

Case Study: Totstars (sports coaching company)

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 Totstars. Kelly from Totstars comments:

*“We wanted to take part in the programme to show support in the community – and to reach out to more children through our passion for sport. Children this summer benefitted in many ways, for example, by doing lots of sporting and other activities – outdoors when possible (archery, high jump, football, camp fires, woodland walks etc).*

*Feedback was that children were happy and it took pressure off families. Parents were exceptionally grateful that their children were fed – and Holiday Food and Fun was free!*

*We feel we reached more disadvantaged families, and showed children some   
healthy food options that they hadn’t seen before. As a company it opened up our eyes even more to the areas of need in Croydon. We would like to be able to support families in the future whenever we can.”*

**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**](mailto:Sanum.Ghafoor@croydon.gov.uk)