

Training and resources to support the Holiday Activities and Food Programme



**FOOD
ACTIVE**

HEG

Health
Equalities
Group

Good, nutritious food and nutrition activities are key elements of the Holiday Activities and Food programme (HAF).

HAF is a real opportunity to make a difference to the lives of children and young people during holiday periods. If delivered well, HAF can introduce children and young people to different foods, engage them in interesting activities to broaden their tastes, get them excited about food and improve their health.

Providers must provide at least one meal each day (breakfast, lunch or tea) and all food provided at the holiday club (including snacks) must meet the Department of Education's (DfE) school food standards. Providers are expected to incorporate activities to help children understand more about the benefits of healthy eating and nutrition into their programme delivery.

The national funding body for HAF (DfE) recognises that meeting these standards can prove challenging and recommends local authorities make best use of local and national organisations who can support HAF providers in the delivery of food and nutrition aspects of the HAF programme.

The Food Active programme – part of public health charity Health Equalities Group (HEG) - has developed a range of resources and training designed to support providers of the HAF programme in meeting these standards and has been working closely with local coordinators since the launch of the programme in 2021.

This brochure highlights the training and resources currently available to support provision of HAF. Resources have been developed by our team of public health professionals, including Association for Nutrition registered nutritionists.

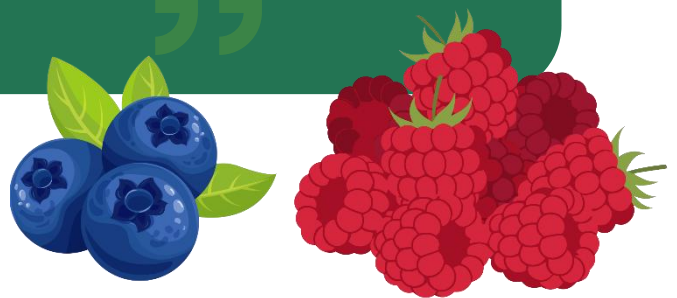


GOOD FOOD FOR THE HOLIDAYS TRAINING

- Our Good Food for the Holidays Training is aimed at providers of the HAF programme and is delivered virtually.
- We currently have two modes of delivery: 1) the full training session is two hours and provides detailed information and guidance on adhering to the school food standards, catering for special diets and fussy eaters; 2) We also offer a shorter, more condensed version of the training which is one hour and has a key focus on how to meet school food standards.
- Since 2021, the training has been delivered to over 650 providers across England.
- The training has been commissioned by local coordinators to provide support for provider organisations on food and nutrition activities.
- Evaluation of the training shows it can be particularly useful for providers in planning their delivery of food & nutrition activities, scoring an average of 9.4/10 (1 = not at all useful, 10 = very useful).

Whilst running the HAF programme we realised we needed support, information and ideas to deliver nutritious food to children. Especially around content, education, variety and making it fun and engaging. Our training with Food Active tackled all these areas with simple, clear direction and plenty of ideas, easy to implement in our programmes. We highly recommend the training.

HAF Provider



The Food Active training was fantastic. Feedback from delegates on the day was positive, they found the training very beneficial. Communication prior to delivery and again afterwards was great. The handouts were good quality and very informative. Would highly recommend them for training on food provision or nutrition education. Training is fairly priced and good value for money.

HAF Coordinator

GOOD FOOD FOR THE HOLIDAYS TOOLKIT

- Developed in consultation with providers in 2021, the Good Food for the Holidays toolkit is designed to support delivery organisations for the HAF programme in the provision of healthy, delicious meals and a range of engaging food and nutrition activities over the holidays.
- The toolkit has been licensed to over 1,000 providers across England to date.
- The toolkit is 110 pages in length and available to access as a digital PDF copy and as a printed hard copy.

The HAF Toolkit was excellent and gave all of our coaches new ideas to plan nutrition activities or to add value to their existing plans & resources.

HAF Provider

CONTENTS

**FOOD
ACTIVE**

HOW TO USE THIS TOOLKIT

SECTION 6

Engaging with parents and carers in good food

SECTION 7

Menu ideas and inspiration

SECTION 8

Other useful sources of information

SECTION 9

Appendices

SECTION 10

Food Active: About us + Acknowledgements

SECTION 5

Food skills



Click these buttons to
way around

3 Good food for the holidays: food provision

**FOOD
ACTIVE**

Food group	Why is it important?	How often?	Further information
Proteins such as meat, fish, beans and pulses	✓ Protein is essential for the body to grow and repair itself. ✓ It also provides a range of vitamins and minerals, including iron and zinc. ✓ Oily fish is important as it contains omega 3 fatty acids, which are important for heart health and our brain.	• A portion of food from this group every day. • A portion of meat or poultry on three or more days a week. • Oily fish once or more every three weeks. • For vegetarians, a portion of non-dairy protein three or more days per week. • A meat or poultry product (manufactured or handmade, and meeting legal requirements) no more than once each week in primary school aged children (4-11) and twice each week in secondary school aged children (12-16).	• There are lots of protein options, so it is a good idea to try to vary them throughout the week. Options include boiled egg, ham, chicken, soya, Quorn, tuna.



The toolkits have been a welcomed resource for our HAF providers in Wakefield. It has inspired providers with new, simple and fun ways of encouraging children and families to try new foods that they would not necessarily have eaten before.

HAF Coordinator

RETURN TO SECTION 1



HOME

Another key aim of the HAF programme is to encourage children and young people to be more active over the holidays.

DfE states that the holiday provision must meet physical activity guidelines for children and young people. This means providers must ensure children participate in moderate-to-vigorous physical activity for at least 60 minutes per day. In addition to this, children and young people participating in the HAF programme should engage in different types and intensities of physical activity to develop movement skills, muscular fitness and bone strength.

Food Active can offer additional training for providers to help support their understanding of physical activity guidelines and ideas for activities that can be incorporated into HAF delivery.

INTRODUCTION TO PHYSICAL ACTIVITY TRAINING

- This one-hour, online training course gives HAF providers an introduction to physical activity, including: the benefits of physical activity to children and young people's health; recommended levels of physical activity for children and young people; ideas for appropriate activities, including muscle and bone strengthening activities; and a brief overview of appropriate levels of hydration during physical activity, including the dangers associated with sports and energy drinks for children.
- The training is accompanied by a 20-page support pack split into four modules to help HAF providers incorporate key messages on the benefits of physical activity into their programme delivery.
- The training has been delivered to over 150 HAF providers since 2022.

It was really helpful to understand the recommended levels of physical activity for our young people, and the exercises we can use.

HAF Provider

I didn't know about the information on muscle exercises and bone strengthening, so thanks for this.

HAF Provider

COSTS:

- **Good Food for the Holidays full training (2 hours):**
£575.00 per session (plus VAT)
- **Good Food for the Holidays introductory training (1 hour):**
£315.00 per session (plus VAT)
- **Introduction to physical activity training (1 hour):**
£315.00 per session (plus VAT)

Good Food for the Holiday's toolkit: £50 license cost (plus VAT) per provider organisation (Discounts are available for co-ordinators purchasing multiple licences).

All costs correct & applicable from 1st April 2026.



INTERESTED IN FINDING OUT MORE?

If you would like to get in touch with our team to discuss how we can support your local HAF programme and providers, please contact us using the email below:

info@foodactive.org.uk

Stay up to date with our wider work by following our social platforms, podcast and subscribe to our mailing list by scanning or clicking on the QR code below.



**FOOD
ACTIVE**

HEG