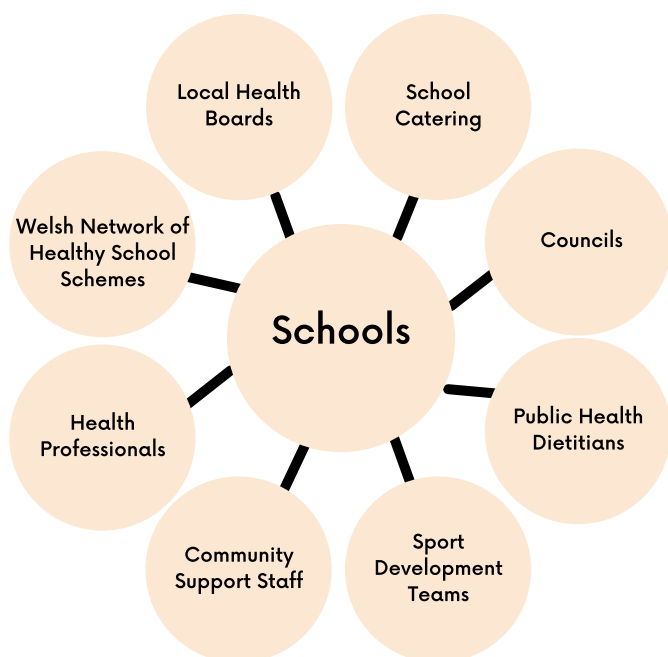




# FOOD AND FUN 2021 REPORT SUMMARY

Food and Fun is a school-based summer programme that aims to address health, social, and educational inequalities.

Food and Fun is a partnership-based model, involving:



## Food and Fun's Core Elements:

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

## Food and Fun's Outcome Areas:



Improved Mental Health and Wellbeing



School Engagement and Attainment



Improved Physical Activity



Improved Aspirations



Improved Dietary Behaviour

IN 2021...



**21 COUNCILS**

worked with

**137 SCHOOLS**

to deliver

**7,740 PLACES FOR CHILDREN**

serving up to

**185,760 HEALTHY MEALS**

and providing at least

**92,880 HOURS OF STRUCTURED PHYSICAL ACTIVITY**

*The children have a better understanding of healthy eating and I can see that they are making better choices when it comes to snack time*

*...the children enjoyed the food, trying food they would not normally eat such as fruit and veg tasting activities*

*...the children enjoyed and were very interested in the information given to them. Many said that they would like to eat healthier and went home to share this information with their families.*

*H particularly enjoyed the various organisations that came in to speak to the children including the RNLI, network rail, the Navy and Police. He spoke animatedly about his experiences and had clearly learnt some important life skills such as track and sea safety.*

*There are many children who do not cope well during the 6 week holiday period [Food and Fun] provides routine and structure for half of this period. This makes the break from school shorter and reduces anxiety on the return to school in September*

# SURVEY RESULTS



Food and Fun attendees were surveyed at the end of the programme. The survey results indicate:

- The children enjoyed their time at Food and Fun, with **88% of survey respondents said their summer holiday was made better because of Food and Fun.**
- Children were generally **more active, less bored and considered themselves to be eating healthier** when there were at Food and Fun compared to other days during the school holidays.
- Food and Fun was successful at **introducing children to new experiences** (including food and sport) that they would be interested in doing again.
- Most children felt they **understood more about being healthy** and showed **willingness to eat healthier and be more active.**
- Food and Fun was successful at providing an informal school setting where **new relationships both with peers and school staff** can be made.



A survey was also sent to parents and guardians. The survey results indicate:



- The majority adults thought that the **length** of the Food and Fun day, the **number of days** Food and Fun was running and the **timing** of their scheme was very good.
- Most adults identified Food and Fun as having a **positive impact on children's wellbeing, learning, having new experiences and reducing their screen time.**
- Most adults found that Food and Fun also had **positive impacts on themselves, particularly: helping them manage work/leave/childcare, meeting the financial cost of the holidays and getting to know school staff.**
- **97% of adults said they would recommend Food and Fun to other families.**