

## WEST DUNBARTONSHIRE COUNCIL

### Report by Acting Director of Housing, Regeneration and Environmental Services (Land and Environmental Services)

Community Safety and Environmental Services Committee: 4 April 2007

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#### Subject: Achievement of The Healthy Living Award

#### 1. Purpose

- 1.1 To advise the Committee that the Staff Restaurant at Council Offices, Garshake Road, Dumbaron has achieved The Healthy Living Award.

#### 2. Background

- 2.1 The Healthy Living Award, recently launched by the Scottish Consumer Council and the Scottish Executive, gives national recognition to caterers and food service establishments which take steps to provide healthier eating options. The Award is open to most food service outlets in Scotland, however focuses specifically on places where people go to buy food regularly, such as workplace restaurants, cafes, sandwich shops, further education sites, hospital canteens and restaurants.
- 2.2 More than 320 eating establishments across Scotland have already registered their participation in the award scheme, which organisers hope will become a prestigious accreditation and the recognised symbol for healthier eating. To date 35 establishments have received the award accreditation with West Dunbartonshire being one of only two local authorities. Caterers can achieve the award by adopting a range of healthier practices, including reducing levels of fat, salt and sugar in food and by making fruit and vegetables more easily available.

#### 3. Main Issues

- 3.1 The Healthy Living award is linked to the Scottish Executive's national Healthy Living campaign and uses the recognisable apple symbol within the logo. People visiting an award winning establishment can select healthier options when they see an item on the menu or at a service area highlighted with the apple logo.
- 3.2 The new accreditation takes a wide ranging approach to encourage caterers to adopt healthier practices across the board, and will be actively promoted to consumers to access healthier options.
- 3.3 To qualify for the Healthy Living award, caterers need to meet a set of key criteria, which includes a commitment to providing and supporting healthier eating, as demonstrated on the menu selection, the way they prepare food, marketing and promotional activities and the way in which food is presented and sold.

- 3.4** At least half of the food served requires to be a Healthy Living choice, prepared using both healthier ingredients and healthier cooking methods, and healthy and nutritious food is required to be available particularly for children in places where they are served (although schools are not eligible to participate).
- 3.5** The Healthy Living Award was launched in September 2006 and the Staff Restaurant applied for the award in November 2006. After making the necessary arrangements to meet the criteria the Staff Restaurant was assessed in January 2007 and was awarded the Healthy Living Award on 17 January 2007 to be renewed again on 17 January 2009.
- 3.6** The award was formally presented by the Scottish Consumer Council to representatives from the Facilities Management Section at the annual ScotHot event held at the S.E.C.C. Glasgow on 27 February 2007.

#### **4. Personnel Issues**

- 4.1** None

#### **5. Financial Implications**

- 5.1** There were no financial implications associated with the attainment of this award as all promotional materials were supplied by the Scottish Consumer Council.

#### **6. Risk Analysis**

- 6.1** There are no risks associated with the content of this report

#### **7. Conclusions**

- 7.1** Attainment of the Healthy Living award by the staff restaurant in Garshake confirms the excellent work being done by the catering staff to provide a balanced menu with many healthy eating options provided.
- 7.2** The Staff Restaurant in Garshake is only the second Local Authority / Council premises in Scotland to achieve the award and the 20<sup>th</sup> award recipient within Scotland since the launch of the scheme in September 2006.

#### **8. Recommendations**

- 8.1** **The Committee is requested to note the achievement and contribution made by employees of the Staff Restaurant in attaining the award**

**Ronald M Dinnie**  
**Acting Director of Housing, Regeneration & Environmental Services**  
**(Land and Environmental Services)**  
**Date: 2 March 2007**

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**Appendices:** None

**Background Papers:** None

**Wards Affected:** N/A