



Fit and Fed

...because poor children endure
holiday hunger, isolation, and
inactivity.

Three poverty related issues

Holiday Hunger and unhealthy eating

- 1.7m children on free school meals (FSM) risk missing meals or eating poorly. Experts suggest another 400k kids who are entitled to FSM do not claim them.

Isolation

- Children miss out on the chance to develop resilience and life-skills during the school holidays. Over 2.4m children will not go on a day trip and over 7 million will not have a family holiday.

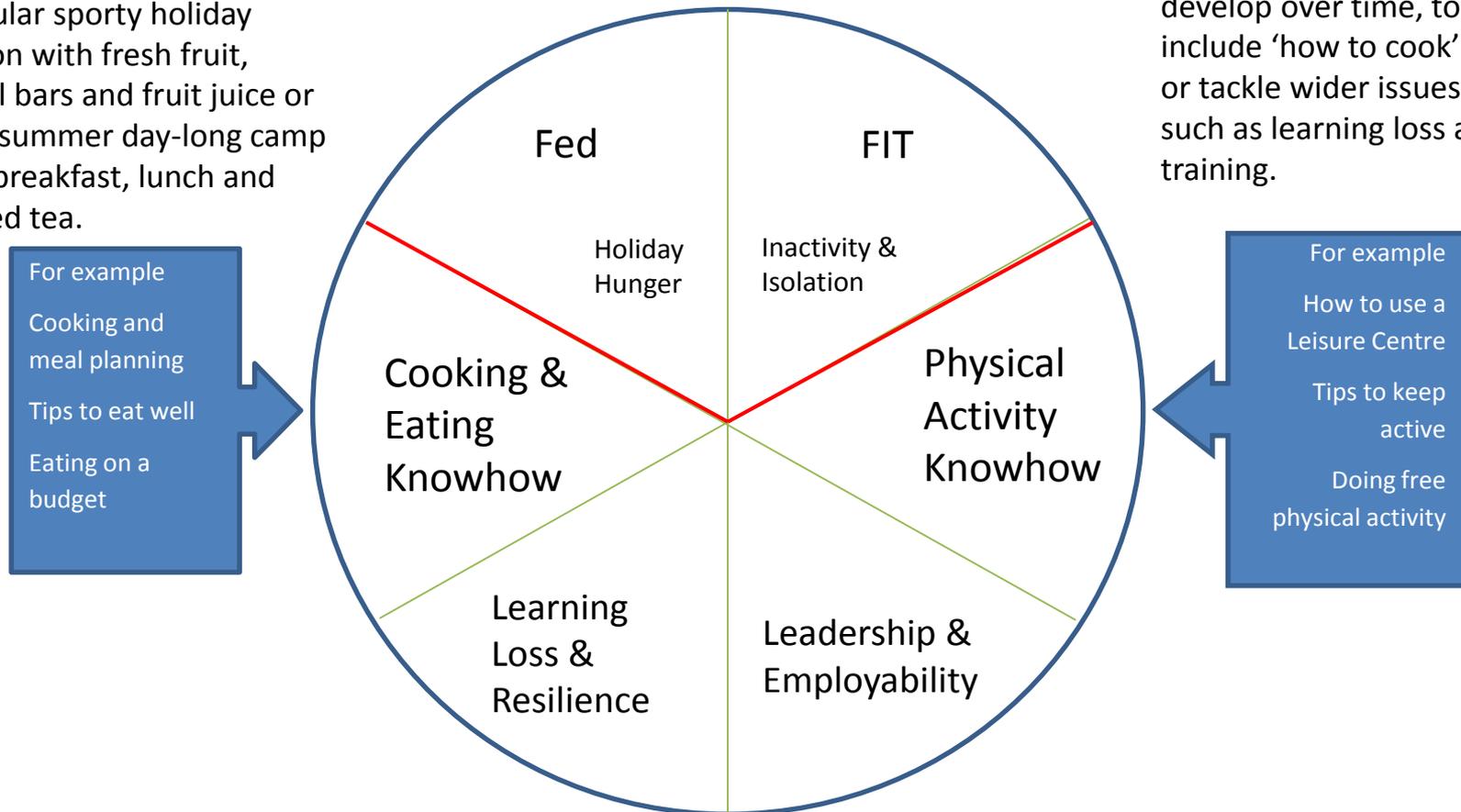
Inactivity

- British schoolchildren are losing 80 per cent of fitness gained during term time through 'inactive summer holidays,' new research from ukactive
- 48% of disadvantaged young people fail to meet the Chief Medical Officers guidelines of an hour a day's physical activity. Only about 30% of affluent children fail.

Fit & Fed Core & Optional Elements

Fit and Fed for you could be a regular sporty holiday session with fresh fruit, cereal bars and fruit juice or a full summer day-long camp with breakfast, lunch and cooked tea.

It could start simple and develop over time, to include 'how to cook' skills or tackle wider issues, such as learning loss and training.



- What does your Fit & Fed offer look like?
- How will you reach young people at greatest need?
- What training do you need?
- What other Elements will you include?
- What are you missing – e.g. the food, funding gap & skills - and how can StreetGames help?



StreetMark
Industry standard
club accreditation



Doorstep Sport Club
Right Time, Right Place, Right
Style, Right Price
12 – 25 Years old in
disadvantaged communities



Training Academy
Providing low cost,
high quality learning
opportunities for
doorstep sport
coaches, leaders and
volunteers



**Cooperative StreetGames
Young Volunteers**
Providing volunteering and
community leadership
opportunities
to disadvantaged youth



Us Girls
Providing doorstep
sport for young
women aged about
16-25



CLUB1
Preparing young
people in the
StreetGames
network to be active
independently



Give and Go
A fundraising campaign
to provide opportunities
for disadvantaged
youth to enjoy the
experience of watching
live, elite sport

Insight and Research



**Changing Sport;
Changing Lives;
Changing Communities
through doorstep sport.**

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*'We are doers,
We are a community,
We Change Lives'*

Gareth Batty
Chief Executive



FareShare is a UK-wide charity fighting issues around hunger and food waste.

We believe that no good food should go to waste.

So we redistribute quality nutritious surplus food to community groups who turn it into healthy meals.

FareShare Yorkshire, based in Barnsley and Leeds opened in 1998 and is part of a UK Network of 21 Regional Centre's.



Food Poverty in the UK



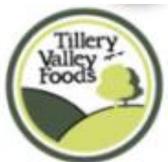
people struggle to afford a meal -
equivalent to the entire
population of London

*(Voices of the Hungry, Food & Agriculture Organisation
of the United Nations, 2016)*



people are destitute - meaning they cannot
afford essentials such as food *(Destitution in the UK,
Joseph Rowntree, 2016)*

We Work With 500+ suppliers



How FareShare Works



FareShare Yorkshire redistributes surplus food from the food industry...



...with the help of an army of volunteers...



...who turn it into nutritious meals...



...to 170 frontline charities and community groups...



...for just under 14,800 vulnerable people every week...



...last year we provided enough food for nearly 1.4 million meals.

More Than Food

Charity members report that FareShare food has enabled them to **increase the number of clients using other services:**

27% social and befriending services



23% recreational and leisure activities



18% benefits advice



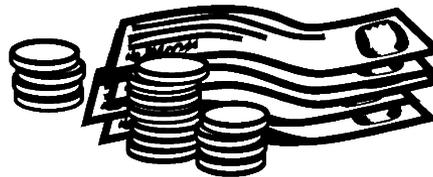
Impact on Clients

Charities' FareShare food provision has a wide impact on the vulnerable people they support:

77% of charities agree that FareShare food has improved their clients' diet



62% agree that FareShare food means that clients worry less about money



75% say the food enables them to better engage with their clients





Questions?





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