

Heart of Derbyshire Definitions and Guidance



Definitions:

Alcohol-free	a drink from which the alcohol has been extracted and which has an alcoholic strength by volume of not more than 0.05%.
De-alcoholised	a drink from which the alcohol has been extracted and which has an alcoholic strength by volume of not more than 0.5%.
Fat free	the item must contain no more than 0.5g of fat per 100g or 100ml.
Ingredients	basic items used in cooking a meal, this could include stocks, sauces or dressings.
Lean minced meat	a fat content of 7% or less.
Low alcohol	a drink with an alcoholic strength by volume of not more than 1.2%.
Low fat	the item must contain no more than 3g of fat per 100g for solids or 1.5g of fat per 100ml for liquids.
Low salt/sodium	the item must contain no more than 0.3g salt/ 0.12g of sodium, per 100g or per 100ml. For waters, other than natural mineral waters falling within the scope of Directive 80/777/EEC, this value should not exceed 2mg of sodium per 100ml.
Low sugar	the item must contain no more than 5g of sugars per 100g for solids or 2.5g of sugars per 100ml for liquids.
Menu items	are items which can be selected from the menu rather than being incorporated into a prepared meal. This could include sausages or breakfast cereals.
Non processed	vegetables and salads with nothing added including salt, brine, oil or dressings.
Offer	that the business will promote the availability of the healthier option and provide it to the customer on request.
Preparation	assembling a variety of ingredients to create a meal.
Promote	in writing, customer facing, in a prominent position.
Smaller Measures	the measures which must be available are: <ul style="list-style-type: none">• 1/2 pint for beer/cider;• 125ml for wine; and• 25ml for spirits.
Sugar free	the item must contain no more than 0.5g of sugars per 100g or 100ml.
Use	the business will always provide the healthier option.
Wheatgerm	bread that has at least 10% wheatgerm added.
Wholegrain	a product, such as pasta, described on the label as wholewheat (or other grain).
Wholemeal bread	bread made with only wholemeal flour.

Guidance:

FA4	Examples could include grilling sausages, poaching chicken and steaming fish.
FA6	Examples could include using low fat cheese to make lasagne or quiche or offering low fat cheese as a topping or filling.
FAD	Additional low fat products which comply with the definition above, for example baked beans for jacket potatoes or tuna in water for sandwiches.
FAE	For advice on cooking chips see the responsibility deal website: https://responsibilitydeal.dh.gov.uk/wp-content/uploads/2013/04/130408-RD-Toolkit-Web-version.pdf
FB5	Examples could include using low salt/sodium stock, sauces or dressings.
FB6	Low salt/sodium menu items which comply with the definition overleaf could include, for example, low salt sausages, baked beans or breakfast cereals.
FE1	<p>Please note that the individual allergens ticked will not increase the number of pledges counted towards your total.</p> <p>It is the responsibility of the business to ensure that the meals provided do not contain the specified allergens. Undeclared allergens can be fatal for some people. For more information on the definitions and any legal requirements or limits please visit the Derbyshire County Council website www.derbyshire.gov.uk/business/trading_standards/food_standards/safety/allergens/default.asp</p> <p>For practical guidance on allergens please see www.anaphylaxis.org.uk/food-industry/about-food-allergy and www.anaphylaxis.org.uk/userfiles/files/Guidance%20for%20Caterers%20Factsheet(1).pdf</p> <p>For information on Coeliac Disease please see: www.coeliac.org.uk/food-industry-professionals/</p> <p>When people search for allergen free meals on the Heart of Derbyshire website they will be advised to discuss their requirements before making a booking or placing an order. You should ensure that someone in the business is able to provide accurate information to the customer.</p>
FF1	<p>Challenge 25 is a scheme promoted by the Wine and Spirit Trade Association which make resources available on line. See www.wsta.co.uk/challenge-25</p> <p>See the Derbyshire County Council website for more information on underage sales: www.derbyshire.gov.uk/business/trading_standards/salesto_children/default.asp</p>
FG1	Offer small portions or servings to all customers, not only 'children's meals' or 'specials'. For example a mini fish, a small portion of chips, a half portion of cake or a small cup of cappuccino.
FH1	Please visit www.derbyshire.gov.uk/breastfeedingwelcome for more information and to apply for this award.