WHAT CHANGES CAN YOU MAKE?

A **TuckIN** GUIDE TO MAKING FOOD BETTER

TUCK IN
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Method: **TuckIN**

Achieve at least 8 pledges, including one from each tip

TIP	WHAT CHANGES CAN YOU MAKE?	HOW DO YOU DO THIS?
FATS & FRYING High fat foods contain lots of calories, which can make us put on weight. This can lead to diabetes, heart disease and some cancers.	If frying, **you must** use better oil such as rapeseed or sunflower. Fry at the optimal temperature (175°C). Shake, Bang, and Drain fryer baskets to drain off excess oil when frying. Avoid frying twice or three times. Reduce amount of fats used. Change from butter to low fat spreads containing sunflower or olive oil. Spreads must not contain partially hydrogenated vegetable oils or fats. Trim fat off meats. Choose lower fat dressings.	Which oil and fats do you use, if any? What other fats and frying pledges have you taken?
SALT A diet high in salt can cause raised blood pressure which can increase the risk of heart disease and stroke. Adults should eat no more than 6g (around 1 teaspoon) and children no more than 3g of salt per day. You can gradually use less salt and customers cannot tell the difference.	Use limited amounts of salt as a seasoning. Add different flavourings to food. Use lower salt varieties of bread and fillings. Read the labels on pre-packaged foods and choose the ones with less salt or sodium. Don't add salt unless requested by customers. Use salt sachets or shakers with fewer holes. Offer low sodium salt. Do not add salt to vegetables when cooking.	Indicate what salt pledges you have made.

TIP	WHAT CHANGES CAN YOU MAKE?	HOW DO YOU DO THIS?
SUGAR Eating too much sugar can make you gain weight and cause tooth decay. Adults should eat no more than 30g (7 sugar cubes) and children 6 cubes of free sugars per day. Free sugars are in foods like cakes, sweets, biscuits and some fizzy drinks.	Gradually add less sugar in recipes and look for sauces with less or no sugar. If you sell drinks offer water and sugar free drinks. If you sell desserts, offer natural or sugar free yoghurt and fruit as an alternative.	What sugar pledges have you made?
PORTION SIZE Monitoring your portion size is the key to maintaining a healthy weight. Your weight is a guide to whether you are eating the right amount of calories or not.	Have standardised portions of fillings, a certain size spoon or scoop (or fixed number of slices) and follow this strictly, this could save you money and reduce waste. Offer smaller or light portions to all customers. Have half and half portions of carbohydrate and meats in one takeaway container. Offer reduced size lunchtime specials. Don't overfill containers or use smaller containers.	Indicate how you control portion size.
PROMOTIONS Meal deals and other promotions can help you compete and can encourage your customers to eat something healthier.	Place water and low or no calorie drinks at eye level. Add snacks like fresh fruit, unsalted nuts and water with meal deals. Promote lower fat options such as lean meats, tuna, reduced fat cheese and salad. Place fruit and healthier snacks in prominent areas or near where customers may stand. Add more wholemeal/ wholegrain options to the menu.	Indicate how you promote TuckIN in your business

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TRAINING	All staff are trained in Nutrition using the TuckIN Nutrition Training Course provided by TuckIN and/or Free online Level 2 nutrition training is also available for one person in each business.	Who has been trained in nutrition in the premises
DEVELOPMENT Commitment to improving sustainability and customer needs.	There are a number of schemes that you may also wish to join to demonstrate commitment to your customers which sit alongside TuckIN such as: The breastfeeding welcome scheme https://essexfamilywellbeing.co.uk/register-your-business-as-baby-friendly-location/ The refill campaign for free water, https://refill.org.uk/ Change 4 Life https://www.nhs.uk/change4life Using sustainable fish https://www.msc.org/ Offering plant based food options to encourage a wide customer base Reducing single use plastics	The schemes we have signed up to in our business are:

Method completed: Date_____

Signature:_____

TuckIN sign up Date:_____

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