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## Media Release

# 'Gold' Eat Out Eat Well Award for RUH

The food served in the restaurant at the Royal United Hospital (RUH) has been given a gold award by Bath & North East Somerset Council.

Catering staff at the hospital are celebrating as the RUH is one of the first organisations in Bath and North East Somerset to receive a Gold Award for Eat Out Eat Well. This new, national initiative has been developed to reward caterers across the country who make it easier for their customers to make healthy choices when eating out.

Eat Out Eat Well has three levels - Bronze, Silver, and Gold - and is symbolised by an apple logo in the shape of a heart. The level of award is based on a scoring system that takes into account the type of food on offer, cooking methods, and how healthy choices are promoted to customers - the higher the score, the higher the level of award. To obtain a Gold Award key staff also undertake accredited training in nutrition.

Hotel Services Manager for the RUH, Mike Newport, says: "We are absolutely delighted to receive this Gold Award, which recognises the hard work of our catering team. The award provides solid evidence of our commitment to provide staff and visitors with a good range of healthy foods from our retail outlets."

In order to achieve the Gold Eat Out Eat Well Award, Bath & North East Somerset Council's Public Protection team undertook an assessment, which included a review of menus, how the food is cooked and the number of healthy choices available, before giving a score.

Some of the changes to the food on offer at the RUH include the introduction of a healthy breakfast bar, offering cereals, muesli, porridge, fruit etc., adding more healthy options on the main food menu including fresh homemade soups, and providing a greater variety of fresh, undressed salads.

Two of our catering supervisory staff also completed a Nutrition and Dietary training programme, achieving the Chartered Institute of Environmental Health Officers Level 2 Award in Healthier Food and Special Dietary Requirements.

Mike continues: "This Gold Eat Out Eat Well Award is a significant accomplishment and we are very proud that our staff's commitment to cooking and serving healthy, satisfying dishes has been recognised in this way."

Councillor David Dixon, Bath & North East Somerset Council's Cabinet Member for Neighbourhoods, said: "This award demonstrates the hospital's commitment to offer foods that are lower in sugar and fat and salt. Congratulations to everyone involved."

## Ends

**Photo:** RUH Chef Roger Estrera, Bath & North East Somerset Council Environmental Health Officer Karen Thompson, and RUH Food Service Manager Jason Joyce