Recipe 4 Health

Food Business Support Pack 2024

Introduction

Welcome to the Recipe 4 Health support pack!

This support pack has been developed by a team of public health nutritionists at Food Active, on behalf of Lancashire County Council's Recipe 4 Health award.

As a Recipe 4 Health award holder, this support pack is designed to guide and support your business in making healthier changes to your food offer and maintaining the award criteria.

You will find healthy eating advice, cuisine-specific healthier catering tips and tricks, recipe cards and much more to help you along the way.

Don't have time to look through all the pages? Remember to use the ***handy button function*** in the contents page to direct you where you want to go.

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HEALTHIER PLACE, HEALTHIER FUTURE
OUR PENNINE LANCASHIRE

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How to use this toolkit

To make it easier for you to navigate around the toolkit, it is separated out into different sections;

Section 1: An overview of the Recipe 4 Health award

Section 2: Government healthy eating guidelines

Section 3: Suggestions for healthier catering
Section 3.1: South Asian
Section 3.2: Chinese
Section 3.3: Italian
Section 3.4: Caribbean
Section 3.5: Fish and chip shops
Section 3.6: Sandwich shops

Section 4: Recipes

Section 5: Further links and acknowledgments

On the contents page, click on which section you would like to go to and press the home button to return to the contents page.

Try it now

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1 What are the benefits of the Recipe 4 Health award?

The Recipe 4 Health Award is a Lancashire County Council Trading Standards Scheme, that recognises food businesses promoting healthy eating as well as environmental issues and social responsibility.

Food businesses with the award will be supported to make positive changes to their menus, policies and practice to support the health of the local community and the local environment.

The local food environment can positively influence people's health, but many people find it challenging to eat healthily as we are living in environments where less healthier food options are the default. This is often referred to as 'obesogenic environments'

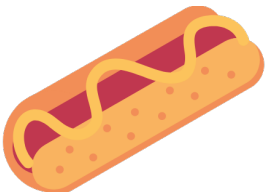
Meals eaten outside of the home tend to contain high intakes of sugar, fat and salt and portion sizes tend to be bigger. The increasing consumption of out-of-home meals has been identified as an important factor contributing to rising levels of obesity. However, out of home food outlets are an important part of the local economy and community and can play a part in improving the nation's diet.

1

What do the local community think?

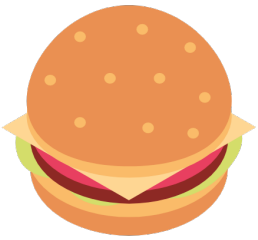
We asked the **local community** what they thought about their local food environment, here are some of their thoughts…

‘There are lots of unhealthy fast food takeaways in Blackburn’



‘I would like to see more healthy options on the menu and foods with less fat, sugar and salt’

‘There needs to be smaller portion sizes, especially for children, and more fruits and vegetables’



‘There are six or seven takeaways within 100 metres from my house’

‘As soon as a takeaway shuts, another one takes its place’

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1 What do local children and young people think?

We asked **children and young people** what they thought about their local food environment, here are some of their thoughts…

‘There are lots of fast food takeaways near my school – the number is rising’

‘Food from takeaways isn’t very healthy’

‘I think there should be more healthy options offered in takeaways’

‘It’s a shame there is so much junk food, we shouldn’t be eating it all the time because it’s bad for our health’

‘There is only one place near my school that sells fruits and vegetables’

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1 What have current R4H award holders achieved?

Crumb Sandwich Bar

Cuisine: Sandwiches, wraps, pastries, salads

Best practice: Salad bar, healthier meal deals, protein boxes, calorie labelling, healthier drinks

Loaves and Fishes

Cuisine: Community café – various hot meals, sandwiches, pies

Best practice: Offer vegetables with every meal, grilled options, no deep-fried food

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2 The Eatwell Guide

The Government's *Eatwell Guide* shows the different types of foods we should be consuming and the proportions that are recommended to achieve a healthy, balanced diet. Given that a large amount of food the UK consumes is out of the home, food businesses should be familiar with these guidelines.

Everyone is recommended to eat at least **5 portions** of a variety of fruit and vegetables every day.

Our meals should be based around **starchy carbohydrates,** such as potatoes, rice, pasta, choosing wholegrains where possible.

Have **some dairy or dairy alternatives** (such as soya-based products), choosing lower fat and lower sugar options where possible.

Have some **beans, pulses, eggs, meat** and other sources of protein.

Choose unsaturated fats like sunflower oil, rapeseed oil and olive oil. Use in small amounts.

Drink **6-8 cups** of fluid every day. This includes water, lower fat milk and sugar free drinks.

Reduce the amount of foods high in fat, sugar and salt you consume. Have **these less often and in small amounts.**

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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	Fat	Saturates	Sugars	Salt
	1046kJ 250kcal	3.0g	1.3g	34g	0.9g
		LOW	LOW	HIGH	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

Raisins
Chopped tomatoes
Frozen peas

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes
Whole grain cereal
Cous Cous
Porridge
Bagels
Whole wheat pasta
Rice
Spaghetti

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

Lentils
Beans lower salt and sugar
Tuna
Lean mince
Plain nuts
Chick peas

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Low fat soft cheese
Semi skimmed milk
Soya drink
Plain low fat yoghurt

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

Sauce
Crisps

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.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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

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1046kJ 250kcal	3.0g	1.3g	34g	0.9g
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Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts

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.

Fareeha Jay
AAP KI DIETITIAN

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

African & Caribbean Eatwell Guide

Use this Eatwell Guide to help you understand some cultural foods and help get a better 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	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	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

Fruit and vegetables

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

Soursop, Sapote, Guava, Scotch bonnet, Tamarind, Chayote/ ChoCho, Frozen peas, Okra, Pak Choi, Ackee, Chopped tomatoes

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose a wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, Sweet potatoes, Rice, Cassava, Yam, Porridge, Fufu, Bammy, Garri, Kenkey, Taro root, Breadfruit, Barley, Fonio, Spelt, Kamut, Teff, Whole grain cereal, Hard dough & Agege bread, Plantain, Green banana, Whole wheat pasta, Roti, Injera, Whole Grain Flours

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

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Plain nuts, Chick peas, Lentils, Beans, Soy chunks, Egusi, Quinoa, Tuna

Dairy and alternatives

Choose lower fat and lower sugar options

Almond milk, Soya drink, Semi skimmed milk, Yogurt

Oil & spreads

Choose unsaturated oils and use 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.

Eat less often and in small amounts

Patties/Meat Pies

Malt beverages

Fried doughs (puff puff, dumpling, festival, pholourie)

THE DIVERSE NUTRITION ASSOCIATION

Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

3 Suggestions for healthier catering

Healthier catering *is becoming more important to consumers – the healthier catering suggestions below could even save you money!*

PORTION SIZE: Gradual, small changes in portion sizes will reduce the overall amount of calories consumed by the customer, as well as saving you money!

REDUCE SALT: Try adding a little less salt to foods each week – customers won't notice a difference if you do this gradually. Consider removing salt-shakers off the tables and provide it only on request and use a salt-shaker with fewer holes.

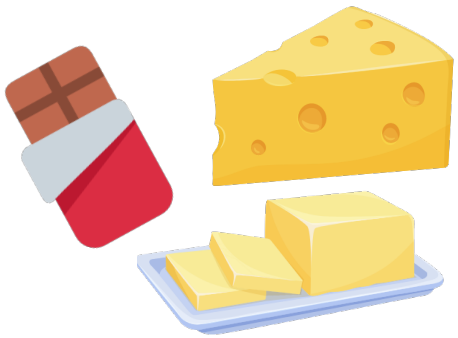
FATS AND FRYING: Switch to unsaturated cooking oils like sunflower, rapeseed and olive oil. Quick fry using a small amount. Make sure to heat oil to 175°C (350F) before frying to ensure foods absorb less fat. Offer steamed, boiled or grilled dishes as alternatives to fried.

INCREASE FRUITS, VEGETABLES AND PUSLES: Add extra fruits, vegetables, beans and pulses to as many dishes as possible.

HIGHLIGHT HEALTHIER OPTIONS ON YOUR MENU: Place healthier items at the top of the menu or written in a different colour so they are easy to find.

3 Fats and frying

High fat foods contain lots of calories. Over-consumption of high fat foods can lead to weight gain, which is a risk factor for diabetes, heart disease and some cancers.



Tips for healthier catering: fats and frying

- Cook with unsaturated oils such as sunflower, rapeseed and olive oil.
- Make sure to heat cooking oil to 175°C (350F) before you start frying to ensure foods absorb less fat.
- Offer steamed, boiled or grilled dishes as alternatives to fried.
- Avoid frying where possible, or quick fry using a small amount of an unsaturated oil. Try spray oils to control the amount used.
- Avoid garnishing vegetables with fat spreads. If a dish must be glazed with butter, try lightly brushing with melted butter just before serving.
- Serve spreads on the side for dishes like jacket potato, bread rolls and toast. Where possible, offer sandwiches without any spread or as little as possible. Those with moist fillings may not require any spread at all.

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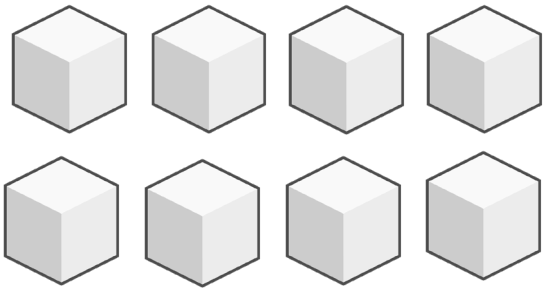
3 Sugary drinks vs healthier drinks

As a nation, we are consuming too many fizzy and soft drinks that are high in sugar. This excess of sugar intake can lead to tooth decay, weight gain, type 2 diabetes, some types of cancers and heart disease.

Did you know? A 330ml can of Coca-Cola contains 35g of sugar, which is equal to around **8 sugar cubes!**



<u>Government guidance on sugar:</u>
Adults: no more than 30g/day.
Children aged 7-10: no more than 24g/day.
Children aged 4-6: no more than 19g/day.
Children under the age of 4 should avoid sugary drinks.

- **Offer healthier drinks** as the default option such as water and low calorie or no added sugar drinks, rather than sugary drinks. Place healthier drinks at eye level.

- Drinks on children's menus should be **water or milk only**, or no added sugar fruit juice, no more than 150ml a day.

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Portion sizes

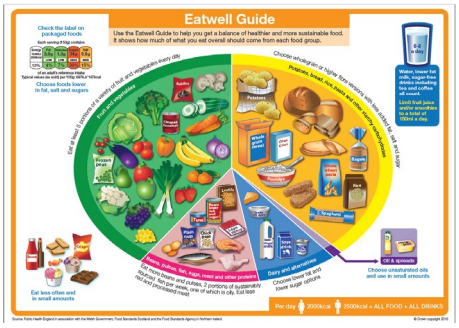
As well as the quality, the quantity of food we eat can contribute to weight gain and other diet related diseases. Typical takeaway portions have more than doubled over the last 25 years, and our appetites have adjusted to this increase!

Did you know? A takeaway pizza typically contains over **1,000 calories** – half the recommended daily calorie intake for women, and just under half for men!

- **Gradually reduce your portion sizes each week** – gradual changes will go unnoticed by the customers and may even save you money in the long term! You could also swap to smaller packaging to disguise the change in portion size.

- If you don't already, **offer small or bitesize portions** on your menu. Not everyone will want a large portion, and this could also reduce food waste.

- **Use the Government's Eatwell guide** when deciding on portion sizes for your menu – see the next slide for a daily portion breakdown of the different food groups we should be consuming.



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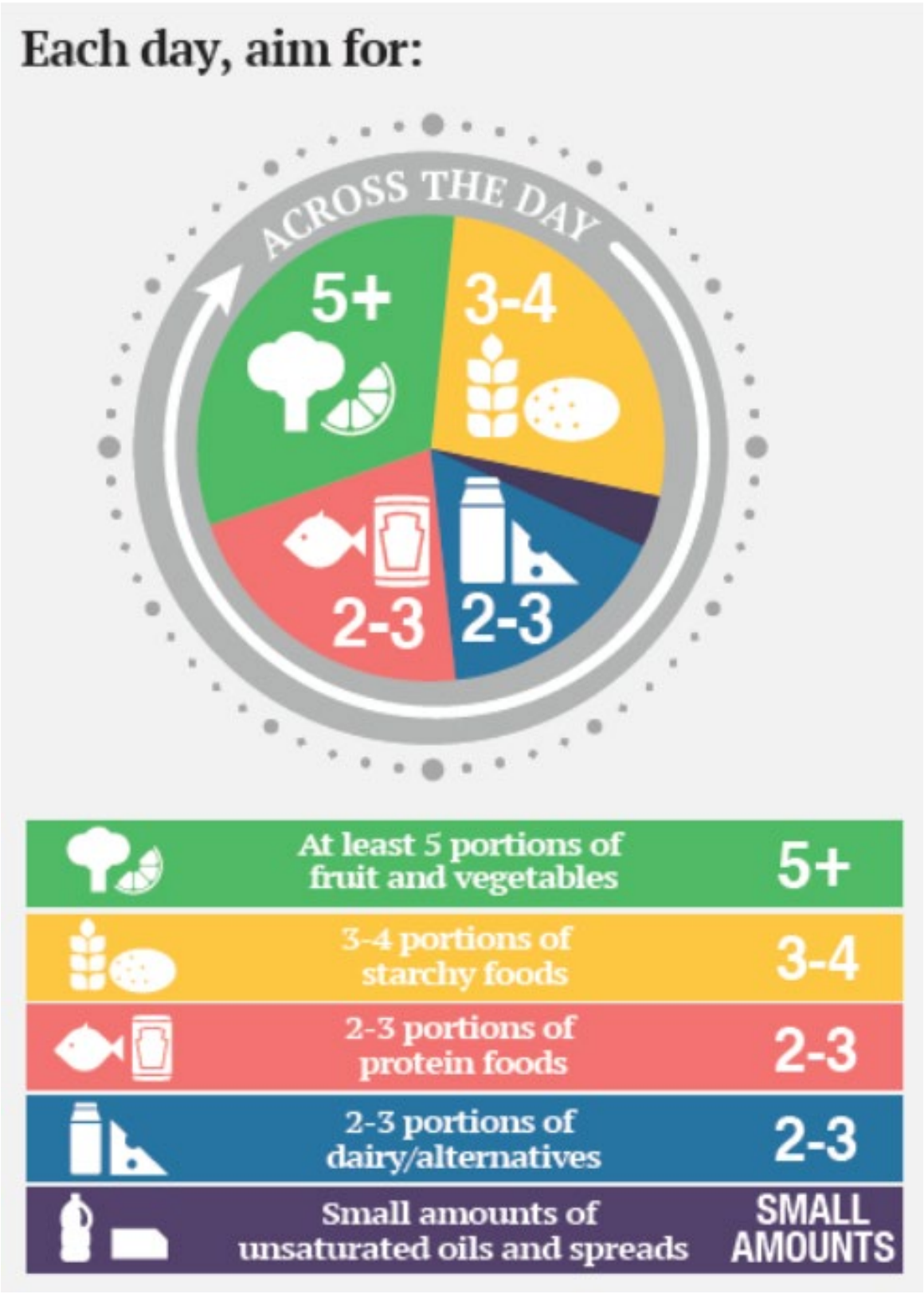
3 Portion sizes



Source: British Nutrition Foundation, 2021

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3 Children's menus

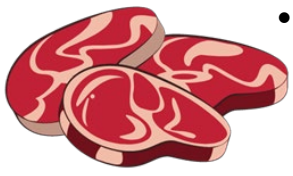
Children require a balanced, healthy diet *that supports healthy growth and development whilst maintaining a healthy body weight. A healthy diet in childhood can influence lifelong dietary habits.*

- **Offer small portions** of all adult meals and price appropriately.

- If you have a dedicated children's menu, make sure to include lots of healthy options. For example, **serve salad as standard with meals instead of chips**. Fruit and vegetables should be served with every meal.

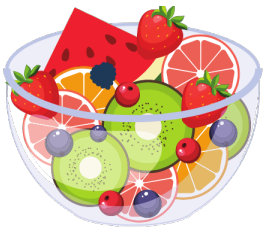
- Menu options for children's drinks should include **water, lower fat milks and low calories and no added sugar drinks only.**

- **Provide alternatives to chips such as pasta, rice and baked potatoes**. Swap fried chips to oven baked chips. If frying chips, use thick, straight cut chips and fry in unsaturated oil.



- **Provide lower fat meat and meat products,** fish (not fried), meat and fish alternatives (not fried) at every meal. Promote these items on the menu as standard.

- **Offer fruit or fruit salad as a dessert** option – remember not to add syrup or any sugar.



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3 Displaying, pricing and marketing

Food businesses are recognising an increase in demand for healthier foods and for many, growth areas have been in healthier options.

- **Market your status as a Recipe 4 Health award holder.** Proudly display your Recipe 4 Health certificate and window sticker where customers can easily see them - you will attract publicity and new, health-conscious customers.

- **Promote** healthier options and meal deals at the top of the menu to make sure they stand out. Make sure to inform customers of the benefits of these changes and that the taste of the food will not be compromised but enhanced! If your menu is online, for example on Just Eat or Deliveroo, make sure the healthy options are displayed at the top – why not include a healthy meal deal?

- Set your defaults to include healthier food, for example, all meals come with a vegetable side, brown bread instead of white bread etc.

- **Display** healthier food and drink choices such as bottles of water and sugar free drinks in a prominent position within eye level and easy reach.

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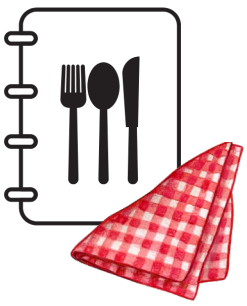

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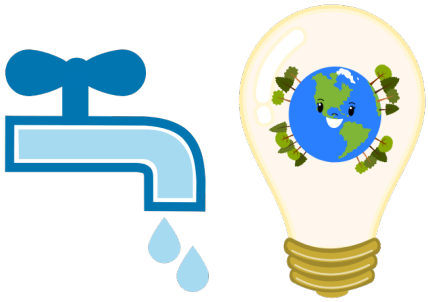
3 Sustainability and Food Waste

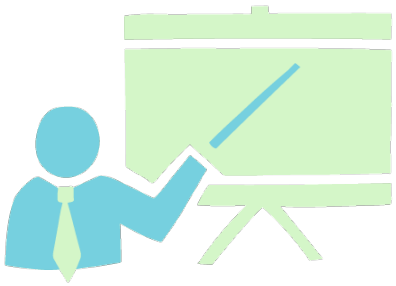
The Recipe 4 Health award also focuses on businesses who are making efforts to reduce the amount of food and materials they waste, as well as other environmentally friendly practices. Could your business incorporate at least one of the suggestions below?

- **Recycle different materials you use**, ensuring they are separated and sent to the appropriate recycling bin.



- **To save money on your energy bill** – use energy efficient light bulbs, only use the dishwasher when it is full and make sure taps are shut off when they are not in use.
- **Promote free drinking water** in your premises to avoid plastic consumption.

- **Make sure your staff are trained** in waste minimisation, recycling and water and energy saving practices.



- To avoid consumer food waste, **offer smaller or bitesize portions** on your menus, including children's menus.

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3.1

RECIPE 4 HEALTH

Suggestions for healthier catering: South Asian

3.1 Suggestions for healthier catering: South Asian

FATS AND FRYING: *Foods high in fat contain lots of calories, and overconsumption of high fat foods can lead to weight gain. This could lead to type 2 diabetes, heart disease and some cancers. Reducing saturated fat intake can lower blood cholesterol and reduce the risk of overweight and obesity.*

- For butter chicken and chicken korma dishes, use **sunflower or rapeseed oil** to cook the dish and if essential, just use a small amount of butter or ghee at the end, as these are high in saturated fat.

- Try to use less oil in base curry sauces and make sure to **drain off any excess fat**. You should aim to have no oily layer floating at the top.

- Use **plain, low fat yoghurt** in chutneys, chaat dishes and marinades. Low fat does not cost more than full fat products and this is a simple way to cut down on saturated fat.

- Poppadoms are high in fat – use **a monounsaturated oil** instead like rapeseed, olive oil or sunflower oil and drain thoroughly before serving. Grill or bake where possible.

- Make sure the oil is heated to the **correct temperature of 175°C** before frying items like pakoras, onion bhajis or chips. This will give you crispier, more appealing foods that absorb less fat.

3.1 Suggestions for healthier catering: South Asian

SALT AND SUGAR: *Too much salt intake can lead to high blood pressure and an increased risk of stroke and heart disease. Consuming too much sugar can contribute excess calories, which in turn increases the risk of heart disease, type 2 diabetes and some cancers. It is also linked to tooth decay.*

- **Reduce salt and salty** ingredients in your dishes over time when frying your spice blend for the base dishes, flavoured rice, preparing your dishes for serving and making the dough for naan breads.

- Consider **removing salt-shakers** from tables and counters and only provide to customers on request.

- **Check the label** and choose pre-made pickles, sauces and other condiments that are lower in salt, sugar, fat and saturated fat.

- **Offer healthier drinks** as the default option such as water and low calorie or no added sugar drinks, rather than sugary drinks. Place healthier drinks at eye level.

- Offer desserts that are lower in fat, sugar and/or smaller portions. Replace with fruit options such as **fruit salad without added sugar or syrup.**

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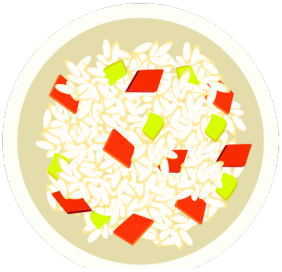
3.1 Suggestions for healthier catering: South Asian

FRUITS, VEGETABLES AND FIBRE: *These foods are good sources of vitamins, minerals, fibre and low in calories. Eating plenty of fruits and vegetables will help to promote digestive health and can prevent against heart disease, stroke and some cancers.*

- **Add more vegetables and/or pulses** to as many dishes as possible (while not adding more fat, sugar or salt). They are cheaper than meat and fish and will increase the fibre content of dishes.

- Serve starters with a plain **side salad** either without dressings high in fat, sugar or salt or provide a very small portion of dressing.



- Try **adding steamed vegetables** to boiled rice to make it more colourful like peas, sweetcorn, carrots and green beans with no added salt or oil.

- **Offer wholemeal brown rice and chapatis** as the default option on your menu.

- **Offer fruit on your dessert menu** or as part of a meal deal. For example, mango with kulfi or fruit salads with orange, mango or pineapple. Fruit can be fresh, tinned in fruit juice (not syrup), dried or frozen.

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3.1 Suggestions for healthier catering: South Asian fruits and vegetables

Add extra fruits and vegetables into soups, starters, main dishes, side dishes and rice dishes where possible to bulk out meals. Vegetables are low in calories and contain lots of fibre which can help us to feel full.

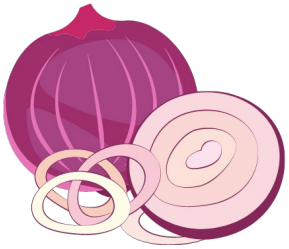
Okra

Cauliflower

Spinach

Green beans

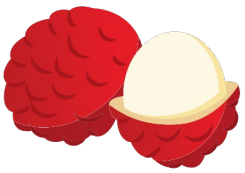
Onions



Papaya

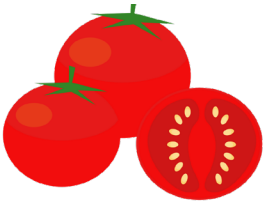
Mango

Lychees



Banana

Tomato



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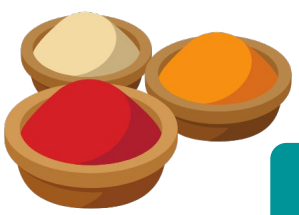
3.1 Suggestions for healthier catering: South Asian healthy meal swaps

Less healthy	Healthier alternative
Curries with cheese or cream	Low fat creamy curry with lentils and vegetables, omit the cheese
Coconut soups	Vegetable soups, reduced fat coconut milk soups, dal
Deep fried poppadom, pakoras, samosa	Baked or grilled poppadom (with a little vegetable oil brushed on top)
Deep fried chicken wings	Tandoor chicken (marinated in low fat yoghurt or cream and cooked in tandoor oven)
Salad with high fat dressing	Mixed salads with dressing served separately (on request) or deshi salad with citrus dressing
Deep fried lamb chops	Lamb chops with visible fat cut off, grilled or BBQ
Puri (prawn/chicken)	Grilled or steamed king prawns with lean mince, banked in tandoor oven, grilled or BBW



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3.2

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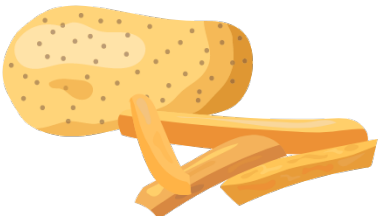
Suggestions for healthier catering: Chinese

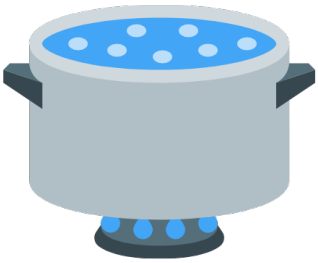
3.2 Suggestions for healthier catering: Chinese

FATS AND FRYING: *Foods high in fat contain lots of calories, and overconsumption of high fat foods can lead to weight gain. This could lead to type 2 diabetes, heart disease and some cancers. Reducing saturated fat intake can lower blood cholesterol and reduce the risk of overweight and obesity.*

- Try **to limit the number of fried foods on your menu** – offer steamed, boiled or grilled dishes instead. Offer starters like grilled dumplings, vegetable soups and steamed fish. This will save you money by using less oil and give customers more choice.

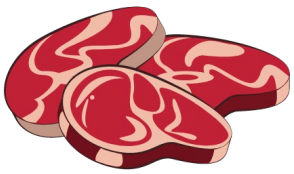
- For healthier chips, use **thick straight-cut chips** (at least 14mm) and fry at the correct temperature (165°C if you have a high efficiency fryer or 175°C if you have a traditional fryer).





- **Avoid frying foods more than once**. Par-frying, double or triple cooking and reheating food in oil increases the fat content of the food. If you need to pre-prepare, try par-boiling meat and chicken first and flash-frying to finish it off.

- Highlight on your menus and train staff to tell customers they can ask for food to be **grilled, boiled or steamed instead of fried.** Also consider having these cooking methods as the default option.



- Remove the visible fat from pork, beef and lamb and the skin from chicken wherever possible.

RECIPE4 HEALTH

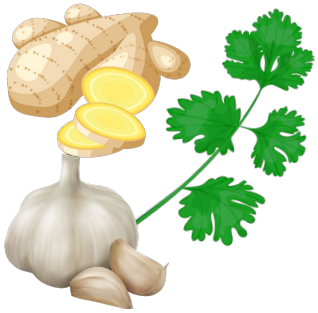
Home

3.2 Suggestions for healthier catering: Chinese

SALT AND SUGAR: *Too much salt intake can lead to high blood pressure and an increased risk of stroke and heart disease. Consuming too much sugar can contribute to excess calories, which in turn increases the risk of heart disease, type 3 diabetes and some cancers. It is also linked to tooth decay.*

- **Reduce salt and salty** ingredients in your dishes over time when cooking vegetables, rice and noodles. Customers won't notice if you do this gradually. Add a little less salt each week until you can avoid it altogether.

- **Remove salty ingredients** such as MSG, soy sauce, hoisin sauce, stock or ketchup in your dishes over time. Instead, use herbs and spices and other ingredients like garlic and ginger to add flavour. Be careful not to add sugar instead.



- **Check the label** and choose ingredients that are lower in salt and sugar such as soy sauce, stock and ketchup.

- **Offer healthier drinks** as the default option such as water and low calorie or no added sugar drinks, rather than sugary drinks. Place healthier drinks at eye level.

- Offer desserts that are lower in fat, sugar and/or smaller portions. Replace with fruit options such as **fruit salad without added sugar or syrup.**

RECIPE4HEALTH

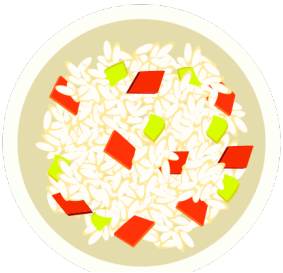
Home

3.2 Suggestions for healthier catering: Chinese

FRUITS, VEGETABLES AND FIBRE: *These foods are good sources of vitamins, minerals, fibre and low in calories. Eating plenty of fruits and vegetables will help to promote digestive health and can prevent against heart disease, stroke and some cancers.*

- **Add more vegetables and/or pulses** to as many dishes as possible (while not adding more fat, sugar or salt). They are cheaper than meat and fish and will increase the fibre content of dishes.

- Encourage customers to buy a side order of vegetables, or a have a 'special' vegetable dish of the week.



- Try **adding steamed vegetables** to boiled rice to make it more colourful like peas, sweetcorn, carrots and green beans with no added salt or oil.

- **Offer wholemeal brown rice and wholewheat noodles** as an option on your menu.

- **Offer fruit on your dessert menu or part of a meal deal.** Fruit can be fresh, tinned in fruit juice (not syrup), dried or frozen.

RECIPE 4 HEALTH

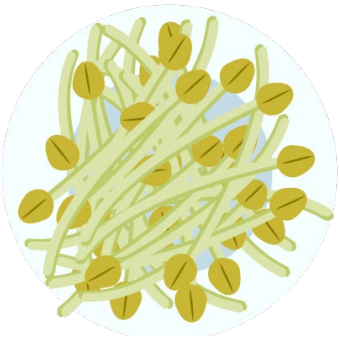
Home

3.2 Suggestions for healthier catering: Chinese fruits and vegetables

Add extra fruits and vegetables into soups, starters, main dishes, sided dishes and rice dishes where possible. Vegetables are low in calories and contain lots of fibre which can help us to feel full.

Pak choy

Bean sprouts

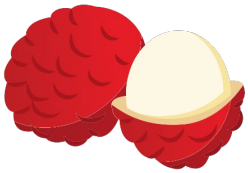


Chinese cabbage

Mushrooms

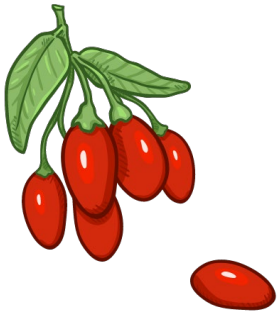
Papaya

Lychees

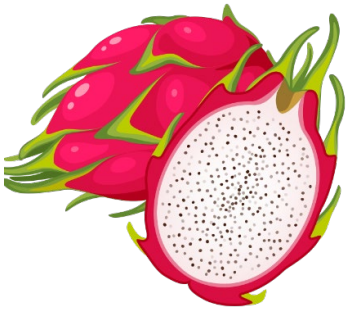


Physalis

Goji berry



Dragon fruit



RECIPE4 HEALTH

Home

3.2 Suggestions for healthier catering: Chinese healthy meal swaps

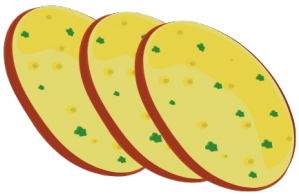
Less healthy	Healthier alternative
Battered and deep fried sweet and sour pork/chicken/prawns	Chop suey, vegetable stir-fries
Coconut-based curries	Curries with reduced fat coconut milk
Fried fish and shellfish	Steamed or boiled fish
Fried rice and crispy noodles	Boiled rice and noodles
Salted dishes like salted chilli chicken and beef	Vegetable-based dishes with reduced salt
Thin cut chips/fries	Thick cut chunky chips
Dishes with a high salt/sugar sauce like plum, hoi sin, black bean, sweet and sour, soy sauce, fish sauce	Steamed dumplings

RECIPE4 HEALTH

Home

3.3 Suggestions for healthier catering: Italian

- **Consider gradually reducing the size of your pizzas** to a level that is acceptable to customers. If customers are tending to leave food on their plates, this is a clear sign that the portion sizes are too large. This would also help to reduce cost and food waste. You could also offer half portions of pizza with a salad.

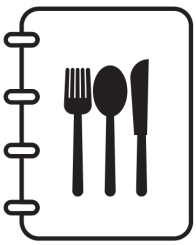


- If you make your own garlic bread, **try using a little less butter or brush with olive oil** instead. Use thinner slices of bread.

- **Try adding less salt to pizza dough and tomato sauces** – customers won't notice if you do this gradually. Flavour sauces with pepper, herbs, garlic and chilli.

- **Offer wholewheat pizza and pasta** as an alternative to the standard. Try to include a wholewheat option on the menu once a week.

- **Offer desserts lower in fat and/or sugar and smaller portions.** Replace with fruit options without sugar or syrup.



- Make sure special promotions, meal deals and children's menus all include healthier options with less salt, saturated fat sugar and calories.

RECIPE4 HEALTH

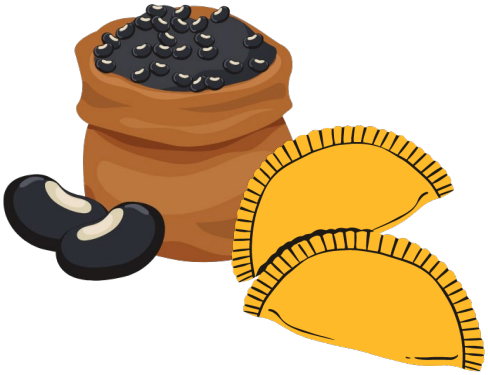
Home

3.4 Suggestions for healthier catering: Caribbean

- For Jerk Chicken dishes**, grill the chicken in a little unsaturated vegetable oil** instead of frying. Chicken isn't the only thing that can accompany jerk – why not offer **jerk carrots** as a healthy vegetable side dish?

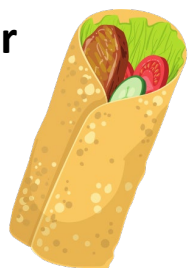
- **Pack as many fruits and vegetables into dishes as you can** – try mango, pineapple and papaya in salads.

- **Swap the beef for beans** to make healthier patties – check out the recipe here.



- **Bake plantain instead of frying** to use less oil – just as tasty!

- Use **wholegrain rice and wholemeal flour** to make patties, wraps and roti.



RECIPE4 HEALTH

Home

3.5 Suggestions for healthier catering: Fish and chip shops

Fish and chip shops *have long been a sign of British culture, but these foods can be high in fat and salt which can lead to weight gain. This in turn can lead to type 2 diabetes, heart disease and some cancers. Simple and small changes can make our signature dish healthier.*

- Consider **reducing portion sizes** across your menu and ask staff to keep to these portion sizes to provide consistency for your customers.

- **Swap to lower sugar, fat and salt** versions of sauces and condiments e.g. ketchup, mayonnaise, tartare sauce etc.

- **Offer healthier drinks as the default option** – this can include water, lower fat milks, low calorie or no added sugar drinks rather than sugary drinks.

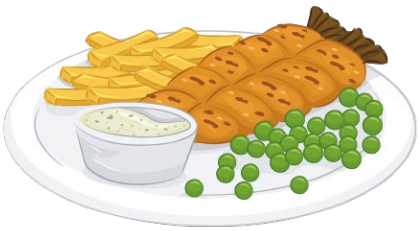
- **Do not add salt to the batter mix**. If you buy the batter mix, check the ingredients and try to choose one that doesn't contain salt.

3.5 Suggestions for healthier catering: Fish and chip shops

Fish and chip shops *have long been a sign of British culture, but these foods can be high in fat and salt which can lead to weight gain. This in turn can lead to type 2 diabetes, heart disease and some cancers. Simple and small changes can make our signature dish healthier.*

- Use plain, uncoated, medium or thick straight-cut chips, as they absorb less fat, you use less oil and it's healthier for customers.

- Try lightly battering your fish or use a Tempura batter as a healthier option. Fish cooked in bread crumbs is healthier than in batter as it absorbs less fat; this is also a cheaper option.



<u>Look after your oil: Follow these tips to keep your oil fresh for longer, saving you money</u>

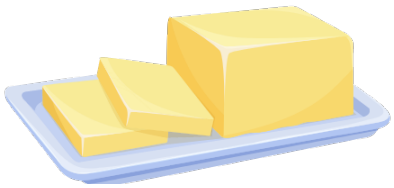
- Try to change your oil before it foams, froths or smokes. It will also change colour and smell rancid when you heat it which will affect the flavour of the chips.
- Don't heat oil above 175°C.
- Dry fresh chips for as long as possible after soaking.
- Sieve the oil every time you fry a batch and throw the scraps away.
- Filter your oil often – ideally once a day.

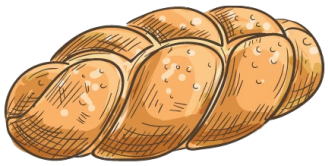
RECIPE 4 HEALTH

Home

3.6 Suggestions for healthier catering: Sandwich shops

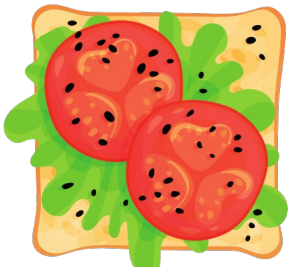
- Use **low or reduced fat spread**, ideally made from unsaturated vegetable oils such as sunflower, rapeseed and olive oils. These spread more easily than butter and are lower in fat, especially saturated fat.

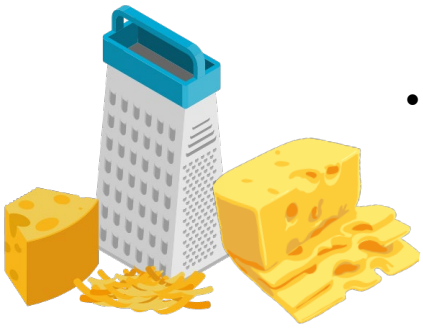




- **Use wholegrain bread** where possible, or a 50/50 mix of wheat and wholewheat.

- Try making sandwiches without any spread, especially if the filling is moist. Or **let customers choose if they want spread**. By using less spread, you will save time on preparation and money!





- **Choose reduced-fat hard cheese** or a cheese naturally lower in fat, use thinly sliced cheese or grated cheese – grated cheese will add volume to sandwiches without using much.

- Use less mayonnaise and salad cream in sandwiches and **switch to a lower fat and salt mayonnaise.**

- **Use more plant-based proteins** in your sandwiches, such as chickpeas for hummus or smashed chickpea, onion and pickle.

- **Promote healthier sandwich options**, snacks and drinks with meal deals – this could give you a unique selling point.

RECIPE4 HEALTH

Home

RECIPE 4 HEALTH

Recipes

Masoor Dal Tadka (Indian Red Lentil Dal)

Serves 30

Cooking time: 30 minutes

Prep time: 15 minutes

Ingredients

- 1,500g dry masoor dal (aka red lentils) sorted and well rinsed
- 5.5L water
- 3 3/4 tbsp unsaturated vegetable oil
- 4 large yellow onions, finely diced
- 20 cloves garlic, minced
- 3.5 tbsp minced ginger
- 7 green chillies, minced (can be seeded for less heat, use more or less to taste
- 3.5 tbsp Indian curry powder
- 3..5 tsp whole mustard seed
- 3.5 tsp ground coriander
- 3.4 tsp ground cumin
- 3 tsp salt, more to taste
- 560g chopped fresh tomatoes
- coriander, for garnish
- wholegrain rice, to serve

Equipment

- Large deep saucepan
- Large skillet
- Chopping board

Method

1. Combine the lentils and water in a large pot. Bring to a boil, then turn the heat down to simmer. Skim off any foam that collects on top. Cook, partially covered, until the lentils are tender, usually 15-20 minutes.
2. While the lentils are cooking, make the tadka. Heat a skillet over medium heat and add the oil and onion, garlic, ginger, chillies, and a pinch of salt. Fry until soft, about 5 minutes.
3. Add the spices: curry powder, mustard, coriander, and cumin, along with the salt. Stir to combine and cook for about 60 seconds, then add the tomatoes. Cook for about 7 minutes to cook down the tomatoes if canned, or until the tomatoes are soft and saucy if fresh.
4. Add the tadka to the cooked lentils, and simmer over low heat for about 5 minutes to infuse with flavour.
5. Serve garnished with coriander and wholegrain rice.

Home

Baked Tofu Stir-fry with Cabbage and Shiitakes

Serves 30

Cooking time: 30 mins

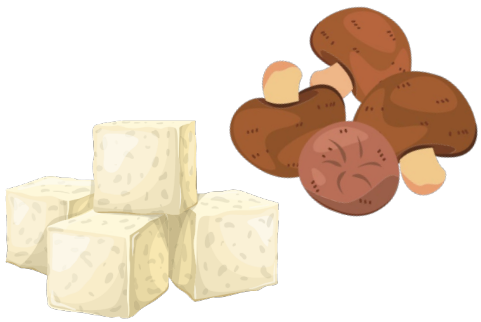
Prep time: 15 mins

Ingredients

- 10 packs of 396g firm tofu, patted dry
- 18 tbsp black bean-garlic sauce
- 6 tbsp toasted sesame oil, divided
- 15 tsp sesame seeds
- 7.5 kg chopped napa cabbage (1-inch pieces, from 1 medium head)
- 2.6kg halved shiitake mushroom caps
- 750g scallions, cut into 1-inch pieces, plus chopped greens for garnish
- 10 tbsp Shao Hsing rice wine or dry sherry
- 12 tsp hot sauce, such as sriracha, or more to taste

Equipment

- Large baking trays
- Large mixing bowl
- Chopping board



Method

1. Preheat to 425 degrees F (200 C). Coat 2 large rimmed baking sheets with cooking spray.

2. Cut tofu into 1-inch pieces and toss in a large bowl with 10 tbsp black bean sauce, 3 tbsp sesame oil and sesame seeds. Spread in a single layer on one of the prepared baking sheets. (Reserve the bowl). Roast the tofu on the lower rack, stirring twice, until browned, 25 to 30 minutes.

3. Meanwhile, toss cabbage, mushrooms, scallion pieces, the remaining 8 tbsp black bean sauce and the remaining 3 tbsp sesame oil in the large bowl. Spread the vegetables on the second baking sheet. When the tofu has roasted for 10 minutes, place the vegetables on the upper rack and roast, stirring once or twice, until tender, about 20 minutes.

4. Spoon the tofu over the vegetables, drizzle with rice wine (or sherry) and hot sauce and stir until combined. Serve sprinkled with scallions and greens, if desired.

Home

Pasta e Ceci (pasta with chickpeas)

Serves 30

Cooking time: 30 mins

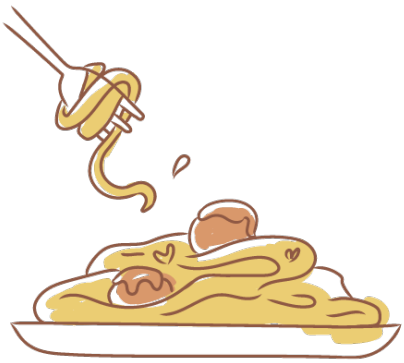
Prep time: 10 mins

Ingredients

- 7 tbsp extra virgin olive oil
- 8 medium-sized onion, diced
- 20 garlic cloves, minced or pressed
- 15 cans (400g each) chickpeas, drained
- 8 medium-sized potatoes, cubed
- 7.5 tbsp tomato paste
- 7.5 rosemary sprig
- 7.2L low-sodium vegetable broth (or water), use more if needed
- 6 tsp fine salt
- 1 tsp black pepper
- 1,650g short pasta shapes (shells, orecchiette, ditali)
- 15 tbsp chopped parsley (optional)
- 15 tbsp of grated parmesan or pecorino cheese

Equipment

- Chopping board
- Large saucepan
- Blender/potato masher
- Large mixing bowl
- Chopping board



Method

1. Heat the olive oil in a large pot over medium heat. Once the oil is at temperature, add the diced onion, garlic and cook for 5 minutes, or until the onion has softened.
2. Add the chickpeas, the cubed potato, the tomato paste and the rosemary sprig. Stir to coat in flavour, about 1 minute.
3. Add vegetable broth or hot water, salt and pepper.
4. Raise the heat and bring the mixture to a boil, then cover the pot, reduce heat and cook for 10 minutes until the potatoes are soft.
5. Turn the heat off, remove the rosemary, and with a blender puree only part of the chickpeas. Alternatively, smash chickpeas and potatoes with the back of a spoon or a potato masher. Be careful, the liquid is still hot.
6. Turn the heat on again, bring to a light boil, and add the dried pasta. Let it simmer and stir often (otherwise the pasta will stick to the bottom of the pot). Cook until the pasta is tender but still firm to the bite. You don't need to cover the pot with a lid, but make sure you keep an eye on it. If the soup seems too thick, add a touch of water and thin to the desired consistency.
7. When it's ready to serve, taste and adjust the season with salt and pepper according to your taste.
8. Stir freshly chopped parsley, divide into bowls and serve with a drizzle of olive oil, freshly ground black pepper, and grated parmesan or pecorino cheese.

Home

Black bean patties

Serves 30 | Prep time: 30 mins | Cook time: 25 minutes

Ingredients

Pastry

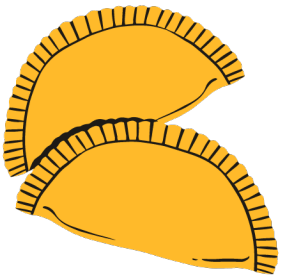
- 450g All-Purpose Flour
- 15 tsp Turmeric Powder
- 10 tsp Salt
- 225g Cold Butter
- 120ml Cold Water

Filling

- 25 tbsp olive oil
- 8 medium chopped onions
- 225g chopped mushrooms
- 1.25 Kg black beans
- 20 tbsp all spice
- 10 tsp salt
- 3.5 tsp cumin
- 15 tbsp paprika
- 15 tsp cayenne pepper
- 15 tbsp nutritional yeast
- 10 tbsp black pepper
- 665ml water

Equipment

- Chopping board
- Chopping knife
- Large mixing bowl
- Rubber spatula
- Large pan



Method

1. In a large bowl, add the flour, turmeric, and salt. Stir until evenly mixed.
2. Add the cold butter in pieces so that they evenly mix throughout the flour. Using either a pastry cutter or your hands, cut them into the flour. You should end up with a sandy texture. If using your hands, be sure not to overwork it, you don't want the butter to melt.
3. Add the cold water and and combine using either a rubber spatula or your hands. Once it starts coming together, roll it out onto a floured surface and knead it to bring all the loose pieces together. Continue to knead until you get one uniform dough.
4. Wrap the dough in a plastic wrap and store in the fridge while you make the filling.
5. To make the filling, heat the oil in a large pan over medium-high heat. Add the onions and mushrooms and cook for 5-7 minutes while stirring.
6. Add the black beans and all the spices. Stir until combined.
7. Stir in 3 tbsp of water at a time to rehydrate your filling. Place in a bowl and set aside to cool.
8. Once your filling has cooled down, it's time to assemble the patties. Pre-heat your oven to 375 F (180 C) and line a baking tray or two with parchment paper.
9. Remove your dough from the fridge. Place your dough on a floured surface and cut your dough in half. Roll each half roughly into 10-inches ropes in length. Divide each rope into 15 pieces. You should have a total of 30 pieces, it's okay if they are not all even.
10. Roll out a piece of dough roughly into 5.5-inch by 7.5-inch rectangles. If your dough starts to get sticky, lightly flour the underside of the dough.
11. Once you get your general rectangle shape, scoop in 2.5 tbsp of the filling onto one half of the rectangle, leaving some room on the edges. Lightly spread some water on the edges with your finger or a brush. Fold over the rectangle to cover the filling and using a fork, press the edges down to seal it. Place on your baking tray and repeat with the rest of the dough pieces.
12. Once you have finished assembling your patties, poke some holes on the top to let some hot air escape. Bake them in the oven for 25-30 minutes. Remove from oven and let it cool for 5-10 minutes before serving.

Home

Chickpea Salad Sandwich

Serves 30

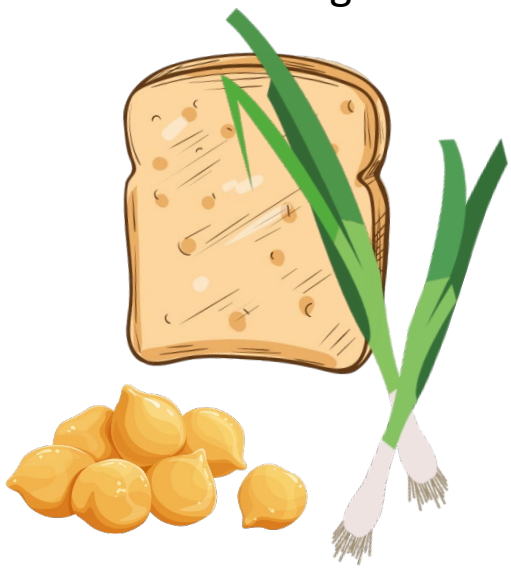
Prep time: 10 minutes

Ingredients

- 30 x 240g tinned chickpeas (drained weight
- 15 celery stick
- 44 spring onions
- 22 tbsp mayonnaise or vegan mayonnaise
- 15 tbsp lemon juice
- 15 tsp celery seed
- 8g salt
- 8 ground pepper
- 60 slices wholegrain bread
- Lettuce, spring green mix, or sprouts
- Hummus, optional

Equipment

- Chopping board
- Chopping knife
- Medium mixing bowl



Method

1. Thinly slice the celery (if it's a large rib, cut in half lengthwise first). Thinly slice the green onions.
2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
3. Combine the chickpeas with the chopped celery and spring onions, mayonnaise, lemon juice, and celery seed. Add about 8g of salt and ground pepper to taste. If the salad is dry, add more mayonnaise (cooked chickpeas have a drier texture than canned).
4. Assemble the chickpea salad sandwich: If desired, spread the bread with hummus (this amps it up a bit but not required). Top the sandwich with lettuce or greens and chickpea spread.

Home

Further links

1. ***Food Active website*:** https://foodactive.org.uk/what-we-do/

2. ***British Nutrition Foundation, Quick Facts on a Healthy Balanced Diet*** https://www.nutrition.org.uk/healthy-sustainable-diets/healthy-and-sustainable-diets/a-healthy-balanced-diet/

3. ***Food Standards Agency, Healthier Catering for Different Types of Businesses:*** https://www.food.gov.uk/business-guidance/healthier-catering-guidance-for-different-types-of-businesses

4. British Nutrition Foundation, Get Portion Wise:
https://www.nutrition.org.uk/putting-it-into-practice/balancing-the-diet/get-portion-wise/?level=Consumer

5. The Federation of Fish Fryers, Sustainably Sourced Fish:
https://www.nfff.co.uk/pages/sustainability

6. Love Food Hate Waste:
https://www.lovefoodhatewaste.com/

7.Keep Britain Tidy: https://www.keepbritaintidy.org/

RECIPE 4 HEALTH

Acknowledgements and contact information

This support pack has been developed by a team of public health nutritionists at Food Active as part of Pennine Lancashire's Healthier Place, Healthier Future Childhood Obesity Trailblazer.

For more information about Recipe 4 Health and how to apply visit Recipe 4 Health award - Lancashire County Council

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