

/ Silver Criteria

/ Establishing catering guidelines

Refer to bronze criteria

/ Cooking, preparation and recipe formulation

- B2.1 Ensure that no more than 25% of meat-based menu items use processed meat
- B2.2 Ensure that at least half of the vegetarian options on each menu are made without cheese or dairy.
- B2.3 Provide the option for smaller portions of desserts, biscuits and snacks to be made available.

/ Providing healthier choices and default options

- B3.1 Ensure that least 50% of menu items on offer are 'healthier'
- B3.2 Ensure that at least 50% of all drinks on offer are low-sugar or no-sugar
- B3.3 Ensure that healthy options are available at the equivalent price of less healthy options
- B3.4 Provide the option to replace any starchy carbohydrates to be replaced with their wholegrain form
- B3.5 Position salad and vegetables first in buffet lines as standard
- B3.6 Provide dressings and condiments separately to the dishes
- B3.7 List healthy options before less healthy options on menus
- B3.8 Make low sugar / low fat dairy the default option
- B3.9 Include at least one vegetable or salad side dish with all set menus
- B3.10 Offer small serving sizes and/or low-alcohol options when alcohol is served

/ Raising awareness and labelling

- A4.1 Signpost healthier items on the menus
- A4.2 Signpost healthier items available in buffet lines
- A4.3 Actively promote your healthy menus/options

/ Marketing, promotion and sponsorship

- B5.1 Provide water and fruit as default items in meal deals or lunch boxes available at onsite canteens, cafes and restaurants
- B5.2 Always offer a healthier option to planners which is the same (or lower) price as the alternative
- B5.3 Ensure that promotions include a minimum of 50% healthier items

/ Vending

- B6.1 Work with vending machine providers to ensure that at least 50% of products available are healthier

/ Active Travel

- B7.1 Provide ample and secure bike racks at the venue

/ Reducing sedentary behaviour

B8.1: Provide signage promoting the benefits of reducing sedentary behaviour

B8.2 Provide signage promoting standing applause, hourly stretching breaks and standing space in meeting rooms

B8.3 Provide clear signage for stairs and promote their use

B8.4 Promote outside areas for guests to take breaks

/ Promoting physical activity

B9.1 Promote the location of community recreation facilities

B9.2 Provide route maps for running/jogging/walking

/ Promoting healthier meetings

B10.1 Work with event planners to include physical activity as part of their programme

B10.2 Offer the event planners the option to shut down escalators or elevators between specific times

/ Sponsorship

There is no criteria related to sponsorship as part of the silver award

/ Employee health & wellness

B12.1 Arrange health and wellness days for staff to promote the benefits of healthy eating and physical activity

B12.2 Encourage staff to take regular active breaks

For the full Silver toolkit please email Jess Vickers at healthyvenues@worldobesity.org