

Case Study: Reaching Higher (youth charity)

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 Reaching Higher. Khalifa from the charity comments:

*“We wanted to provide an alternative to cheap food, which lacks nutrition, and to provide hot meals to individuals from low income households.*

*Children supported this summer benefitted in many ways, for example, by learning transferable skills (e.g. around independent living) and the importance of fitness and physical activity. Parents benefited from having a safe and stimulating environment for their child to come to, where they received free healthy food, fruit, snacks and water throughout the programme.*

*We have also developed our knowledge around how to manage dietary requirements and supporting those with eating disorders. We plan to build on our experiences this summer by including a variety of food within a programme, and also to look at budgeting effectively.”*

**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)