



**Teresa Mercer**

Community and Business Health  
Promotions Officer

# Community and Business Health Promotions Officer

- I was seconded from the Healthy Living Team in March 2015
- The post was embedded with the Environmental Health Team
- There are three elements to the project:
- The Chip Fryer Award
- The HOST – Healthier Options St Helens Takeaway
- The Childminder Healthy Eating Award.
- The post was made mainstream in March 2017.



# The Chip Fryer Award



- The award was devised in March 2014
- An assessment was in place.
- There are two levels of assessment:
- Gold and Platinum

# The Gold Chip Fryer Award



- The business must have a Food Hygiene Rating of at least 3 to be eligible for the award.
- The oil must be a vegetable oil (no animal fats allowed)
- The chips must be 12mm-15mm and straight cut (thick chips absorb upto 40% less oil)
- The oil must be sieved between each fry.
- The chips must be dried for 20mins before frying or drywite to be used.
- The oil must be 170°C (with a 5° deviation either way allowed for).
- The staff **MUST** always ask does the customer want salt\* and vinegar.
- We have provided all the chip shops with 5 hole salt shakes (opposed to the standard 17 hole salt shakers)

# The Gold Chip Fryer Award Winners:

- Rainford Village Chippy    6 Ormskirk Rd,    Rainford,  
WA11 8BT
- Robins Lane Chippy    196 Robins Lane    St Helens  
WA9 3NU
- Chipmunk    143 Boundary Road    St Helens    WA10 2LR
- Crispy Cod    175 Knowsley Road    St Helens    WA10 4PZ
- Newton Fish Bar    66 Crown Street    Newton Le Willows  
WA12 9DA
- Maria's Plaice    71 Elephant Lane    Thatto Heath    WA9  
5QP
- The Town Fryer    39 Hall Street Town Centre    WA10 1DJ



# Platinum:

- The Gold assessment must be met in full.
- Plus:
- Less than 1% trans fat
- The oil to be filtered daily
- The oil to be changed at the agreed peroxide levels (using test strips)
- That food such as sausages, breaded chicken and fish are all fried in a separate fryer (animal fats make the oil turn quicker so a separate fryer makes economic sense)



# The Platinum Chip Fryer Award Winners:

- Billinge Supper Bar      159 Main Street    Billinge    WN5 7PA
- Chip Pan              70 Station Road    Ashton In Makerfield      WN4 0SD
- Crispy Cod      17 Kenyons Lane South      Haydock    WA11 0LH
- Haydock Supper Bar    113 West End Road              Haydock    WA11 0AH
- Frydays              7 Extension View    St Helens      WA9 3NT
- Marg's Chip Shop      87 Balfour Street    St Helens      WA10 4
- Nelson Chippery      35 Bridge Street    St Helens      WA10 1NU
- Chipmunk      150 Thatto Heath Road      Thatto Heath      WA9 5PE
- Crisp E Cod      4 Hoghton Road    St Helens      WA9 3LP
- Rainhill Fish Bar      570 Warrington Road      Rainhill    L35 4LZ
- Robins Lane Chippy    196 Robins Lane    St Helens      WA9 3NU



# What is The Golden Chip Fryer Award?

- The Golden Chip Fryer Award is St.Helens Council's way of rewarding all chip shops that make small changes to their cooking styles in order to achieve a healthier chip.

## **What are the benefits of joining?**

- Free promotion via the website
- A certificate to display in shop
- Window stickers
- Invite to Awards event
- Named in local press.
- Social media promotion
- Free support and guidance from the Community and Business Health Promotions Officer







# HOST



- Healthier Options St Helens Takeaway
- This project works with local takeaway businesses to help them gradually reduce salt or fat in their food.
- The businesses we work with are
- Chinese
- Indian
- Pizza style cuisines



# HOST



This project works with those businesses who have signed a pledge to reduce Salt or Fat in their dishes.

The pledges are:

## **Essential Pledges**

We are promoting smaller portions.

We are working towards reducing the amount of fat we use in dishes.

We offer water as part of our meal deals.

## **Additional Pledges**

We promote our healthier cooking methods eg if something is oven baked.

Our tinned fruit comes in natural fruit juice.

Our tinned vegetables come in water.



# HOST



- We went through a number of options to create the project as it stands.
- After trying self-assessments, assessments based on the eat well plate and various other assessments that had been tried by other projects we came to the conclusion that none of these would be as we were unable to verify the information therefore we decided up a scientific route.
- We have decided that we will sample dishes, send them to the lab to gain a baseline figure and then work with the business to reduce salt or fat.



# HOST



- These are the businesses that we have signed up to the pledge:
- The Tasty Corner
- Maria's Plaice
- Billinge Supper Bar
- Dial A Pizza
- Millon
- Moss Bank Express
- Pizza Perfect
- Samples taken from the Ajmeer to support their work to introduce a less than 500 cal menu



# HOST



- We have also taken samples from other business
- Chung Ku
- Chenug Wah
- Shake n Bake
- Hassan Express
- To help us gain base line data figures



# HOST successes



- After two sets of samples it was proven that Dial A Pizza do not put salt in their dough or sauce.
- After two sets of samples Maria's Plaice have completely removed all salt from their pizza dough and reduced salt in pizza sauce – continuing to reduce this
- After two sets of samples The Millon the Naan bread has reduced in salt by almost 50%



# HOST Future



- To continue to work with businesses to gradually reduce salt or fat.
- Pizza Perfect are aiming to reduce the salt in the dough by 50% by August
- Millon are looking to reduce the fat in their sauce base which would reduce the fat across the menu.
- Continue to offer the use of Dietplan7 to analysis recipes.
- Work continuing to with label reading for the items that cannot be reduced in fat / salt (pre bought items).
- Working with Ajmeer to support the new 500 cal or less menu.

# Childminder Healthy Eating Award



- St Helens council runs the HEYS (Healthy Early Years Status) Awards for Nurseries and the Tasty Tuck Award for snack provision in Primary schools.
- It was noted that Childminders fell through a gap.
- When Childminders register with OFSTED they are also registered as a food business.
- Childminders are not inspected by environmental health but are encouraged to fill in the Safer Food Better Business For Childminders.
- We have based our assessment on the food section from the HEYS award.
- We have 23 awarded childminders.



# Childminder Healthy Eating Award



- Once awarded the childminders are given a certificate and box that contains lots of “goodies” from recipes, reward cards, plastic knives.
- We also introduced Oaty, our teddy bear that can accompany child to their homes to get the healthy messages to families.