



Guidance: The Camden Can Pledge

Schools, our workplace, and the places we visit can hugely influence how we eat and how physically active we are. We can all do more to support our employees, pupils, customers, patients and clients by making healthy choices as easy as possible.

What is the Camden Can Pledge?

Camden's Healthy Weight, Healthy Lives (HWHL) Partnership is working with local businesses, schools, children's centres, hospitals and other organisations to support them to make a pledge to promote healthier choices such as eating well and being more physically active.

The Camden Can Pledge is a set of commitments to make some simple changes to what your organisation provides for your employees, customers, clients, patients or pupils to help everyone who lives, works or goes to school in Camden to lead healthier lives.

How can you make a Camden Can Pledge?

Making a Camden Can Pledge is simple. Your pledges can be tailored for organisation but the basic principle is the same, committing to taking two actions:

- Support healthy eating
- Encourage and enable physical activity

Once you have made your Camden Can Pledge you can spread the message about eating well and being more active to your customers, employees, suppliers, pupils and parents and other key stakeholders and publicise your Camden Can Pledge.

Camden Council will create a list of organisations who have made a Camden Can Pledge and promote these via social media, online and in our magazine. We will also send you your Camden Can Pledge certificate and window stickers.

Make your Camden Can Pledge by visiting camden.gov.uk/camdencan

[Camden.gov.uk/CamdenCan](https://camden.gov.uk/CamdenCan)



What pledges can you make?

Below are some examples of the pledges you could make. They have been put into sections based on the type of organisation, so select those pledges which are most appropriate. You can also choose pledges from other sections if they fit with your organisation. Alternatively, you could create your own pledges.

Schools

For schools who have up to date Healthy Schools recognition, you will automatically be awarded the Camden Can Pledge. However, to be included in the list of organisations that have signed up to the Camden Can Pledge you will need to register, and let us know one healthy eating action and one physical activity action that supported you to gain Healthy Schools recognition. Please choose actions that you found the most challenging with the intention of strengthening those areas.

If you do not have Healthy School Recognition, please select two actions from the lists below.

Promoting healthy eating:

- Developing a whole school food policy
- Ensuring that all pupils have access to a healthy school lunch, including packed lunches
- Ensuring that all pupils eligible for free school meals receive their entitlement
- Avoiding giving sweets and chocolates as rewards for pupils
- Promoting healthy ways to celebrate birthdays in school
- Monitoring packed lunches to ensure they are healthy
- Enabling all pupils and staff to have access to free, palatable and clean water throughout the school day
- Providing training for staff on teaching about healthy eating, cooking and nutrition
- Providing opportunities to grow food and cook and eat it
- Teaching about healthy eating and nutrition in the curriculum
- Teaching cooking in the curriculum, so that all children can prepare a healthy meal
- Providing information for parents and carers about healthy eating.

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What pledges can you make?

Promoting physical activity

- Providing opportunities for all pupils to take part in physical activity outside of PE lessons
- Training for staff and/or pupils to organise structured physical activity at break/lunch times
- Monitoring participation in physical activity and providing activities that encourage the less engaged to take part
- Providing information on local, low cost physical activity opportunities for children and for families
- Teaching the health benefits of being physically active
- Promoting sustainable methods of traveling to school
- Developing a whole school physical activity policy.

Early years, play provider and youth centre settings

For Early years, play providers and youth settings who have up to date Little Steps to Healthy Lives, Healthy Lives Play Providers and Healthy Futures awards, you will automatically be awarded the Camden Can Pledge. However, to be included in the list of organisations that have signed up to the Camden Can Pledge you will need to register, and let us know one healthy eating action and one physical activity action that supported you to gain this award. Please choose actions that you found the most challenging with the intention of strengthening those areas.

Promoting healthy eating

- Develop and implement a whole setting food policy
- Fizzy or sweetened drinks are not provided and water is promoted at the best choice
- Opportunities for food growing and/or preparing healthy recipes are offered
- Families for Life healthy lifestyle programmes are promoted
- Only non-food items are used as a reward for children/young people
- Mainly healthier food items and non-food items (e.g. games, a birthday box, cards) are used to celebrate special occasions
- Healthy eating and physical activity messages are consistent with national guidance.

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What pledges can you make?

Promoting physical activity

- Free and low cost physical activities in the Borough are promoted to families
- Develop and implement a whole setting physical activity policy which includes an active travel plan
- Opportunities for physical activity are offered at the setting
- We consult with parents, children, young people and staff about our physical activity offer and adjust accordingly.

Restaurants / Caterers

For restaurants / caterers who have an up to date Healthy Catering Commitment (HCC) Award, you will be able to use this accreditation for the healthy diet element of the Camden Can Pledge. However, to be included in the list of organisations that have signed up to the Camden Can Pledge you will need to register, and let us know which healthy eating action from the HCC you would like to choose and also add one physical activity action.

Promoting healthy eating

- Visible fat is removed from meat before cooking, fat is skimmed from minced meat dishes and skin is removed from poultry
- Food is grilled or baked rather than fried wherever possible (e.g. sausages, burgers, chicken, fish, samosas etc.)
- A polyunsaturated or monounsaturated fat or oil is used when cooking food (e.g. sunflower, corn oil or rapeseed oil instead of saturated fats such as lard, palm oil, ghee, butter)
- A polyunsaturated or monounsaturated fat or oil is used when preparing food (see examples above)
- Semi skimmed or skimmed milk is used for drinks
- Chips are thick cut, not skinny (as a guide pre-cut chips from a supplier that are 13mm or greater are considered 'thick').

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What pledges can you make?

- Lower fat spreads, mayonnaise and dressings are available
- Customers have the option to add their own dressings, mayonnaise and spreads
- Where soft drinks are sold water, reduced sugar/diet drinks (<5% sugar) and/or unsweetened fruit juice are available and are more prominently displayed
- A portion (80g) of vegetables or salad is always available as an accompaniment (e.g. peas, corn, mixed salad but NOT potatoes)
- Healthy eating is promoted by staff - for example, by providing leaflets, posters and offering vegetables/salad instead of chips
- Healthy options are prominently on display
- Fresh fruit is always available and is prominently displayed.
- Smaller portions are available for children and adults if requested (Between 1/2 to 1/3 of standard size portion)
- Lower sugar snacks are available as an alternative to biscuits or chocolate etc. (e.g. fruit, dried fruit, unsalted nuts or seeds, plain popcorn, oat biscuits).
- Drinking/tap water always available free of charge.

Promoting Physical Activity

- Free and low cost physical activities are promoted to staff / customers
- Provide opportunities for staff to be physically active in the working day
- Offer bicycle parking at your venue.
- Information is made available on the benefits of physical activity. Examples include:
 - information on [One You Camden](#) is available in the common areas for staff.

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What pledges can you make?

Employers / other organisations

Promoting Healthy Eating

- All employees, guests and visitors have access to fresh drinking water.
- Any kitchen facilities or beverage areas are in good condition, provided away from work areas, and conform to the highest possible standards and requirements of food hygiene.
- Any on-site catering facilities provide healthier options that are actively promoted. Examples include:
 - healthier lunch options are clearly highlighted
 - placement of healthier snacks by the tills rather than crisps/chocolate
 - availability of a salad bar
 - reducing the amount of fizzy drinks available for purchase
- Appropriate, acceptable and accessible information on healthy eating is provided. Examples include:
 - [Eatwell Guide](#) is posted up in the common areas
 - information about healthy eating apps are provided, such as [Food Smart](#) App or [My Fitness Pal](#)

Promoting Physical Activity

- Minimum legally required breaks are taken by all employees and employees are encouraged to take regular break and use these to be physically active.
- Information is made available on the benefits of physical activity
- Information on [One You Camden](#) or the Camden walking campaign is available in the common areas - leaflets available by emailing camdencan@camden.gov.uk
- Physical activity sessions are available; such as lunchtime walks or organised football sessions
- Offer bicycle parking at your venue.

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