

# HEALTHY CATERING GUIDANCE FOR MOBILE FOOD PROVIDERS



## Recommended Drinks

- Water – customers should always be able to have water
- Fruit smoothies
- Teas and coffees
- Fruit juices (without “added sugar”)
- Diet soft drinks

## Healthy Carbohydrates/starchy foods

- Wholegrain breads, rolls and crackers
- Potatoes – eg, baked or mashed
- Boiled rice, couscous, bulgur
- Wholemeal breads, rolls and pita
- Yam, plaintain, cassava, fufu
- Tortilla wraps, roti, chapatti

## Tips for Healthier Chips:

- Shake, bang and hang: shake or bang the basket twice and hang for 20 seconds
- Cook chips at temperature 175-180°C for 3-4 minutes
- Reduce chip portions sizes; using a smaller box or bag will make it look more than it is

## Fats and Oils

All fats and oils are high in calories (energy) and can make it easy for people to put on weight. Also, certain type of fats can be harmful to health\*. If you are using an oil or fat, try to use a healthier one, but keep the amount to a minimum.

Healthier oils are those called polyunsaturated and monounsaturated. If using a “vegetable oil”, check the “saturated” fat content and aim to keep it under 20% (20g/100mls). You can find some much lower than this – some under 10%, - so it’s worth checking with your supplier. Some healthy oils to consider using are:

- Rapeseed oil (good for cooking with)
- Olive oil (good for dressings)
- Corn oil
- Peanut, ground-nut, walnut oil
- Sunflower oil
- Safflower oil

Fats to avoid: suet, lard, butter, dripping, palm oil and partially hydrogenated fat.

Partially hydrogenated fats should be avoided as they produce “trans fats” which are very harmful to health. This fat is sometimes used in cake mixes, pies, pastry and pasties as well as other foods to extend shelf life. We recommend you lobby your wholesaler if you find this ingredient in any foodstuffs

## **Fruit and Vegetables**

Try to provide some type of vegetable, salad or fruit product if you can. You can use fresh, dried, frozen or tinned. They are all good.

If supplying salad, you will find it more cost effective if you make it look tasty and colourful - see photo. This is because people are more likely to buy it if it looks nice to eat. An optional healthy dressing will make it even more appealing, eg lemon juice with a small amount of rapeseed or olive oil and a dash of freshly ground black pepper.



## **Salt**

People in the UK eat too much salt. Most of the salt we eat comes from foods that are pre-prepared or eaten outside the home. Tips to cut the salt in the food you sell:

- Hide the salt pots under the counter and only provide if people ask for it
- Rather than a salt pot, provide a single salt sachet – if the customer asks
- If you don't want to use sachets, try a 5 hole salt shaker.
- Ask your wholesaler if they have lower salt products for items such as stock cubes, sausages, ham, bacon and other prepared meat products
- Experiment with herbs and spices in your soups, curries and other cooked foods instead of using salt
- For more information on salt, go to: [www.actiononsalt.org.uk/](http://www.actiononsalt.org.uk/)

## **Adapting your recipes**

If you are cooking your own foods for your mobile van, consider adapting them to make them healthier. Some tips include:

- Remove skin from chicken
- Add lentils to stews and soups
- Use lower fat milks in drinks and for cooking
- Use less cheese in pizza
- Dry fry meat/poultry
- Bulk up dishes with vegetables
- Grate cheese rather than slice it
- Use low fat plain yoghurt as an alternative to cream in recipes
- Use lots of vegetables on pizzas
- Use fresh or dried fruit in desserts

Food Businesses must be registered with the Environmental Health dept. at least 28 days before opening. In addition food businesses should also comply with food safety guidance for movable and/or temporary premises available from the Environmental Health ( Commercial ) Team.