



Let's celebrate, inspire action and showcase the great impact that Fit and Fed has in the StreetGames network.

In this pack you'll find:

- What is Fit and Fed?
- Free training to support Fit and Fed delivery.
- Funding ideas for Fit and Fed.
- Resources for Fit and Fed delivery.

Thanks for getting involved!

#FitandFed2023



Fit and Fed



WHAT IS FIT AND FED?

2017 - 2023

Thank you for your interest in Fit and Fed!

Fit and Fed offers fun and vibrant physical activity and nutritious, healthy meals for children and young people at a time when they need it most, particularly school holidays.

Fit and Fed was launched in the summer of 2017, reaching 15,500 young people across 251 sites with 90,000 meals served in England and Wales in that year alone. Year on year that number has grown and in the summer of 2019 year we engaged 301 delivery sites, supported by 765 volunteers with 186,005 meals served.

The Covid pandemic had a huge impact on delivery for everyone; Fit and Fed needed to adapt. Safe delivery of food hampers and socially distanced contact became the new normal along with a massive increase in online engagement.

In 2021, spurred on by Marcus Rashford's child food poverty campaign highlighted during the pandemic, the Government introduced the holiday activities and food programme (HAF) for England. Administered by Local Authorities, HAF aims to provide free holiday activities for children and young people who are entitled to free school meals (in England) for 6 weeks across the Spring, Summer, and Winter school holidays.

Fit and Fed has made a real difference to children, young people, families and neighbourhoods. Our experience and insight highlights that families are facing food insecurity and lack of access to physical activity, with young people facing social isolation, extending beyond those eligible for free school meals – especially with the intensifying effects of the cost-of-living crisis.

At StreetGames, we're committed to keeping children Fit and Fed, all year round... and we can't do that alone. Read on to find out how you can get involved.



FREE ONLINE TRAINING

For the StreetGames network

FOOD AND DRINK PASSPORT

StreetGames is delighted to be working with The National Skills Academy for food and drink to offer a limited number of free online training passports to support Fit and Fed delivery in 2023. Each passport contains four courses:



Food Safety

Level 2



HACCP

Level 2



Health and Safety

Level 2



Allergen Awareness

We are taking expressions of interest throughout February 2023 to understand StreetGames Network's interest in the passports and broader Fit and Fed delivery. We will review the expressions of interest and proceed based on our assessment of need and broad distribution of the training across England and Wales.

We will use what we learn to lobby for more funding to get more passports and support for Fit and Fed, your input will really help!



EXPRESS YOUR INTEREST

Complete this [simple form](#) to express your interest

FOR MORE INFORMATION OR SUPPORT CONTACT ALI SPAUL ON:
07485 918342
ALISON.SPAUL@STREETGAMES.ORG

PTO for more details about the training



The Food & Drink Careers Passport from the National Skills Academy for Food & Drink is your passport to all the essential knowledge you need for working in UK Food & Drink Manufacturing.

Developed in partnership with major food & drink manufacturing businesses, the new Food & Drink Careers Passport from the National Skills Academy for Food & Drink (NSAFD) is the complete package. It's based around accessible online learning of all the core areas applicants need to work in the industry.

Once completed, Passport qualifications are stored on the NSAFD's central database – giving everyone full transparency and speeding up the entire compliance and induction process.

Your Food & Drink Careers Passport proves you already have all the credentials that new employers need. Keep track of your qualifications and take them wherever you want to go.

Created and delivered by leading experts, class-leading courses include:

- **Food Safety Level 2** – endorsed by the UK Food Standards Agency and The British Retail Consortium
- **HACCP Level 2** - core food hygiene and hazard management endorsed by the UK Food Standards Agency and The British Retail Consortium
- **Health & Safety Level 2** - developed by Food Industry Experts
- **Allergen awareness** - Mapped to FSA required standard



FOOD SAFETY (LEVEL 2)

- Module 1 - Food Safety Hazards
- Module 2 - Employee Personal Hygiene
- Module 3 - Work Area Cleanliness
- Module 4 - Storage and Pest Control
- Module 5 - Legal Obligations and Tip

HACCP FOR MANUFACTURING (LEVEL 2)

- Module 1 - The Purpose of HACCP
- Module 2 - The Prerequisites and Principles of HACCP

HEALTH & SAFETY (LEVEL 2)

- Module 1- Introduction to health & safety and health & safety law
- Module 2 - Risk Assessment and Risk Control, Manual Handling and Hazardous Substances
- Module 3 - Occupational health & welfare
- Module 4 - Safety and Fire Safety
- Module 5 - The workplace and work equipment
- Module 6 - Summary and test

ALLERGENS AWARENESS

- Module 1 - Food allergies and Intolerances
- Module 2 - Consequences for consumers
- Module 3 - Personal Hygiene
- Module 4 - Control measures for allergens
- Module 5 - Allergen management
- Module 6 - Assessment



FUNDING

FIT AND FED

Holiday Activities and Food Programme (HAF)

Holiday activities and food programme 2023 - GOV.UK
Visit your Local Authority website for more information.

Website: www.gov.uk

Community Foundations

Connecting local causes to funding and resources, supporting a defined geographical area.

Website: www.ukcommunityfoundations.org/

Morrisons Foundation

Fund projects up to £25,000 that make a positive difference in local communities.

Website: www.morrisonsfoundation.com/grant-funding-request/

Children in Need

Project Costs Fund up to £10,000 per year for three years.

Website: www.bbcchildreninneed.co.uk/grants/apply/project-costs-funding-stream/

Woodwards Charitable Trust

Small grants, usually up to £1,000. Next round opens 6 Feb and closes 31 March.

Website: woodwardcharitabletrust.org.uk/general_applications/

Henry Smith Charity

Holiday Grants program, particularly those that would not take place without the funding. £2500.

Website: www.henrysmithcharity.org.uk/explore-our-grants-and-apply/holiday-grants-for-children/holiday-grants-for-children-overview/

Training and Support

Get Grants Bid Writing in Sport and Physical Activity Workshop

2 Feb 2023

This 2 hour online workshop supports clubs and sports organisations to grow their grant fundraising knowledge.

Visit: www.getgrants.org.uk/online-bid-writing-in-sports-physical-activity-workshop/

StreetGames Funding and Sustainability Programme

This programme of free training available to organisations in the network includes a Budget Plan and Terminology session on 16 March 2023.

Visit: www.streetgames.org/sustainability-training-programme/

For local funding support, get in touch with your local StreetGames Funding and Sustainability Lead.

Or contact Ali Spaul, Fit and Fed Funding and Sustainability Lead, on:

alison.spaul@streetgames.org

07485 918 342



FOOD RESOURCES AND IDEAS

FIT AND FED

Healthy Lunchbox Ideas

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<http://www.bbc.co.uk/guides/zgr4kqt>

Food Facts

<https://www.nhs.uk/change4life/food-facts>

<https://www.nutrition.org.uk/>

Healthy Eating Games

<https://www.healthyeating.org/products-and-activities/games-activities>

<https://www.twinkl.co.uk/resources/nutrition/healthy-eating/healthy-eating-activities-and-games>

<https://www.foodafactoflife.org.uk/>



PHYSICAL ACTIVITY

FIT AND FED

Create an attractive offer with StreetGames Training Academy

<https://www.streetgames.org/training-academy/training-menu/>

Activity Facts

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/>

https://www.sportengland.org/funds-and-campaigns/children-and-young-people?section=school_summer_holidays#adviceandideas-14472

<https://www.sportengland.org/research-and-data/tools/local-area-insights>

Games

<https://www.teachingexpertise.com/classroom-ideas/gym-games-for-kids/>

https://www.sportengland.org/jointhemovement?section=get_active_with_the_kids



THANK YOU



Fit and Fed