

School Holiday Enrichment Programme “Food and Fun”

Our Vision:



- ✓ **No child goes hungry in the school holidays.**
- ✓ **Schools** are **open all year**, and are providing meals and enrichment activities for children, families and wider community outside term time.
- ✓ Every school will have and utilise a **school garden** and **cooking facilities** that will be **shared by the wider community**.
- ✓ **Job opportunities**, training and volunteering opportunities created (including older children).
- ✓ Children are **healthier** (diet and exercise), family food knowledge and skills are developed and transferred to home resulting in behaviour change and reduction in health inequalities
- ✓ Inequalities in summer learning loss will be reduced and overall **attainment** improved.
- ✓ Local and National **Government** will invest and support this new structure.
- ✓ **Local supply chains** will be developed and industry will inspire a new generation of food innovators.
- ✓ Household **food insecurity** will be reduced
- ✓ Schools will become a **centre for service providers**/communities to deliver programme



Summer Holiday Enrichment Programme – Food and Fun 2015

There are 170 days a year when children are unable to access their Free School Meal. This summer, schools across Cardiff were involved in a pilot to establish whether there was a need for summer holiday provision in Cardiff to enable children to access Free School Meals outside term time.

Through schools - their catering teams and staff - City of Cardiff Council, Cardiff and Vale UHB and Sport Cardiff set out to develop a cost effective model to address the issues surrounding the school summer holidays:

- School holiday child care provision for working parents (cost and availability)
- Health inequalities due to poor diet and insufficient exercise
- Inequalities in summer holiday learning loss
- Social isolation and household food security.

The pilot was a great success. It was accessed by 171 children and families and over 1000 meals were sourced, prepared and served to children by Education Catering. It demonstrated a need in Cardiff for school holiday provision and that the intervention was good value and effective in reducing the number of meals missed by children over the summer.

35% of children reported skipping at least one main meal on days they did not attend the club compared with 19% of children skipping at least one main meal on the day they did attend the holiday club. The efficacy of the intervention (i.e. reducing the number of meals missed) was found to be statistically significant.

There is good evidence that this intervention also:

- Increased household food security
- Reduced household financial pressures
- Provided children with healthy food in a safe and supportive environment
- Provided structured activities that enabled children to discover new sports and develop new skills whilst establishing social relationships with communities
- Provided employment opportunities and potential training opportunities in future role outs
- Stimulated the supply chain, with the potential for developing local supply chains
- Provided a cost effective solution by capitalising on public assets at a time of public sector austerity
- Developed a model which can be driven by schools on the ground and co-ordinated by City of Cardiff Council

Feedback from the evaluation has been overwhelmingly positive with **80% of the parent's surveyed saying they would send their children to food and fun more often** if the service was available.

Recognition of Food and Fun Approach:

- Shortlisted for two awards at the **Cost Sector Catering Awards 2016** – 30th March 2016
- Shortlisted in the **Advancing Healthcare Awards 2016** - 15th April 2016
- Has been recommended as an approach in the All Parliamentary Enquiry into Food Poverty's **Feeding Britain Report**
- Has been used as a case study in the All Parliamentary Enquiry into School Food's **Holiday Hunger Task Force report**.

Food and Fun 2015 - <https://www.youtube.com/watch?v=16ldNNnBXL0>

