

What is the Heartbeat Award ?

- ♥ The Heartbeat Award is a nationally recognised award given to caterers who show commitment to their customers by offering healthier food choices and a healthier environment.
- ♥ The Heartbeat Award has been developed by the Health Education Authority and the Department of Health and is endorsed by the Chartered Institute of Environmental Health. It is managed locally by Environmental Health Officers together with Health Promotion Specialists and Nutritionists.
- ♥ All types of catering establishments can apply for a Heartbeat Award - workplace, school or hospital canteens, sandwich bars, restaurants, pubs, hotels and take-aways.

Why should I have a Heartbeat Award ?

The Heartbeat Award offers customers the choice and meets customer demand. Research in catering premises in West Surrey revealed that customers are interested in healthy eating. It makes good business sense to offer healthier food choices in a smoke free and hygienic environment.

How do I apply for a Heartbeat Award ?

1. Good standards of hygiene

You must first demonstrate to an Environmental Health Officer that you comply with all legal requirements for hygiene.

Your premises must comply with the Food Safety (General Food Hygiene) Regulations 1995 and with the Food Safety (Temperature Control) Regulations 1995.

All of your staff involved in food handling should have received food hygiene training equivalent to the level of the Chartered Institute of Environmental Health Basic Food Hygiene Certificate.

2. Smoke free eating areas

Research has shown that people would prefer to eat in a smoke free eating area (even if they smoke). The Heartbeat Award criteria for non-smoking areas are:

- ♥ In schools, workplaces, hospitals and other institutions, 100% of the seating area should be smoke free.
- ♥ In restaurants, pubs, sandwich bars and other commercial premises, at least 50% of the seating area should be smoke free.

3. Healthier food choices

The Heartbeat Award advocates modified catering practice whilst promoting a menu that gives the customer the choice to eat healthily if they wish to.

This can be achieved in two ways:

- ♥ by increasing the availability of healthier food choices e.g. offering boiled or jacket potatoes as well as chips.
- ♥ by adopting healthier food preparation, cooking and serving practices e.g. trimming fat from meat before cooking.

To find out more about how you can apply for a Heartbeat Award please contact:

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To find out more about food hygiene, please contact:



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West Surrey Heartbeat Award



An award for caterers
offering health on the
menu