

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.

# #FitandFed



# Fit and Fed



## WHAT IS FIT AND FED?

2017 - NOW

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

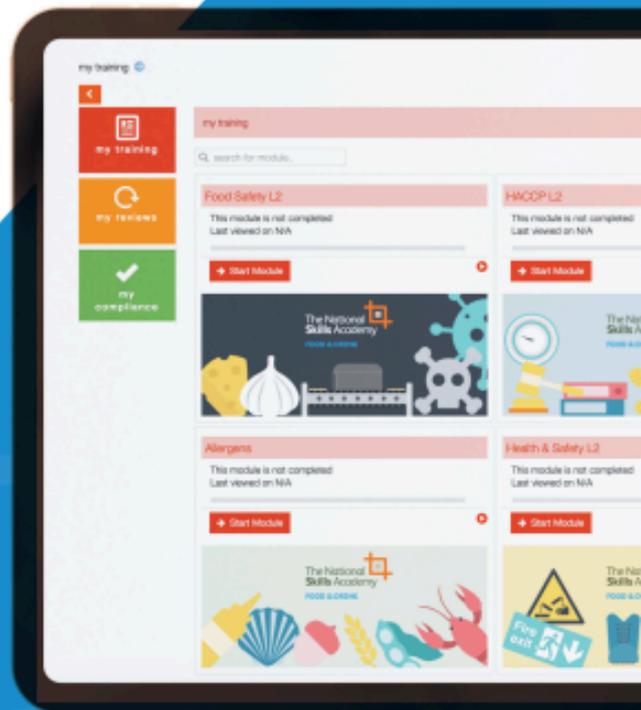


**Allergen Awareness**

**ACCESS THE TRAINING**

Complete this [simple form](#)





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

# Training and Support

Fit and Fed

Check out

# StreetGames

# What's On?

# 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](http://www.gov.uk)

### **Community Foundations**

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

**Website:** [www.ukcommunityfoundations.org/](http://www.ukcommunityfoundations.org/)

### **Morrison's Foundation**

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

**Website:** [www.morrisonfoundation.com/grant-funding-request/](http://www.morrisonfoundation.com/grant-funding-request/)

### **Children in Need**

Project Costs Fund up to £15,000 per year for three years.

**Website:** [www.bbcchildreninneed.co.uk/grants/apply/project-costs-funding-stream/](http://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/](http://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/](http://www.henrysmithcharity.org.uk/explore-our-grants-and-apply/holiday-grants-for-children/holiday-grants-for-children-overview/)



# FOOD RESOURCES AND IDEAS

FIT AND FED

## Healthy Lunchbox Ideas

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

<http://www.bbc.co.uk/guide>

## Food Facts

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

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

[Good Breakfast Guide \(Booklet \(Small\)\) \(foodfactoflife.org.uk\)](http://www.foodfactoflife.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.foodfactoflife.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/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](https://www.sportengland.org/jointhemovement?section=get_active_with_the_kids)





**THANK YOU**



**Fit and Fed**