

# Transcript: Take Out Eat Well Video Overview

This video gives an overview of the Take Out Eat Well scheme in Suffolk.

- Health Improvement Commissioner:** Take Out Eat Well is a healthier evidenced-based eating award. It asks business owners to consider the type of ingredients that they buy, how these ingredients are prepared and how the dishes are promoted to customers.
- Director of Public Health:** Suffolk county council is pleased to support the Take Out Eat Well Award to celebrate the culture and diversity of our food businesses.
- Business Owner, Star Express Café:** 80% of my menus, have been selected very carefully and we are Mediterranean, our diet always belongs to salad, and then low fat, olive oil...I like to give my own customer the best and then they like they look after themselves, that improves my business and make me like happy
- Health Improvement Facilitator:** Eating takeaway food is becoming increasingly popular, this award recognises this, and it helps to gives customers healthier options when ordering takeaways.
- Corporate Manager Food and Safety:** A lot for people may well use takeaways because they are quick and easy, time pressures if they are working and don't have time to cool. So, having healthier options available to them from takeaways must be a positive thing.
- Business Owner, Chippy's:** Well the reaction from our customers was, it was alternative, and the wraps went really, really well and our most popular being our chicken wrap. And also, we have introduced now a light bite fish and chips, this is cooked in flour as well as gluten
- Environmental Health Officer:** So we visit premises on a regular basis for routine inspections, and while we are doing that we're obviously looking at how they are working, what they're operating, So I was talking to fish shop and he was telling me that he'd changed from using a fat to using rapeseed oil, he was showing me how he actually cooked the fish to make sure he got less oil, at the right temperatures and changing the oil regularly and things like that.

**Business Owner, Chippy's:**

Being in the trade for so long what we find is that we have to listen to our customers and what they want and change with the times. When my father and grandfather was here all they sold was fish and chips. Now the full range products we sell is a lot more varied.

**Director of Public Health:**

I'm really looking forward to actually meeting the takeaway businesses within Suffolk who have been invited to the awards because of their hard work and effort and I want to actually thank them personally, because they are doing some great public health to both improve their business , but also improve the health of the local population.

**Static Information at the end of the Video:**

You can find out more about Take Out Eat Well at [www.healthysuffolk.org.uk/toew](http://www.healthysuffolk.org.uk/toew)

Thank you to all the businesses who took part in this film and were part of the development of the Take Out Eat Well Pilot. The Take Out Eat Well award was developed in partnership by:

- Suffolk County Council Public Health and Trading Standards Teams
- Babergh District Council and Mid Suffolk District Council
- West Suffolk Council (formerly Forest Heath District and St Edmundsbury Borough Council)
- Ipswich Borough Council
- East Suffolk Council (formerly known as Suffolk Coastal and Waveney District Council)