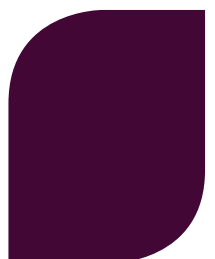


# Happy Heart Healthy Eating Award

Fuelling a Productive & Healthy Workforce

The Essential Guide







## Happy Heart Healthy Eating Award

Do you want to provide healthier food choices for your customers?

Do you want to contribute to improving staff health and wellbeing across health services?

The Irish Heart Foundation in partnership with the HSE Healthy Eating Active Living Programme are working to support healthcare services to implement the “HSE Nutrition Standards for provision of food and beverages to staff and visitors” through the Happy Heart Healthy Eating Award. Through the award programme catering facilities in healthcare services are assisted and supported to adopt healthier cooking practices and provide healthier food choices without incurring substantial costs.

Catering services and staff have an important role to play in positively influencing the quality and nutritional content of food and beverages available in health services, making the healthier choice the easier choice for all. “The HSE Nutrition Standards for provision of food and beverages to staff and visitors” support staff involved in the preparation and provision of food to ensure that a range of healthier choices are available every day. The Standards apply to all facilities providing hot food and beverages within healthcare facilities. With over 100,000 staff and more than 2,500 workplaces, creating an

environment that supports physical, mental and social wellbeing is important for health services.

A healthy and balanced diet with adequate amounts of physical activity helps reduce the risk of chronic conditions such as type 2 diabetes, some cancers and coronary heart disease. Chronic diseases, including and coronary heart disease and stroke, cause 7 in 10 premature deaths in Ireland. A healthy lifestyle can prevent 30% of cancers and 80% of heart disease and type 2 diabetes. The World Health Organisation has identified workplace health programmes as one of the ‘best buy options’ for the prevention and control of chronic disease and for mental health and wellbeing.

This guide outlines what is required to achieve the Happy Heart Healthy Eating Award.

Facilities interested in participating in the award programme are encouraged to access HSE Nutrition Training modules on HSELand.ie at <https://discoveryzone.hseland.ie/hse-nutrition-training-modules/>



# Why Apply?



## Benefits to health service employers

- Creating a supportive, healthier environment for staff.
- Reductions in costs of lost productivity from sickness, absence and staff turnover. Absenteeism due to illness costs Irish businesses €1.5 billion per year or €818 per employee annually.
- National / regional PR opportunities including national award ceremony.
- Improved staff commitment, morale, loyalty and engagement.
- Improved staff and visitor experience.

## Benefits to the caterer

- More satisfied staff and visitors by meeting their demand for healthy food choices.
- Being a leader for other caterers who want the award.
- Enhanced image and positive profile with staff and visitors.
- National / regional PR opportunities including national award ceremony attendance.

## Benefits to staff

- Wider choice of healthy tasty meal options.
- Healthier work environment.
- Improved morale due to investment in staff health and wellbeing.
- Meal choices at work that help to improve health. For example, helping manage cholesterol level, blood pressure and weight can reduce the chances of heart disease and stroke.

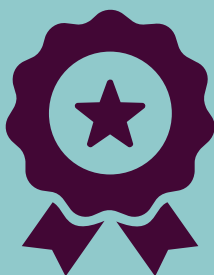


## What is the Happy Heart Healthy Eating Award Programme?

The Happy Heart Healthy Eating Award is a unique health promotion programme created by the Irish Heart Foundation in the mid 90's. We have continuously developed the programme over the past 25+ years with the support of the HSE. In 2021 we partnered with the HSE Healthy Eating Active Living Programme to support healthcare services and enable:

- the healthier choice to be the easier choice for staff and visitors;
- catering facilities in healthcare services to ensure healthy options are provided and promoted;
- food and beverage provision to be aligned with the HSE Nutrition Standards for provision of food and beverages to staff and visitors.

There are three different levels of achievement for the award: bronze, silver and gold. You can apply for any level but must meet the specific criteria. The guide outlines what is required and helps catering facilities in healthcare services achieve the award.



## How long is the award valid for?

The award is valid for two years. You can re-apply for the award every two years. Our aim is to support every healthcare catering facility to achieve the highest standard possible, so we encourage sites re-applying to aim for the next level.

# Steps to achieving the award

## 1. Get in touch

- Email [healthyeatingawards21@gmail.com](mailto:healthyeatingawards21@gmail.com) to register your interest in the award programme.
- All healthcare based catering facilities that prepare and serve hot food on site can register for the award programme.
- All catering facilities in HSE sites and Section 38 and 39 funded health services can access the award programme free of charge. Other health services can access the award programme for a charge.
- Once registered the Irish Heart Foundation provide you with the support and guidance to achieve the award.

## 2. Get a group

It is vital to get buy-in, support and participation from management, catering services and staff.

To be set up for success, you should identify group members and a co-ordinator. The co-ordinator may be the catering manager, facilities manager or other interested person such as Healthy Ireland lead or workplace wellbeing lead. Having a group to support the co-ordinator helps ensure sustainability, ownership of and support for the award programme. There may be an existing group in place such as a Healthy Ireland committee or Nutrition and Hydration Group which can support the work. The group is there to co-ordinate the award programme, ensure support and commitment from management and raise awareness amongst and get buy-in from staff. The size of the group can vary dependent on the facility.

**The role of the co-ordinator and group before the initial assessment visit by the Irish Heart Foundation is to:**

- Conduct a short one-page self-assessment of existing menus and catering practices. A coordinator checklist and other resources are available to assist this process.
- Complete the Nutrition Standards for health services training module on [www.HSEland.ie](http://www.HSEland.ie) (see page 15 for more information).
- Get opinions of staff and visitors – survey / focus group / suggestion box / meetings. This will provide direction for your work and ensure the programme plan is tailored to your specific needs and interests.
- Communicate information about the award and what you are seeking to achieve.

- Drive the momentum of the award programme. Reinforce healthy eating messages at regular intervals and include motivation strategies to encourage sustained changes in eating behaviour.

## 3. Get a visit

A supportive pre-arranged catering assessment will be carried out by an Irish Heart Foundation registered dietitian in conjunction with the catering manager and/or award co-ordinator.

**This involves:**

- An independent assessment of overall food choices, counter layout, food preparation practices, menus and food stores. It looks at catering practices to reduce fat, sugar and salt and to increase fibre, fruit and vegetables and assess portion sizes.
- Comments being collected through informal lunchtime conversations.
- The registered dietitian providing tailored verbal feedback to the caterer and discussing the required changes.
- A written report of the catering assessment.

## 4. Get checked

A follow-up monitoring visit by the Irish Heart Foundation dietitian will take place on an agreed date 6-8 weeks after the initial assessment. The purpose of this visit is to check implementation of recommendations and confirm certification status.

## 5. Get the award

Following a successful monitoring visit, the facility is awarded the Happy Heart Healthy Eating Award stating that the facility provides healthy options meeting Irish Heart Foundation national standards. Staff and visitors can then be assured that the catering practices and menu options are genuinely healthy! A framed certificate is sent and the facility is invited to celebrate their achievement at the annual national awards ceremony.

The criteria for the award levels are aligned to the HSE Nutrition Standards for provision of food and beverages to staff and visitors, with the gold award indicating that the facility is fully implementing the standards.

# Criteria for the bronze award

From our experience, many catering facilities already have these criteria in place before applying for the award.



The facility must meet the following criteria:

- The Dietitian will go through the below checklist on the first visit

## Offer low fat choices especially low in saturated fat and trans fat

- Chicken, fish (especially oil-rich fish), lean red meat or plant-based protein alternatives should be prepared with minimal added fat. Fish should be offered at least twice a week. Oil-rich fish should be included on the hot dish menu at least once per week and also frequently offered as a salad option.
- Use oils and spreads based on polyunsaturated or monounsaturated fat and keep amounts to a minimum.
- If a deep-fat fryer is in use, oil should be changed once a week. The oil should be based on polyunsaturated or monounsaturated fat. It should contain less than 12% saturated fat and should not be hydrogenated or contain trans fat.
- Use low fat cooking methods and try not to add fat to dishes. Meat and meat products served must be reduced saturated fat when available.
- Low fat milk and dairy products should be available every day at every meal.
- Lower fat alternatives to cream should be used in cooking, for example, low fat yogurt or very low fat crème fraiche.
- A wide range of salads should be offered – only 50% should be dressed. All mayonnaise, salad dressings and salad creams (including those used in potato salads and coleslaws) should be low fat, light or reduced calorie versions.
- Pre-packed ready-meals should include options that are low in saturated fat.
- Do not display chocolate bars, crisps, sweets or cereal bars at cash desk areas as this increases impulse purchases. Healthier choices should be offered among standard confectionery, for example, unsalted nuts and seeds, dried fruit, rice cakes, popcorn, baked

crisps, etc. If there is room, a small bowl of fruit could be offered instead.

- Traybakes, pastries and baked products, for example, brownies and caramel squares, must not exceed 200kcal per serving.
- If savoury snacks are available, popcorn and low fat crisps should also be offered.
- If desserts are available, offer lower fat alternatives to cream, like low fat yoghurt and use fruit coulis, fresh fruit or mint to dress desserts.

## Chips and fried potatoes

- It is essential to have at least one chip-free day and ideally aim for at least two chip-free days per week over the next few months (if not already in place).
- Chips (or any fried potatoes) must not be available for a 24 hour period on designated chip-free days.
- Chip-free days must take place during weekdays. In order to achieve recertification in two years' time, it will be necessary to have at least two chip-free days in place.
- On chip-free days, do not offer oven chips. Instead offer popular main meals rather than dishes that are often served with chips. Offer baked potatoes, rice or pasta as alternatives on the day/days chips have been removed.
- Offer a variety of low fat potato options such as boiled, baked and mashed potatoes (un-creamed or with a small amount of low fat milk).
- On days when chips are served, they should be thick cut, oven-baked and served without salt. There must be an alternative starchy side option available that is not deep-fried or coated in oil or butter.





## Offer high fibre choices

- Higher fibre starchy options must be available at all meal times (for example, brown rice, wholemeal pasta, potatoes with skins).
- At least 50% of breads provided, including sandwiches, should be higher fibre, such as wholegrain, brown, wholemeal, wheaten and granary options.
- If baking bread on site, try to include a variety of seeds.
- If scones are available, offer brown options frequently and reduce the serving size to 60g per scone.
- Offer seeds as a topping choice for salads or as a snack.
- For white foodstuffs such as flour, rice or breadcrumbs, try to replace a small amount with the brown version, gradually increasing the quantity of brown so as to increase fibre.
- Tarts and crumbles can also be made using high-fibre toppings or muesli sprinkled over the top (watch sugar and fat content of muesli or toppings).
- Try to include peas, beans, lentils in salads and hot dishes.

## Offer more fruit and vegetable choices

- Offer a choice of at least two cooked vegetables at each main meal service. They should be plain without added fat, sauce or glaze.

- Vegetarian meals must contain a protein source, e.g. beans, lentils, chickpeas, nuts. Cheese-based vegetarian options must be offered in total not more than twice each week (where lunch only is served) and a maximum of four times each week (where both lunch and evening meal are served).
- Vegetables should be cooked in batches until just tender, with a fresh batch being available every 20–30 minutes.
- A salad selection or salad bar should be available.
- A wide range of high quality fruit should be offered daily at breakfast, lunch and evening meal.
- When offering fruit or vegetable juice use the smallest available pack size. This is because only one 150ml serving of fruit or vegetable juice per day can be counted as a portion of 5-7 per day.
- If smoothies are offered, freshly prepared versions should use low fat yoghurt and if honey is required, use a minimal amount. If bought-in choose lower sugar and low fat options.
- A fresh fruit salad should be available at least twice a week. Fresh or frozen berries, particularly when in season, should be offered regularly.
- Dessert does not need to be offered every day. If desserts are offered, at least 50% of desserts should contain a portion of fruit, which can be which can be fresh, tinned in fruit juice, dried or frozen. For example, offer whole fruit, open topped fruit pies or crumbles, or add stewed fruit to ice cream or custard.





## Offer snacks and drinks containing less sugar

- Try to gradually reduce the amount of sugar added during cooking or baking.
- 100% of drinks must be sugar-free, diet or no added sugar. Offer a choice of water or low fat milk.
- If tinned fruit is used, it should be canned in its own juice or light syrup.
- Cereal bars are only suitable if they are less than 100 calories per portion.
- If there is a demand, offer artificial sweetener as a choice with sugar at the till/service area only (not on tables).

### Beverages

- A water dispenser or jugs of iced water should be available.
- If there is a demand, herbal teas and/or decaffeinated coffee may be available.
- If non-dairy milk alternatives are offered they must be unsweetened and fortified.

## Offer lower salt choices

- If required, salt should only be available at the till/ service area (not on tables).
- Avoid offering reduced sodium salt substitutes to customers or using them in cooking. Focus on offering alternatives such as black pepper, lemon juice, herbs and spices.
- Use a variety of fresh or dried herbs and spices to flavour food instead of salt.
- If salt is a necessary ingredient, only use a small amount.
- A black pepper mill or sachets should be available in the dining area.
- Offer mostly homemade soup. Use potato, vegetables or corn flour as a thickener instead of roux. Minimise use of bouillon and ready-made sauces as both are high in salt. If bouillon is used, choose a low salt version and do not add salt.
- Check the labels of food products and order products with the lowest salt content possible.
- When new dishes are introduced or new ingredients are being used to flavour food, offer small tasting samples to customers and get feedback.



## Portion sizes

- Give customers the correct serving size as illustrated in the Irish Food Pyramid and charge extra for seconds/additional amounts. Particularly ensure that the serving sizes of lean meat, poultry and fish meet the Irish Food Pyramid recommendations. Briefings to catering staff on recommended portion sizes are very important.
- Ensure consistent serving sizes are served by all catering staff through training, briefings on recommended portion sizes and standard serving tools.
- Confectionery, packet sweets/biscuit snacks must be offered only in the smallest standard single serve portion size commercially available. This must not exceed 200kcal per serving.
- Offer half portions of chips and price accordingly.



## Sandwiches

- If facilities allow, a made-to-order sandwich bar is ideal, with a small supply of popular ready-made choices also available. If relying on pre-packed sandwiches, ensure a labelled, low fat filling and meat-free option is available.
- Label sandwiches clearly and offer some without dressing and some with no fat, or if used, a spread based on monounsaturated or polyunsaturated fats is recommended as the standard.
- Offer plenty of higher fibre bread, such as wholegrain, brown, wholemeal, wheaten and granary options.
- Offer full fat and reduced fat spread choices – spread thinly.
- Offer relish, salsa and/or mustard as lower fat alternatives to spread and mayonnaise.
- If adding coleslaw or other dressed salads, use dressing sparingly.
- If possible, offer low fat mayonnaise separately – offer some sandwiches without mayonnaise.
- Offer a choice of reduced fat cheddar cheese, along with full fat cheddar (grated works best). Offer lower fat cheeses such as Edam, mozzarella or feta if low fat cheddar is not available.
- Trim fat off all meats. Limit availability of processed meats such as corned beef and salami.
- Add salad or vegetables to most sandwiches. Encourage staff and visitors to include salad in sandwiches.
- If offering an accompaniment, offer a tossed green salad (with dressing on the side) instead of crisps or chips.





## Breakfast

- Offer unsweetened fruit juice and a choice of fresh or tinned fruit.
- At least half of breakfast cereals displayed must be high in fibre and low sugar, for example, porridge, shredded wheat, wheat biscuits, or no added sugar muesli.
- Try offering porridge, especially in winter. Use low fat milk and/or water. Do not add cream, salt or sugar. Suggested toppings include seeds, sultanas or cinnamon.
- A choice of full fat, low fat and/or skimmed milk should be available.
- Offer natural and/or low fat yoghurts.
- Offer brown toast, wholemeal bread or wholemeal scones.
- If sausage rolls are available and popular, offer mini sausage rolls instead.
- Limit availability of high fat options such as Danish pastries, croissants, muffins. Limit portion size to 80g per muffin.

### If offering a cooked breakfast:

- Try not to offer a full cooked breakfast each day. Offer for example: Monday – grilled bacon and tomato; Tuesday – scrambled egg and mushrooms.
- Sausages, bacon (trimmed of fat), pudding and hash browns, if offered, must be oven-baked or grilled.
- Offer a vegetable, for example, grilled tomato, oven-baked mushrooms or baked beans each day.
- Try to offer boiled or poached eggs at least one day each week.



## Evening meal

- Offer a small portion of meat, poultry or fish with no fat added. Eggs, chickpeas, lentils or beans are good meat/fish alternatives.
- There should be at least one day each week when no processed meat or processed poultry or battered fish is offered at the evening meal service. Examples include: ham, bacon, salami, pepperoni, corned beef, beef burgers, sausages, chicken goujons/nuggets, and meat, poultry or fish that is deep-fried, batter coated or bread-crumbed.
- Offer a wide range of breads, fresh fruit, and low fat or diet yoghurts at evening meal service.
- Always offer either at least one vegetable (other than potato) or a salad bar selection/small side salad.



## Vending machines

Where snack and/or beverage vending machine services are provided they must comply with the HSE Vending Policy. <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/healthier-vending/hse-vending-policy-20191.pdf>

- Sugar-sweetened beverages are not stocked. 50% of beverages are still water.
- Only snacks containing 200 calories or less per packet will be stocked in vending machines, e.g. baked crisps or unsalted popcorn. The exception to this is for packets of dried fruits, plain/unsalted nuts or seeds.
- Machines that stock snack products must have a minimum of 3 facings at eye level that contain some or all of the following: packets of dried fruits, plain/unsalted nuts or seeds. A minimum of 60% of the snack products that are not dried fruits, plain/unsalted nuts or seeds are required to be 150 calories or lower, and 40% of snack products are required to be 200kcal or lower.
- Products are clearly labelled with the number of calories per product.

A machine with rotating circular shelves (shop-a-tron) is ideal as it allows food such as fruit and low fat yoghurts to be available, without potential damage/spilling.

### Try to include some of the following choices:

- Fruit juice (no added sugar), fruit smoothie
- Fresh fruit, fruit pot
- Low fat yoghurt
- Plain popcorn
- Fruit and wholemeal scones with spread based on monounsaturated or polyunsaturated fats
- Wholegrain cracker and cheese portion, preferably low fat
- Portions of wholemeal or wholegrain bread with spread based on monounsaturated or polyunsaturated fats
- Sandwich selection to include wholegrain bread and wraps with low fat dressings
- Wholegrain or bran-type cereal minipack and milk, preferably low fat
- Dry roasted nuts (unsalted)
- A pre-prepared meal that could be re-heated in a microwave
- Salad bowl (in take-away container with dressing on the side if possible)



## Meetings

If catering for meetings follow the Healthy Ireland Healthy Meeting Guidelines – instructions for caterers.

### Try to include some of the following:

- Water and unsweetened fruit juice in addition to tea and coffee
- Decaffeinated coffee and herbal teas
- Spread based on monounsaturated or polyunsaturated fats
- Low fat milk
- Sandwiches as per above guidelines
- Scones instead of muffins, Danish pastries or croissants
- Fresh, easy-peel fruit instead of biscuits
- Artificial sweetener (if there is demand)

# Criteria for the silver award

The facility must meet all the criteria for the bronze award plus:



- Oily fish, rich in omega 3, is offered at least twice per week on the hot or cold menu (e.g. salmon, mackerel, trout, herring, sardines, etc). Note: tinned tuna is generally not a good source of omega 3.
- There should be at least one day each week when no processed meat or processed poultry or battered fish is offered at breakfast, lunch and evening meals. Examples include: ham, bacon, salami, pepperoni, corned beef, beef burgers, sausages, chicken goujons/nuggets, and meat, poultry or fish that is deep-fried, batter-coated or bread-crumbed. Processed meats can be included in the salad/sandwich bar provided there are non-processed meat alternatives provided.
- There must be at least one out of five days or two out of seven days each week when high fat starchy food such as chips, potato wedges, potato waffles, sausage rolls, garlic bread or roast potatoes are not served.
- At least half of all main course options for lunch and evening meal must not be deep fried, batter-coated or bread crumb-coated, or include a creamy sauce or pastry.
- Only 25% of salads should be dressed.
- A fresh fruit salad, platter (e.g. melon, pineapple, berries, etc.) or fruit pots are available throughout the day most days and are unsweetened.
- Only reduced or low sodium bouillon is used and is kept to a minimum.
- A full cooked breakfast containing processed meats like bacon, sausages or pudding is not offered at least once a week. On days that processed meat is offered, try a healthier alternative, for example, grilled bacon and tomato. If sausages are offered, they must be oven-baked.
- Hot or cold pastries (e.g. Danish pastries, croissants, sausage rolls) are not offered at least one day a week.
- Calories are displayed on the hot lunch menu in line the HSE Calorie Posting Policy. See [www.hse.ie/eng/health/hl/calorieposting/caloriepostingpolicy.pdf](http://www.hse.ie/eng/health/hl/calorieposting/caloriepostingpolicy.pdf)



# Criteria for the gold award

The facility must meet all the criteria for the silver award plus:



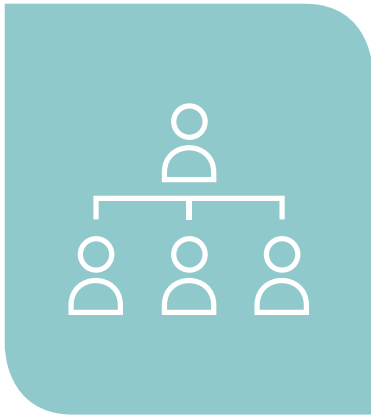
**GOLD  
AWARD**



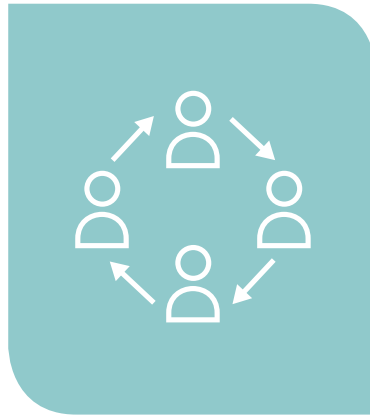
- Fish is offered at least 50% of the week on the hot and/or cold menu (i.e. fish is served on at least three occasions a week if the facility opens five days a week and on at least four occasions a week if open seven days a week). A mix of oily and white fish should be offered each week.
- There must be at least three out of five days or four out of seven days each week when high fat starchy food such as chips, potato wedges, potato waffles, sausage rolls, garlic bread or roast potatoes are not served.
- There should be at least two days each week when no processed meat or processed poultry or battered fish is offered at breakfast, lunch and dinner. Processed meats can be included in the salad/sandwich bar provided there are non-processed meat alternatives provided. Examples include: ham, bacon, salami, pepperoni, corned beef, beef burgers, sausages and chicken goujons/nuggets, and meat, poultry or fish that is deep-fried, batter-coated or bread-crumbed.
- Less than 25% of salads should be dressed.
- Beans, peas or lentils are offered in hot or cold dishes most days of the week.
- Fruit must be available throughout the day at breakfast, lunch and evening meals. For example, unsweetened fresh fruit salads, fruit pots or whole fruit.
- A full cooked breakfast containing processed meats like bacon, sausages or pudding is not offered at least twice a week. On days that processed meat is offered, try a healthier alternative, for example, grilled bacon and tomato. If sausages are offered, they must be oven-baked.
- Hot or cold pastries (e.g. Danish pastries, croissants, sausage rolls) are not offered at least two days a week.
- At least 50% of savoury snacks must be reduced fat options.
- Calories are displayed on all menus in line with the HSE Calorie Posting Policy. See [www.hse.ie/eng/health/hl/calorieposting/caloriepostingpolicy.pdf](http://www.hse.ie/eng/health/hl/calorieposting/caloriepostingpolicy.pdf)



# Keys to success



Senior management buy in, support and engagement.



Staff and visitors engagement.



Designated on site co-ordinator.



Gradual positive changes.



Reinforce healthy eating messages at regular intervals and include motivation strategies to encourage sustained changes in eating behaviour.



Communication, communication, communication!

# What our awardees say



*Tim Collins, CEO, Irish Heart Foundation, Michele Pouch and Yvonne Byrne, St Vincent's Private Hospital, Dublin, who were presented with the Gold Healthy Eating Award at the 2018 Award Ceremony.*

“ The Catering Department of St Vincent's Private Hospital have been involved in the Irish Heart Foundation health initiatives for over 10 years, and believe as a hospital we should be providing healthy, nutritious food for staff.

Having healthy choices available for staff assists them in making the right food choices and is ensuring that we help in their overall wellbeing.

Achieving the Gold Award was an honour to the department's commitment to providing nutritious, fresh, healthy food daily. ”

— Yvonne Byrne,  
Catering Manager  
St Vincent's Private Hospital



*Mr Karl Henry, Health and Fitness Expert, Broadcaster and Author; Ian O'Gorman & Gemma Duignan, Tallaght University Hospital, who achieved the Gold Healthy Eating Award; and Mr Tim Collins, CEO, Irish Heart Foundation at the 2019 Awards Ceremony.*

“ The Healthy Eating Award had been on our horizon for several years. To achieve external accreditation based on very specific criteria that included complete food and beverage calorie posting, compliance of HSE Healthy Vending, and very structured and healthy menu options has led to greater customer satisfaction and confidence in our meal offerings, and this has been very rewarding for us.

We play a leading role in the hospital staff Health and Wellbeing activities and feel a sense of pride, to be at such a high standard, providing customers with the tools to make informed healthy meal choices. ”

— Ian O'Gorman,  
Catering Manager  
Tallaght University Hospital

# Registering for the award



**Catering facilities in HSE sites and Section 38 and 39 funded health services can access the award programme free of charge by contacting [healthyeatingawards21@gmail.com](mailto:healthyeatingawards21@gmail.com). Other healthcare services can access the award programme for a charge.**

**By registering for the award programme you get access to:**

- A co-ordinator guide – a step-by-step guide on how to achieve the award.
- Two tailored site visits – the catering assessment and monitoring visit – as well as all the dietitian’s advice and recommendations for your facility.
- Framed certificate of award.
- National award ceremony.
- National/regional PR opportunities.
- A wide range of resources to support your facility to achieve the award including; sample employee survey, why and how to implement the chip-free days, nutrition tips for shift workers, getting calories on menus and how to combat portion distortion.
- Your facility name will appear on the Irish Heart Foundation website.
- Ongoing professional support and expert advice from the Irish Heart Foundation.

## Support and training

A range of free online training modules for catering staff, to support implementation of the Nutrition Standards across health services, are available on HSELand.ie at <https://discoveryzone.hseland.ie/hse-nutrition-trainingmodules/>. Check out the Irish Heart Foundation website at [www.irishheart.ie](http://www.irishheart.ie)





## About the Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We promote health in communities, workplaces and schools across Ireland and give vital patient support through a nurse support line, high-quality information materials and support groups in-person and online. We also campaign to improve services for heart and stroke patients. The Healthy Eating Award is part of the Irish Heart Foundation's workplace programme for HSE facilities, delivered in partnership with the HSE Healthy Eating Active Living Programme. The Irish Heart Foundation workplace programme for HSE facilities focuses on:

- Healthy Eating
- Physical Activity including Slí@Work
- Health Checks

To find out more see [www.irisheart.ie](http://www.irisheart.ie) or phone 01 668 5001.

## About the HSE Healthy Eating Active Living Programme

The HSE Healthy Eating Active Living Programme works to contribute to the reduction in the prevalence of chronic disease. It has a remit to mobilise health services to improve health and wellbeing by increasing the levels of physical activity, healthy diet and healthier weight across service users, staff and the population as a whole, with a focus on families and children.

It is one of a number of Health & Wellbeing programmes established to support the implementation of Healthy Ireland, a Framework for improved health and wellbeing, across health services.



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