

Application for health award

I wish to apply for **Smoke freedom** / **Healthy eating** / **Safe eating** health star
(indicate as appropriate).

Please fill in the following details:

Name of business:

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Address of business:

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Name of owner:

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Name of manager:

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Contact details:

Telephone:.....

Mobile telephone:.....

Email:

Fax:

Please complete the checklist overleaf by ticking the criteria you currently meet and send to:

Choose Plymouth, Choose Health Award
Environmental Regulation Service
Plymouth City Council
Civic Centre
Plymouth
PL1 2AA

Smoke free award

- Completely smoke free premises
- or
- Smoking restricted to specific designated external areas or shelters
- Positioned to avoid exposure to secondary smoke
- Provided with bins for disposal of cigarette butts
- Smoking at entrances and exits actively discouraged
- Stop smoking advice and support for staff who want to quit
- Written no smoking policy applicable to premises.

Healthy eating award

On the menu

- a choice of a meal providing all of the essential elements for a fully balanced diet
- at least one healthy eating main course available on the menu
- a low fat, non-fried alternative to fried food items
- salad and fruit portions
- drinking water
- low sugar alternative to fizzy pop drinks
- one low fat and low sugar option available for dessert
- Portions for children of all menu items available.

In the kitchen:

- Unsaturated fats and oils used in place of saturated fats
- Minimal use of salt when cooking.

Safe eating award

- Premises and practises meet all relevant food safety legal requirements
- Structured training programme - All staff who handle food trained to CIEH foundation level or received equivalent hygiene training
- At least one person trained to CIEH intermediate level or above or received equivalent hygiene training
- No indications that the premise is likely to cause a public health nuisance
- Effective food safety management system in place
- A structurally sound premises with regard to cleansible surfaces.

