



Fa'side Lunch Club

February 2019

"My kids love the trips and activities"



"It's good to see the kids interacting and happy "

"Everything about the club is perfect. The staff are brilliant"



"The kids are safe and I get some time for myself"

Background

“Holiday hunger is a condition that occurs when a child's household is, or will, become food insecure during the school holidays”

School holidays conjure up images of endless days, family time and lots of opportunities for day trips and children having time to play with their friends.

For many low-income and vulnerable families, the reality is rather different. Holiday hunger and food insecurity are growing issues in the UK and Scotland. End Hunger UK found that 1 in 10 people in Scotland are food insecure where appropriate food is inaccessible - this increase to 18% in the most deprived areas making children and families fall into states of hunger.

During school term, children can receive a free school meal, this ensures they receive a nutritious meal at least once per day; however, school holidays also mean the loss of this much-needed free meal.

The Food Foundation in September 2018 found that 3.7 million children in the UK live in households where healthy eating is unaffordable. This makes adhering to a healthy diet throughout the school holidays increasingly difficult where holiday hunger and malnutrition leads to increased risk of health implications such as obesity, type II diabetes and nutrition deficiency including vitamin D deficiency and anaemia.

Some studies that have been carried out have found projects which supply free meals and activities to poorer families during the school holidays have been a highly valuable source of support for both the parents and children. They have allowed the children to eat healthy, undertake exercise and have impacted their behaviour which has a positive outlook on their condition when they return to school (Graham et al 2016).

School holidays can increase financial pressure to pay for food and activities. For some children and families pleasant school holidays are short lasting due to increased social isolation, indebtedness and family stress.

This is where Fa'side Lunch Club can really help.

Fa'side lunch club aims to *reduce holiday hunger, reduce learning loss, provide opportunities for families and reduce overall inequalities who need it most*. Core objectives are:

- Improve social inclusion and aspirations

- Improve family nutrition and wellbeing
- Reduce financial and emotional strain

We do this by providing a healthy, nutritious meal each day in a safe and nurturing environment which encourages learning, social development and improve physical activity and wellbeing. While holiday hunger is our main priority – we strive to provide fun and long-lasting memories for the children, and everyone involved.

The Lunch Club

Fa'side lunch club is situated at Sandersons Wynd Primary School in Tranent. This is an area of high deprivation. The club has access to cooking facilities based in the nursery, a large community room, a gym hall, as well as a large playground with an outdoor gym and climbing frame.

Sandersons Wynd Primary school is an excellent location as it is a well-known school within the community. It easily accessible as many families live in houses surrounding the school and it is also situated close to various bus routes. Any children who had difficulty getting to the lunch club were transported by a pre-arranged taxi service.

Fa'side lunch club lasted the full week of the February half term holidays (Mon 11th to Fri 15th Feb) from 11am to 1pm. Activities are carried out from 11.15-12.15, lunch and music were provided for the remaining time before pick-up. The day trip was on Wednesday 13th February from 11.30am-2pm.

<i>Time</i>	<i>Activity</i>
11:00 – 11:15	Registration, Snack, Breakfast
11:15 – 12:10	Outdoor/indoor activities, helping to prepare lunch
12:10-12:15	Wash hands ready for lunch
12:15-12:45	Lunch, clear up
12:45 – 13:00	Complete food diaries, pick up

Children aged 4-14 years attended lunch club coming from Sandersons Wynd Primary School, St. Martins Primary School, Windygoul Primary School and Elphinstone Primary School. Children are referred by headteachers, family support workers, home start, social workers and health visitors. Referrals are based on socio-economic factors and those at risk of food insecurity. To reduce stigma and cohere with our inclusion policy children are not tested upon neediness nor have means-tested assessments.

February Fa'side lunch club had the largest number of registered children since the lunch club has started. 50 children were registered with attendance varying each day, usual numbers were around 36-38 children. The trip day was the most attended (48 children). Attendance figures can be seen in the table below.

Monday	Tuesday	Wednesday	Thursday	Friday
43	39	48	35	36

All staff have full and up-to-date PVGs and have attended Child Protection training. Each staff member has designated tasks and brings a different skillset:

- Carrie Richmond ANutR: BSc Hon Nutrition, Level 2 Food Hygiene certified and RESIS trained – Role as lead food worker. Each recipe is planned (using SACN guidelines to ensure each meal is nutritious and dietary requirements are met) and organises activities prior to the holiday club start date (for example the trip day).
- Sandra McNeill: First Aid trained, Fire Officer, Child Protection Officer, Main School contact. Sandra assists with registration and works closely with the children with additional support needs.
- Jonathan Hogg: First Aid trained, School contact. Jonathan assists with registration and works closely with the children with additional support needs. He also helps plan activities
- Rachel Sharples: BSc Hon Nutrition, First Aid Trained. Rachel also assists in many activities such as teaching swimming and science activities.
- Stephanie Fee: Sport Activity Worker – Each day Stephanie would take the children for physical activities outside; he was also the designated chauffeur for the taxi service.
- Shaza Javed: BSc Hon Nutrition, Level 2 Food Hygiene certified and RESIS trained, food and activity worker. Runs any food-based activities.

We had two parents who children attended the lunch club volunteer at lunch club. They helped prepare the lunch for the children.

Breakfast

Each morning a range of low sugar breakfast cereals, toast, fresh fruit and freshly squeezed orange juice would be set out for the children to help themselves with the help of an adult. Children were always encouraged to eat breakfast. Fresh fruit was taken round the club to encourage uptake This had a big impact on the uptake and the children would all take a piece

of fruit when they came in each morning -it was noted that the children were in high spirits each day and exhibited less challenging behaviour which may be a consequence of reduced feelings of hunger and more energy.

Lunch

Each day the children were given two choices of hot meals: a vegetarian option and meat option – children could take both if they wished. The meals were planned by a registered nutritionist, Carrie, to provide a healthy and nutritious meal – following SACN (Scientific Advisory Committee on Nutrition) Guidelines as much as possible. Oily fish was offered at least once in the week, every meal was low salt, sugar and fat with each meal serving a minimum of 4 fruits and vegetables (except for the trip day when the children were given a yoghurt, fruit, vegetable snacks, soup and a sandwich). Each table would be given a bowl of cucumber so that children could eat them at their own leisure.

Fruit, including apples, oranges, pears, bananas and grapes were always available for the children to eat at any point – this meant that the children consumed lots of fruits throughout the whole week. Alongside this, melon and berries were offered as a dessert at the end of every meal.

Children would often get the opportunity to aid with the preparation of the meals and older children volunteered to help with dispensing the meals to the younger children. After the meal, children were given a food diary where they would state if they liked the food and if they ate fruit or not. Most children reported that they enjoyed the food served each day and praise was stated in the evaluation forms by parents of the variety of food available.

Examples of meals provided can be seen below.

Monday		Tuesday		Wednesday	Thursday		Friday	
Super pasta	veggie	Baked and	potatoes	Trip day	Thai curry	vegetable and chicken noodles	Lasagna roasted vegetable	and
Creamy pasta	ham	fillings	healthy					

Achievements

Cooking

Fa'side has provided two parents with the opportunity to volunteer and gain valuable cooking skills such as reading recipes and knife skills along with an increased confidence for cooking. We hope more parents will come forward to volunteer.

Children also gained these skills as each day a group of children would come and cook a meal and take it alongside the recipe home to their parents.

Pantry

Food from the food bank, any excess food and ingredients from the lunch club and toiletries were displayed for all parents to pick from. This worked very well, and all parents were approached and asked if they would like to visit the pantry. The parents took anything they needed for their families. The pantry was situated in a quiet side room, therefore the parents had privacy to attend it.

Clothes bank

Purchasing clothes rails, hangers and shoe racks meant that our clothes bank was neatly laid out and easily moved around. The clothes bank also consisted of school uniforms which many of the parents took.

Conclusion

With growing prevalence of food poverty around Scotland it is important for Fa'side Lunch club to be an ambassador to potential future interventions to reduce inequalities in the country. Feedback from the children is always and with the positive attitudes of the staff we strive to accomplish our aim to reduce holiday hunger. We pride ourselves in the feedback we receive however without the assistance of everyone involved the lunch club would not be as productive as it is. We build on the success of previous lunch clubs and use feedback and evaluations to improve our lunch clubs. For our next lunch club, we aim to increase family engagement with the club.