



**Food and Fun - supporting
children and young people
through a school holiday
enrichment programme**



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board





What is Food and Fun?

- A school-based scheme that provides healthy meals, food and nutrition education, physical activity and enrichment sessions to children in areas of social deprivation during the school holidays.
- Delivered by school staff and partners
- Provided for a minimum of 12 days over the summer holidays



Food and Fun Cardiff





Why is it needed in Wales?

- Wales has the highest rate of child poverty in the UK with 1 in 3 children living in poverty, that's an estimated 44,000 children in Cardiff alone and 220,000 children across Wales (Save the Children, 2017).
- 26.9% of children in Wales are classified as overweight or obese (Childhood Measurement Programme, 2019)
- The National Diet and Nutrition Survey (2016) shows mean total fruit and veg consumption and fibre intakes are significantly lower in the lowest income bracket.
- Evidence shows good food and nutrition and the relationship between learning to cook and the ability to do so leads to better nutritional indicators, improved mental health and stronger family connections (Utter 2016).
- Free School Meals (FSM) are a vital support to low income families with regards to easing financial burden, maintaining health and well-being and social inclusion, (Defeyter et al 2015, O'Connor et al 2015).
- School holidays have often been cited as a factor in tipping families into food poverty.





Essential criteria

“Working together to promote healthy living, positive well-being and improve engagement with education and the school during the summer holidays.”

- A **school based** programme delivered by school staff and partners
- A minimum of **12 days** over the school summer holidays
- **Healthy breakfast and lunch** in line with the Food and Fun Menu Principles
- A minimum of **one hour** of structured physical activity per day
- All Wales Food and Fun **Nutrition Education** Sessions
- A **family meal** activity at least once per week
- **Enrichment** sessions provided by school staff and/or partners





Benefits of Food and Fun

- Helping tackle food poverty
- Improving dietary knowledge and behaviour
- Improving physical activity levels
- Improving mental health and wellbeing
- Improving schools engagement and reducing learning loss





• INITIAL CHANGE INDICATORS •



Improved Mental Health and Emotional Well-Being



School Engagement and Educational Attainment



Improved Aspirations



Improved Physical Activity



Improved Dietary Behaviour

Improved holiday time nutrition

Exposure to healthier foods

Trying and knowing about wider food ranges

Reduced holiday hunger

Trying and knowing about healthier food

Uptake of school meals

Improved dietary attitude

Improved nutrition knowledge



Improved Dietary Behaviour

• LASTING CHANGE INDICATORS •

[Return to Home Page](#)



Nutrition Skills For Life and Training

- Nutrition Skills For Life is an all Wales programme developed and delivered by registered dietitians working in the NHS in Wales. It provides training and professional support to enable a range of community workers to cascade key nutrition messages to support healthy eating and prevent malnutrition.
- Agored Cymru accredited Level 2 Community Food and Nutrition Skills training enables staff to develop the competencies required to promote key healthy eating messages focussing on the Eatwell Guide.
- Additional facilitator trainer days held for all deliverers.
- Available face to face or virtual
- Additional food and Fun training - Safeguarding, Food Safety





Influencing Policy

- Recognised as an example of Best Practice in delivering on the goals and ways of working of the Wellbeing of Future Generations (Wales) Act
- First UK example of a multi-agency project providing healthy meals, nutrition skills, sports and enrichment activities in the school holidays
- National UK wide recognition for Cardiff and Wales, influencing policy at Welsh and UK levels
- Presenting across the UK and internationally, sharing experience and best practice
- Recognition in Estyn reports





Progress

- 2015 - piloted in 5 Cardiff schools
- 2016 - extended pilot in 10 Cardiff schools
- 2016 - partnership with Welsh Local Government Association, to support 8 schools in 4 other Welsh Local Authorities
- 2017 - adopted and funded by WG and rolled out to all LAs across Wales
- 2017 - 12 Welsh Local Authorities, 7 health boards and 39 schools across Wales, coordinated by WLGA, match funded by Welsh Government supported by SHEP implementation group.
- 2018 – 16 Welsh Local Authorities, 7 health boards, 75 cohorts
- 2019 – 21 Welsh Local Authorities, 7 health boards, 94 cohorts
- 2021 – 21 Welsh Local Authorities, 7 health boards, 137 schemes
- 2022 – 21 Welsh Local Authorities, 7 health boards, 200 cohorts





Judith Gregory, Education Catering Business Manager, Cardiff Council
jgregory@cardiff.gov.uk

Emma Holmes, Strategic Lead for Community Dietetic Services, Cardiff and Vale University Health Board

emma.holmes@wales.nhs.uk



@FoodandFunCdiff

