

Trading Standards



Healthier sandwiches and jacket potatoes – tips for caterers

- Ask your suppliers about levels of salt, fat, saturated fat and sugars in their products – do their foods meet Food Standards Agency’s voluntary salt targets? They may be able to supply reduced salt or fat products eg lower fat cheese, lower fat mayonnaise, lower fat/lower salt sausages, lower salt bread, rolls and baguettes
- Select tinned fish in spring water rather than oil
- As it is the filling that adds the most salt and fat, try to reduce the amount of filling used, for example



Sandwich and cold jacket potato fillings

- Offer salad with the sandwich filling
- Bulk out fillings with vegetables eg sweetcorn, onion or peppers particularly with tuna
- You can often use less cheese by grating it rather than slicing

Hot jacket potato fillings

- Offer a side salad
 - Bulk out meat toppings with vegetable and beans/pulses eg chilli with kidney beans and carrot, meat curries with mushrooms and vegetables
 - Use tomato rather than cream based sauces
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- If you cook your own sausages and bacon, grill rather than fry to avoid adding extra fat
 - Hard cheeses such as Cheddar tend to be higher in saturated fat than softer cheese such as Edam and Brie
 - Offer mayonnaise free options
 - Offer wholemeal bread as this is a better source of fibre than white bread
 - Give the customer the choice of adding butter or spread to sandwiches and potatoes
 - Use spreads that are soft from the fridge so it is easier to spread thinly