



The Greater Merseyside
FOOD CHARTER

A Healthy Bite

ISSUE 1

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Overview

Competition

The Greater Merseyside Food Charter (GMFC) is delivered by heart health charity Heart of Mersey. It relies on word of mouth and the extensive and valued network of its members to promote itself as a worthwhile initiative. Heart of Mersey (HoM) recognised this and believed that we could increase the Charter's profile through exposure in the local media in the form of a reader competition. The competition was piloted in the Wirral News and launched on March 14th. We are hoping to roll this out in all of our six regions; please see website and next edition for further updates including competition winners stories.

Nurseries

At HoM we recognise the importance of providing nutritious and balanced food in schools and nurseries. The GMFC has taken active steps to ensure that the messages the Charter promotes are recognised in these settings with the development of new School and Nursery Criteria.

Cooks for Success

The GMFC participated in the Manchester *Cooks for Success Conference* hosted by the **Schools Food Trust**. We were able to share information with school cooks and food workers from the North West and received support from Charter holders attending as delegates.



Sticky Fingers Nursery was the first Nursery to be recognised by the new criteria for Schools and Pre-schools.

High profile Chef **Paul Askew** demonstrates his cooking skills in some simple-to-follow recipes for schools.

Racecourse first past the finishing post in race for Healthy Stadia

Aintree Racecourse has become the first of the six North West Stadia taking part in Heart of Mersey's Healthy Stadia initiative to gain the prestigious Food Charter Award.

Work towards their Award involved meetings between the food charter co-ordinator, Gemma Weston and Steve Cooper General Manager of Letheby & Christopher to match up corporate menus to the important Food Charter assessment criteria.

The Healthy Stadia initiative was designed to help sports stadia to become healthier places for staff, players and visitors. It ensures

they have a healthy experience of working, playing or watching sports. The priority areas for this programme are food, smoking and physical activity which reflects the main risk factors in the development of coronary heart disease (CHD) and two of HoM's core work streams.

The Food Charter Award was presented to Aintree Racecourse at a HoM Smokefree event; which took place in the Queen Mother Stand at the course. Gaining the certificate means they become the lead stadia in this field, a proud achievement for caterers Letheby & Christopher.

Halton Stadium is set to be the second stadia to receive accreditation by the Food Charter. Work will continue with Prenton Park, Goodison, Anfield and Knowsley Road Stadium.





..and the scores on the doors are..?

Sefton Metropolitan Borough Council and Liverpool City Council are the first in Greater Merseyside to actively participate in using 'Scores on the Doors' a national public information service where official local authority hygiene ratings for all types of business are published. (www.scoresonthedoors.org.uk)

When Environmental Health Officers inspect food premises, according to Food Standards Agency Code of Conduct businesses are then as-

signed a risk rating score from A-E (A being worst, E being the best). These scores are based upon compliance, structure and confidence and are the same three areas of risk that the Food Charter recognises in its assessments.

The publishing of these scores will mean that as the information is available in the public domain the Food Charter Co-ordinator can access these scores readily and this will in turn reduce the turnaround time of assessments of awards.

We are currently looking at whether we can get members of the Greater Merseyside Food Charter Award included and recognised on this website. This would help to promote our member commitment to providing healthy and safe food. If you would like to support our campaign please contact Gemma Weston on 0151 928 7820 or

gemma.weston@heartofmersey.org.uk

The Big Food Debate -
Liverpool, 18th October
2007. For more info see
www.heartofmersey.org.uk

NEW AWARD HOLDERS...

Wind in the Willows,
St Helens

The Kindergarten,
Liverpool

Garretts Restaurant,
Wirral

The Heath Business
Park, Halton

Safer food, better business

In January 2006 the Food Standards Agency introduced new regulations for small catering businesses such as restaurants, café's and take-aways.

The pack contains information and sections that businesses must work towards in order to show the methods that they use to sell food that is safe to eat. A benefit of this pack is that it takes a step by step approach and its guide-

lines mean that evidence of practices can be recorded and used to back up all procedures.

The regulations will help caterers to:

- Comply completely with the new regulations
- Show evidence of what they do to make food 'safe'
- Train staff

- Protect and uphold reputation
- Improve the function of the business.

For more information, or to order a pack for re-fills, please contact the FSA on 0845 606 0667 or email food-standards@ecgroup.uk.com



Why not try one of the GMFC's optional criteria and remove salt shakers from tables and see how many people actually ask for it. We think it will be less than you think!

Campaigns - 'Food – take it with a pinch of herbs'

In April Heart of Mersey teamed up with the Food Standards Agency and Halton and St Helens Primary Care Trust to give away herb samples in support of the FSA's latest national salt awareness campaign 'Full of it'

The message they want to grow in peoples minds is; if

you want to reduce your risk of developing heart disease, cut down on salt and use herbs to flavour food instead.

Modi Mwatsama, food & health programme manager from Heart of Mersey said "Adults should have no more than six grams of salt a day but on average people are

actually having much more than this – about nine grams a day".



For more information about any item in this newsletter please contact Gemma Weston on 0151 928 7820 or email gemma.weston@heartofmersey.org.uk www.heartofmersey.org.uk

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