



# 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.

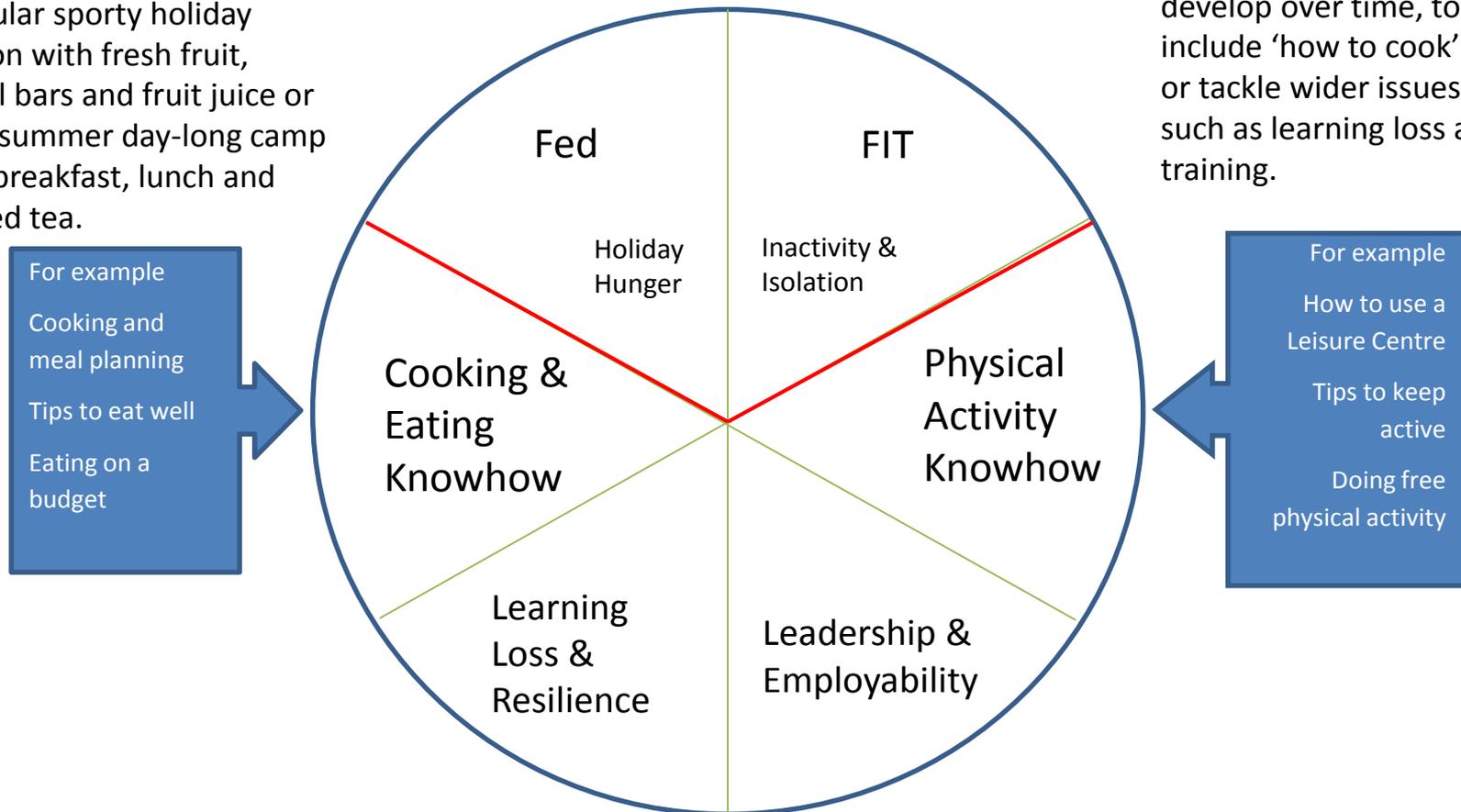
## Inactivity

- 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



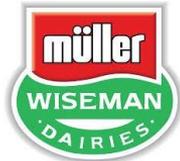
people struggle to afford a meal -  
equivalent to the entire  
population of London

*(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



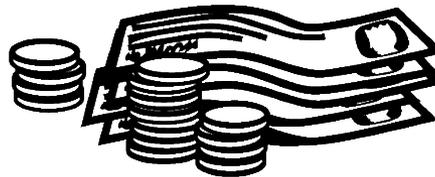
# Impact on Clients

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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