**Family Action**

Food and Wellbeing

Supporting families to access and enjoy healthy food, improve their wellbeing, and have fun together in the Summer 2020 school holidays

About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK’s most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Service address

Contact us:

Email: [food@family-action.org.uk](mailto:food@family-action.org.uk)   
Web: [www.family-action.org.uk](http://www.family-action.org.uk)

Holiday Hub

Our Holiday Hub clubs support children and their families in the school holidays by providing meals and opportunities for family bonding through eating, learning and playing together.

As well as taking part in a wide range of fun activities and enjoying quality time together, families learn about nutrition and keeping fit and healthy.

This summer we are running a wide range of Holiday Hub clubs, focusing for instance on:

* Cooking together as a family
* Engaging with nature and the environment
* Developing financial and employability skills

*Due to the Covid-19 pandemic, some projects will be run as ‘takeaway sessions’ this summer.*

Food On Our Doorstep (FOOD)

Our FOOD clubs can provide your family with good-quality food at a low cost, while also reducing food waste.

Food On Our Doorstep is a membership scheme. It costs just £1 a year for a family to become a member. Once you have joined, you can purchase a bag of tasty food items every week worth approx. £15 for just £3.50!

To become a member your family must live or work within 15 minutes of a FOOD club.

Find out more about Food On Our Doorstep by visiting   
[www.family-action.org.uk/food-clubs](http://www.family-action.org.uk/food-clubs)

National School Breakfast Programme

The National School Breakfast Programme (NSBP), delivered by Family Action in partnership with Magic Breakfast, is continuing to support our schools to improve access to healthy breakfasts during the pandemic.

Over 1000 schools have now registered to receive food provision for families. The NSBP is providing breakfast food to over 600 schools during the summer holiday.

Find out more about the National School Breakfast Programme at [www.family-action.org.uk/breakfast](http://www.family-action.org.uk/breakfast)

Cookalong4families Holiday Hub

Have fun cooking and eating together as a family! The programme is being run across the country, from Durham to Bath and North East Somerset, and from Cumbria to Staffordshire.

Eco Explorers Holiday Hub

Learn more about nature and the environment, and enjoy a tasty family meal, at one of our sessions in Greater Manchester.

LifeSkills Holiday Hub

Enjoy a free meal as a family, and develop your financial and employability skills, by attending sessions in Bolton and Peterborough.

Holiday Hub Brunch Club

Make a tasty healthy breakfast with   
one of our Holiday Hub Brunch packs in Greater Manchester and Southend-  
on-Sea.

Back to School

Learn some new recipes for low-cost, high-quality school packed lunches.

Families, Food and Fun

Enjoy some family-friendly activities and some tasty food in Stockton-on-Tees.

To find out more email   
[food@family-action.org.uk](mailto:food@family-action.org.uk)