

Checklist for People bringing Food in to the Trust

South Warwickshire NHS Foundation Trust promotes the health and wellbeing of staff and visitors. This includes the provision of healthy and safe food. Please take the details below into account when providing food and drink for meetings or training sessions for our staff.

Food safety

Food requiring refrigeration must not be kept above a temperature of 5°C for longer than 4 hours (including cool bag transportation time). If purchasing this food earlier, it must be refrigerated. Use cool bags or cool boxes for transporting these foods.

Sustainability

Ask the people you are providing the food for if they have crockery, glassware, cutlery and napkins. If they have, you do not need to buy disposable versions.

Use food produced in Warwickshire, Red Tractor, Fairtrade or similar wherever possible.

Provide healthy choices

Water is a good choice. If there is no fresh (tap) water at the venue, please provide cold bottled water.

50% of sandwiches should be made with wholemeal, multigrain or granary bread or rolls. Wraps, chapatti, pitta bread, thickly sliced bread and bagels are also suitable.

Lower fat fillings e.g. lean meat, prawns, cottage cheese or low fat hummus should be available.

- 2/3 of the sandwiches and salads should be without mayonnaise or dressing.
- Prawn, egg or tuna mixed with mayonnaise, cheese and roasted vegetables are higher in fat but can be included in small quantities for variety.
- Include some fillings of oily fish e.g. sardines, mackerel and salmon. Tinned tuna is not an oily fish, but is a useful low fat filling.
- Salad, tomatoes, grated carrot or other vegetables and fruit (e.g. grapes, apple slices) should be included in at least 50% of sandwiches.

Ensure that at least 30% of the food options purchased are vegetarian. Vegetarian options include beans, lentils, some cheese, nuts, seeds and eggs. These should be plated separately from those containing meat or fish and/or clearly labelled.

If high fat items such as pie, samosa, and crisps are offered, also provide a healthier choice e.g. breadsticks, baked crisps. Salad items or crudités with salsa or yoghurt dip should be available when high fat items are offered.

Offer a range of fresh fruits and consider having this fruit chopped in small pieces

When cakes, cheesecake, rich or chocolate biscuits or pastries are offered, a choice of fruit breads, plain biscuits or lower fat, lower sugar cakes, teacakes, fruit loaf or scones should be offered as well

Thank you for your help with this

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