

Welcome to...



healthyliving
award

the sign of healthier food





The best things in life are free

The **healthy living award** is **totally free** for any food establishments and all resources, support and advice are provided free of charge

Award launched in 2006. Funded by the Scottish Government and managed at NHS Health Scotland

Interest so far...

- Nearly 2500 sites have registered with us since the award began in 2006
- Over 700 businesses currently hold the award.
- Awards last for a 2 year duration
- Over 180 sites now hold the higher level **healthyliving award plus**



Wide range of establishments



- Workplaces
- Hotels and restaurants
- Sandwich shop & take-aways
- Cafe/coffee shops
- Hospitals
- Colleges and universities
- Supermarkets
- Offshore
- Mobile snack vans

Main aims

To offer customers a healthy choice when they eat out

Caterers must be committed to providing and supporting healthier eating by:

- Reviewing menus
- Looking at food ingredients and cooking methods
- Looking at ways to present and promote healthier options

Conditions of the Award

To achieve a Healthyliving Award, applicants must take steps to:

- Actively reduce the amount of fat, salt and sugar in the food they serve; and
- Ensure fruit and vegetables are widely available
- Ensure starchy carbohydrates are the main part of most meals
- Provide healthy and nutritious food for children in places where children are served
- Make sure at least 50% of the food served meets the specific healthyliving criteria
- Have an appropriate promotion and marketing strategy which works alongside the Award guidance

What are the benefits?

- Public recognition/press
- Customer/staff health and satisfaction
- Satisfy growing demand for healthier food
- Improved knowledge and skills of healthier food within the team

More information

www.healthylivingaward.co.uk

Search: Go Login

healthy living award
the sign of healthier food

Home About us Caterers Customers Recipes News Members' area

Welcome to the healthy living award


We are calling for all caterers to get involved in Legacy 2014. Sign up to the award to promote healthier food before, during and after the XX Commonwealth Games, **more**.

LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

The award is open to most catering businesses and our help and support is free.


Find out how to get the award

Achieving the award may be easier than you think. **Find out what's involved and get registered.**



Find places to eat healthily

Find award holding outlets near you, download our **healthy living recipes**, find out **more about the award.**



Members' area



Dedicated area for all registered businesses and award holders.
Find out more here!


Latest news

Get involved with Scottish Food & Drink Fortnight
15/09/2014
[More news](#)

Popular downloads

1. **Caterers Information Leaflet (PDF)**
2. **Customer Information Leaflet (PDF)**

More downloads Follow us:  



Accessibility Terms of use Cookies Contact us Register

Designed and managed by Minervation

Issue eight - November 2008

coretalk

healthy living award
the sign of healthier food



In this issue:

- Healthy eating around the world
- News
- Recipes
- Features
- Interviews
- A focus on... seasonal produce
- A special feature for a healthy life
- All award winners
- Give us your story

Introduction

Welcome to **coretalk!** In this edition we will show how healthier eating doesn't mean missing out. You can read about businesses that have been offering their customers healthier treats throughout the year, providing tasty alternatives to coffee and cake.

For other healthy treats look out for our new recipe booklet - **Healthy Living, Tasty Living** - which is available now. It can be downloaded from our website www.healthylivingaward.co.uk.

With about 1000 businesses currently registered with the **healthy living award**, now is the time to look at its impact across Scotland.

Over the coming months, an independent research company will be evaluating the award looking at the effect it has had on both the provision and uptake of healthier options when eating out.

If you have achieved the award, or are currently registered with us, we may invite you to participate and give your view on what the award means to you.

What's cooking?

Healthier options enhance a great day out

Some of Scotland's top tourist attractions are turning the country's reputation for food and drink on its head after picking up the **healthy living award**.

Following recent criticism from consumer group Which? that visitor sites in the UK offer insufficient healthy options, a further three major Scottish attractions have picked up the award.

These are Garden of Gloomie Castle, both National Trust for Scotland sites, and The Falkirk Wheel have all received the award after making it easier for people to choose healthy options when eating there.

These take the total of **healthy living award**-winning Scottish visitor attractions to 25. Other sites offering a good range of healthy options include New Lanark Visitor Centre and the Scottish Wool Centre in Aberfoyle.



A stylized graphic of a green apple with a grey outline and a single leaf, positioned on the left side of the slide.

Angela Kell
Project Coordinator
healthy**living award**

angela.kell@nhs.net
T: 0141 414 2830