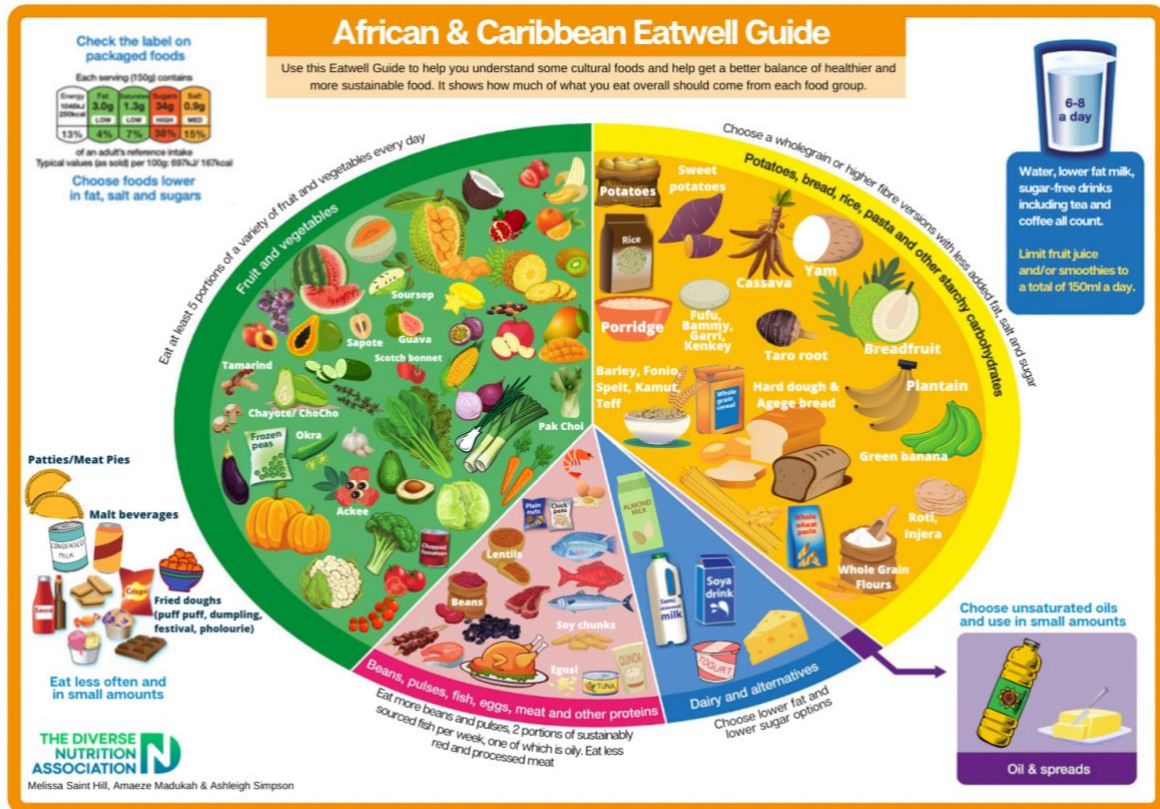
Other Considerations:

As well as making your menus healthier, there are additional ways to help look after people and the planet and even save your business money. These include:

- Sign up to Good Food in Greenwich and make a pledge. Good Food in Greenwich 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 and vegetables.
- Make sure there are some vegan options on the menu.
- Try using a cheaper cut of meat e.g. chicken on the bone; this way you could possibly afford a better quality e.g. free range.
- Commit to paying your staff London Living Wage or be working towards this aim.
- Use certified ingredients such as Fairtrade, Marine Stewardship Council MSC and Freedom Food.
- Source ingredients locally and nationally.
- Get involved with the [Food for Life Partnership](#) (if you're a public sector caterer).
- Try growing some of your own herbs and salad leaves.
- Reduce your waste. [Visit the Love Food Hate Waste website](#) and [the Wrap website](#) for ideas and tips on how to do this

- Use recycled or recyclable consumables.
- Recycle all your packaging and other waste.

If you would like any support in achieving any of the above aims, please contact Goodfig@gcda.org.uk



The South Asian Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated fat 1.3g LOW	Salt 34g HIGH	Sugar 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Eat less often and in small amounts



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Oil & spreads

Choose unsaturated oils and use in small amounts