

Filling the Holiday Gap

Guiding points for organisations providing community holiday time meals for children.

Our vision is to ensure no child goes hungry during the school holidays.

Our mission is to support communities with a framework for providing good food as part of holiday learning, play and activity programmes.





The 10 key areas

The 10 key areas to check when developing programmes that deliver food and enrichment activities during school holiday periods to address the holiday hunger gap:

- 1. Principles – Why does your organisation want to deliver holiday meals?** Consider your understanding of local children and young people's nutritional and wellbeing needs and the ethos of other groups you may wish to partner with.

- 2. People – Have you agreed leadership for your project that has clear lines of responsibility to staff and volunteers, partners and funders?** Consider who is best to lead your project and what useful skills you will need to make it successful.

- 3. Plan – Have you worked out a budget for your project?** Assess your capacity in relation to community need and work out what your project can realistically do. Timetable what you will need by way of resources and when. Consider how your project may align to existing statutory services including health and education.

- 4. Partnership – Have you contacted the right partners to help refer and deliver?** Get in touch with schools, family support teams, agencies such as public health and your local council teams, voluntary organisations, food suppliers and individuals that can help short, medium and long term with your project. Formalise their support and agree referral routes. Consider working with existing programmes.

- 5. Policies – Have you got the right policies in place that protect your project and the children that will be in your care?** Ensure you have the correct policies in place for working with vulnerable children and families. These may include - health and safety, food hygiene, child protection, confidentiality, safeguarding, and public insurance. Also make sure your activities are compliant with Ofsted/HMI/HSC/Estyn requirements when working with children. Safe working practices require these by law in the UK.

- 6. Premises – Have you found the right venue for your project?** Identify and secure a venue for the duration of your project that has the capacity to meet your project's needs. If working with existing programmes ensure that you are able to adapt either your project or the venue appropriately.

- 7. Preparation – How will you ensure your project is delivered well?** Do your project marketing in advance, and register all referrals with special reference to dietary requirements and additional needs as required. Source your food and plan its preparation. Ensure all frontline staff have the correct certification and training needed. Have your resources and documentation in place e.g. food safety manual, policies. As far as possible engage potential participants or their advocates/families in planning the food and activities.

- 8. Provision – Have you considered all the elements that will make your project a good social experience as well as providing good food?** Play and fun activities make a valuable part of a successful project so agree with your partners how many days your project will run, what it will offer, who will be at each session and the time it will be on. You may wish to regularly invite outside agencies to help signpost to other supportive services.

- 9. Plate – Have you considered your food options?** You may wish to vary your offer between a hot service, packed lunch, make and taste self-catering or a mixture. Dietary requirements and cultural preferences should be accommodated. Offer where possible food that is freshly prepared and healthy.

- 10. Pause – Have you thought about the impact your project may have?** It's important to keep a record of participation and activities. Monitoring and evaluating your project will help you to adapt your activities to ensure your project best meets the needs and preferences of participants. This can help give ideas of how your project can be continually improved or identify where you may be having challenges. This will also help support fundraising and demonstrate the outcomes of how your project is helping your community.

Ofsted – Office for Standards in Education England
HMI – Her Majesty Inspectors Education Scotland
HSC – Health and Social Care Northern Ireland
Estyn – Her Majesty Inspector of Education and Training Wales



Useful websites

Filling the Holiday Gap useful websites for information on food education and activity services relevant to your UK region:

England

Food Standards Agency

<http://www.food.gov.uk/>

An independent Government department. It has a statutory objective to protect public health and consumers' other interests in relation to food and drink.

Out of School Alliance

<http://www.outofschoolalliance.co.uk/about-us>

The national organisation for the out of school club sector, supporting after-school, breakfast and holiday clubs. Useful news and information on policies and activities for those involved in or about to start out of school care projects.

Netmums

<http://www.netmums.com/activities>

Online parenting organisation family of local sites that cover the UK, each site offering information to mothers on everything from where to find playgroups and how to eat healthily to where to meet other parents.

Public Health England

<https://www.gov.uk/government/organisations/public-health-england>

National public health agency with a statutory duty to protect and improve the public's health and wellbeing, and reduce health inequalities.

Children's Food Trust

<http://www.childrensfoodtrust.org.uk/>

The Children's Food Trust is a national charity on a mission to get every child eating well. That means spreading the knowledge, skills and confidence to cook from scratch, giving help and support to anyone who provides food for children and encouraging industry to help families make better food choices.

Scotland

COSLA

<http://www.cosla.gov.uk/councils>

A link to each of the 32 local authorities in Scotland who have responsibility for the delivery of a wide range of vital public services including: education, social work, tackling poverty and promoting social inclusion.

Scottish Families

<https://www.scottishfamilies.gov.uk/>

A link providing free, impartial information for families on topics including: childcare and out of school care, local activities, events and initiatives, and support, guidance and information at local and national level.

Better Eating Better Learning

<http://www.gov.scot/Topics/Education/Schools/HLivi/schoolmeals/BetterEatingBetterLearning>

A link to the health and wellbeing area of the Scottish government website.

Education Scotland

<http://www.educationscotland.gov.uk/learningandteaching/curriculumareas/healthandwellbeing/index.asp>

A link to the health and wellbeing curriculum area of Education Scotland website. Education Scotland are the national body in Scotland responsible for supporting quality and improvement in learning and teaching quality and improvement in learning and teaching.



Useful websites

Filling the Holiday Gap useful websites for information on food education and activity services relevant to your UK region:

Wales

Change for Life Wales

<http://change4lifewales.org.uk/?lang=en>

Communities First Wales

<http://gov.wales/topics/people-and-communities/communities/communitiesfirst/?lang=en>

Welsh Government Food in Schools policy information

<http://gov.wales/topics/educationandskills/schoolshome/foodanddrink/?lang=en>

Information on the initiatives and policies associated with the improvement of food and drink in schools.

Rewriting the Future: raising ambition and attainment

Welsh schools is the Welsh Government's strategy to tackle the impact of poverty on educational attainment.

<http://gov.wales/docs/dcells/publications/140616-rewriting-the-future-raising-ambition-and-attainment-in-welsh-schools-en.pdf>

The Welsh Government also provides funding to schools and early years settings

The Welsh Government also help raise the attainment of pupils who are eligible for free school meals and I attach links to the guidance for these grants.

<http://llyw.cymru/topics/educationandskills/publications/guidance/school-effectiveness-grant-2013-2015/?lang=en>

Northern Ireland

NI Department of Education

http://www.deni.gov.uk/index/support-and-development-2/5-schools_meals.htm

Information on school meals, food in school policy, and all related resources and guidance developed for schools.

HCS Public Health Agency

<http://www.publichealth.hscni.net/>

The main website for public health in Northern Ireland and related websites.

NI Direct

<http://www.nidirect.gov.uk/index/information-and-services/health-and-well-being.htm>

Public website for government services in Northern Ireland.

Education Authority

<http://www.eani.org.uk/>

New education authority website for Northern Ireland. Information on school meals and how to apply for a free school meal.
