

## Healthier Options Takeaway

Looking for a healthier way of eating out?

### Dotties Tearoom

*Dotties tearoom is a family run business with a personal and friendly service. They are the East Midlands first 100% gluten free cafe/tearoom and bakery. Getting involved with HOT in 2016, they have continued to work on their healthier options since they started the scheme. See what they have to say about their involvement.*

#### Why did you get involved?

We were introduced to the scheme by the environmental team at Gedling Borough Council.

#### What difference has this scheme made to your business?

We started the café with a healthy menu, salads, no salt etc. Being 100% gluten free, a lot of mass produced gluten free foods are filled with added sugars but with our cakes being homemade and our bread coming from a small artisan Scottish bakery, means they are not filled with unhealthy artificial preservatives and sugars.

#### What do customers say about the scheme?

Customers are encouraged to ask about the sugars in bread due to mass produced options tasting sweeter than 'wheat' bread. More customers are asking for sugar reduced cakes which we now produce.

#### What advice would you give other business interested in HOT?

Try to encourage customers to choose your healthier options. Add salads to sandwiches etc. and try to not encourage too much salt by not making it visible.



### **Congratulations to all businesses that have achieved the HOT merit in the last 6 months across Gedling!**

#### **They are:**

Piggins, Olive Catering, Bradbury's Butchers, Emma's Sandwich Bar and Café 118

### **HOT Workshops**

In collaboration with Nottinghamshire County Council, Nottingham Trent University is running a series of events led by NTU experts to explore ways in which businesses might reduce salt, fat and sugar in their dishes.

The dates for the workshops are as follows:

- Broxtowe – 29<sup>th</sup> January, 14:30 – 16:00
- Newark and Sherwood & Mansfield – 21<sup>st</sup> January, 17:30 – 19:00
- Rushcliffe – 15<sup>th</sup> January, 10:00 – 12:30
- Bassetlaw – 5<sup>th</sup> February, 16:30 – 18:00

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For more information about the HOT scheme, please visit: <http://www.gedling.gov.uk/>