



Cumberland Council Healthy & Sustainable Catering Guidance Catering requirements for our meetings and events

Cumberland Council is committed to improving the health and wellbeing of its employees and residents. It is important to provide healthy catering at our meetings and events, which follow nutritional recommendations. The following guidelines have been developed to help facilitate the selection of healthier food and drinks.

Please share this guidance with your catering provider &/or event/meeting organiser before booking and take a proactive approach to selecting healthier menu items.

General Guidance

- Select options with lower fat, sugar and salt.
- Encourage low-carbon food choices e.g. more plant-based options, package-free or minimally packaged food, seasonal and local produce.
[The simple formula to cut your diet's carbon footprint - BBC Food](#)
- Include a variety of fruit and vegetables to help people eat their “five a day”.
- The provision should be comprised of 50% meat/fish, 25% vegetarian and 25% vegan.
- Ensure attendees with dietary requirements, food intolerances or allergies are catered for.
- Ensure vegetarian, vegan, fish and meat items are served on separate plates.
- If red meat is provided, the quantity should not exceed 70g per person.
- Include options containing beans and pulses where possible e.g. chickpeas and lentils as these are a good source of protein, low in fat and high in fibre.
- Consider using alternative protein products such as nuts, tofu and quinoa and vegan mycoprotein (Quorn or similar).
- Consider serving vegan options as standard, for example, soup and salad should be dairy-free.
- You could highlight healthier options, providing nutritional breakdown i.e. calories, sugar, fat, carbs and salt content.
- Ensure all food is labelled, including allergy information.
- Position salad and vegetable dishes first in buffet lines as standard.
- Provide small plates as standard.
- If possible, have fortified plant milk available in refreshment areas e.g. soy, almond or oat.

As part of our Food Cumberland Strategic Framework [Food Cumberland Strategic Framework | Cumberland Council](#), food waste is one of our key priorities and we would encourage everybody to consider how much food is ordered not only to play our part in reducing food waste but also to help our planet. We are encouraging businesses to become Guardians of Grub [Become a Guardian Today • Guardians of Grub](#) which enables them to see how much money they could save from wasted food.

[See Appendix 1](#) for suggested menu items / choices.



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Appendix 1:

Suggested menu items / choices for meetings and events

Sandwiches

- Choose wholemeal and granary breads and wraps.
- Choose low fat, polyunsaturated dairy-free spreads.
- Always include fillings suitable for vegetarians & vegans
- Provide a small selection of low salt and low saturated fat options such as turkey, chicken, and lean meat with salad and vegetable garnish.
- Use reduced fat cheese, avoiding hard cheeses which are higher in saturated fat.
- Use reduced fat dressings/ mayonnaise and offer a vegan option if possible.

Drinks

- Request jugs of iced tap water
- Decaf options should be provided alongside regular tea and coffee, plus herbal teas.
- Provide lower fat milk e.g. semi skimmed, 1% fat or skimmed, plus an unsweetened non-dairy alternative.
- If fruit or vegetable juice is being provided, portions should not exceed 150ml.
- Artificial sweeteners should be made available.

Snacks

- Whole or cut fruit.
- Include a colourful salad bowl.
- Vegetable based (not creamed) soups served in pre-portioned cups for ease and convenience.
- Yoghurts.
- Vegan spring rolls with sweet chilli sauce
- Selection of unsalted nuts/seeds.
- Crudités (pre-chopped vegetables, crunchy texture and bright colours) - with lower fat dips.
- Skewers can be used for endless options e.g. vegetables, tomato & feta or chicken and vegetables, mixed fruit etc

Lunch suggestions for caterers/ venues offering items other than sandwiches:

- A variety of salads with lower fat dressings on the side. Items such as coleslaw should be made with reduced fat mayonnaise.
- Stuffed Mushrooms
- Chicken breast kebabs with roasted vegetables.
- Skewers such as Salmon, grilled vegetables, tomato and mozzarella etc
- Jacket potatoes with fillings e.g. reduced salt and sugar baked beans, tuna with low fat mayonnaise, lean mince chilli or vegan chilli.
- Homemade vegetable and pulses-based soup served with wholemeal rolls
- Tortilla with vegetables.
- Fruit skewers are a healthy and a sweet way to finish off a meal.
- Small piece of cake or sweet tray may be provided per person (suggested no more than 250 calories per serving)

The above are just suggestions and there are many other healthy options that could be offered.