

Case Study: Good Food Matters
(community food learning centre)

Holiday Food and Fun

The London Borough of Croydon and Family Action received funding from the Department for Education (DfE) to co-ordinate free holiday activities and food provision during the 2019 summer holidays. The Holiday Food and Fun programme aimed to help children and, where appropriate, their parents:

* to eat more healthily over the summer holidays
* to be more active over the summer holidays
* to take part in engaging and enriching activities which support the development of resilience, character and wellbeing and other skills
* to be safe and not to be socially isolated
* to have greater knowledge of health and nutrition
* to be more engaged with school and other local services and to have greater knowledge and awareness of local free holiday provision.

A wide range of local organisations delivered Holiday Food and Fun, including Good Food Matters. Amanda from the centre comments:

*“We wanted to take part in the programme as we saw first hand the need for quality food and enrichment activities here in the most deprived ward in Croydon.*

*Children on the Holiday Food and Fun programme this summer ate well, were stimulated socially, tried new food, news sports and lots of nature-based activities.*

*We also supported parents, for example, by ensuring those in food poverty received a free healthy meal. We are now applying for funding from the local community fund to enable us to take our work forward next summer.”*

**Learn more about Holiday Food and Fun by visiting** [**www.holidayfoodandfun.org**](http://www.holidayfoodandfun.org)

**Find out more about holiday activities and food provision in Croydon by emailing** **Sanum.Ghafoor@croydon.gov.uk**