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Community and Business Health
Promotions Officer

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- The post was secondment from the Healthy Living Team in March 2015
- The post was embedded with the Environmental Health Team

- There are three elements to the project:

The Chip Fryer Award

The HOST – Healthier Options St Helens Takeaway

The Childminder Healthy Eating Award.

- The post was made mainstream in March 2017.
- More projects were added as time went on, including working with local Food Banks.



The Chip Fryer Award



- The award was devised in March 2014
- An assessment was in place.
- There are two levels of assessment:
Gold and Platinum

The Gold Chip Fryer Award



- The business must have a Food Hygiene Rating of at least 3 to be eligible for the award.
- The oil must be a vegetable oil (no animal fats allowed)
- The chips must be 12mm-15mm and straight cut (thick chips absorb upto 40% less oil)
- The oil must be sieved between each fry.
- The chips must be dried for 20mins before frying or drywite to be used.
- The oil must be 170°C (with a 5° deviation either way allowed for).
- The staff **MUST** always ask does the customer want salt and vinegar.
- We have provided all the chip shops with 5 hole salt shakes (opposed to the standard 17 hole salt shakers)

Platinum:

- The Gold assessment must be met in full.
- Plus:
- Less than 1% trans fat
- The oil to be filtered daily
- The oil to be changed at the agreed peroxide levels (using test strips)
- That food such as sausages, breaded chicken and fish are all fried in a separate fryer (animal fats make the oil turn quicker so a separate fryer makes economic sense)



What is The Golden Chip Fryer Award?

- The Golden Chip Fryer Award is St. Helens Council's way of rewarding all chip shops that make small changes to their cooking styles in order to achieve a healthier chip.

What are the benefits of joining?

- Free promotion via the website
- A certificate to display in shop
- Window stickers
- Invite to Awards event
- Named in local press.
- Social media promotion
- Free support and guidance from the Community and Business Health Promotions Officer





HOST



- Healthier Options St Helens Takeaway
- This project works with local takeaway businesses to help them gradually reduce salt or fat in their food.
- The businesses we work with are
- Chinese
- Indian
- Pizza style cuisines



HOST



This project works with those businesses who have signed a pledge to reduce Salt or Fat in their dishes.

The pledges are:

Essential Pledges

We are promoting smaller portions.

We are working towards reducing the amount of fat we use in dishes.

We offer water as part of our meal deals.

Additional Pledges

We promote our healthier cooking methods e.g. if something is oven baked.

Our tinned fruit comes in natural fruit juice.

Our tinned vegetables come in water.



HOST



- We went through a number of options to create the project as it stands.
- After trying self-assessments, assessments based on the eat well plate and various other assessments that had been tried by other projects we came to the conclusion that none of these would be as we were unable to verify the information therefore we decided up a scientific route.
- We have decided that we will sample dishes, send them to the lab to gain a baseline figure and then work with the business to reduce salt or fat.



HOST successes



- After two sets of samples it was proven that one pizza place do not put salt in their dough or sauce.
- After two sets of samples MP have completely removed all salt from their pizza dough and reduced salt in pizza sauce – continuing to reduce this
- After two sets of samples M the naan bread has reduced in salt by almost 50%
- Proved that the meals from A (TD franchise) are in fact under 500 cal for the main meal



HOST Future



- To continue to work with businesses to gradually reduce salt or fat.
- M are looking to reduce the fat in their sauce base which would reduce the fat across the menu.
- Continue to offer the use of Dietplan7 to analysis recipes.
- Work continuing to with label reading for the items that cannot be reduced in fat / salt (pre bought items).
- Working with A to support the new 500 cal or less menu.

Childminder Healthy Eating Award



- St Helens council runs the HEYS (Healthy Early Years Status) Awards for Nurseries and the Tasty Tuck Award for snack provision in Primary schools.
- It was noted that Childminders fell through a gap.
- When Childminders register with OFSTED they are also registered as a food business.
- Childminders are not inspected by environmental health but are encouraged to fill in the Safer Food Better Business For Childminders.
- We have based our assessment on the food section from the HEYS award.
- We have 21 awarded childminders.

Childminder Healthy Eating Award



- Once awarded the childminders are given a certificate and box that contains lots of “goodies” from recipes, reward cards, plastic knives.
- We also introduced Oaty, our teddy bear that can accompany child to their homes to get the healthy messages to families.

Food Bank Project



A typical food parcel includes:

Cereal

Soup

Pasta

Rice

Tinned tomatoes/ pasta sauce

Lentils, beans and pulses

Tinned meat

Tinned vegetables

Tea/coffee

Tinned fruit

Biscuits

UHT milk

Fruit juice

Food Bank Project

- I developed a double sided, laminated sheet with a number of recipes, meal plans and meal ideas.
- I printed and laminated 2500 sheets and handed them out to the food bank, organisations in the north west, community centres, the neighbourhood food larder.
- The sheet was emailed out to over 130 organisations so that they could share it as far and wide as possible.
- It got to a point that I could no longer keep up with the demand for the sheets.
- A chance meeting led to the development of the Easy Eats cookbook.
- St Helens Council has donated over 150kg of food donations since the start of the project.
- We are on our second year of donating Easter eggs to families.

Additional Work

- Community Suicide Prevention forum.
- Feeding Liverpool
- Mental Health First Aider.
- Neighbourhood Food Larder.
- Working with Care Leavers.
- Developing a project to run along side Care Leavers week.
- Teardrops.
- Apex Trust – Plan Bee café.

Thank You

- Any questions?

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