‘Working together to help schools nourish children, promote healthy living and provide social learning experiences during the school holidays.’

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What is Food and Fun?

Food and Fun are local school-based schemes, delivered by school staff and partners, which provide healthy meals, food and nutrition education and physical activity to children in a fun social environment during the school summer holidays.

These schemes are delivered using a partnership approach involving schools, health professionals, local authorities and community sports staff.
Food and Fun provides:

- Nationally endorsed Food and Nutrition Education Sessions
- A minimum of one hour of physical activity daily
- Healthy breakfast and lunch provided by the school catering service
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- A family breakfast or lunch at least once per week

- Fun, social learning sessions provided by school staff and partners
How do we work together?

In order to maintain the integrity of the Food and Fun ethos, all partners and stakeholders are required to agree and uphold the following values and principles.
Promote Food and Fun to children’s families and media by focusing on the values and the benefits of leading healthy, active lifestyles via social learning experiences provided by their school.
Communicate consistent health messages and avoid using resources or rewards branded with manufacturers who produce food and drink products high in sugar, fat or salt.
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3 Encourage the take up of school meals and a whole-school approach to healthy eating.
Many Food and Fun schemes offer siblings and parent activities such as cooking skills and exercise sessions.

Food and Fun staff will be able to signpost children to further opportunities locally.
Accredited school staff will deliver food and nutrition sessions that have been developed specifically for the programme, including activities that practice literacy, oracy and numeracy skills.

Nutrition training and resources for Food and Fun staff will be provided by public health dietitians.
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Children in all Food and Fun schemes will enjoy at least one hour per day of physical activity in a fun, safe and friendly environment.
Children in all Food and Fun schemes will be given opportunities to take part in fun, social and educational activities. Families are often invited to join in!
Each Food and Fun scheme will be delivered by school staff and partners, in line with the school setting’s, ethos and culture.
All Food and Fun schemes are co-ordinated nationally by the School Holiday Enrichment programme (SHEP), which is hosted by the WLGA and part-funded by Welsh Government.

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