



## Holiday Activities and Food project

### *Easter Holiday Family Cooking with the Wiggly Worm at Cheltenham Racecourse*



The Wiggly Worm charity worked with Gloucestershire County Council to send out around 4,500 meal kits for families to cook at home over the Easter holidays.

Packing of the food kits took place in The Centaur at Cheltenham Racecourse.

The scheme was part of the Department of Education funded Holiday Activities and Food (HAF) programme 2021 set up to ensure that all children have access to nutritious food as well as the opportunity to take part in activities during the school holidays. The initiative is more important than ever, particularly for families who have been affected by increased costs and reduced incomes during these periods.

Each meal kit contained a Wiggly Worm recipe cards and ingredients for 4 family meals – that's 18,000 meals. There was also a whole range of food-related activities and Wiggly's online cook-along videos for families to cook together. It's was a mammoth task but achieved due to fantastic support from local businesses and willing volunteers.

The planning and logistics were supported by The Jockey Club, Cheltenham and Creed Foodservice, and a team of volunteers who will be getting the meal kits ready to go out at the beginning of the holidays to over 20 distribution centres around Gloucestershire.

The HAF programme has a range of aims to encourage 5-16 year olds to eat more healthily and be more active over the school holidays, as well as engaging and enriching activities which help development of resilience, character and wellbeing. The



Wiggly Worm is wholeheartedly committed to providing activities, face-to-face or online, to fulfil these aims throughout the 2021 school holidays.

More information about the national HAF scheme is available here: <https://www.gov.uk/government/publications/holiday-activities-and-food-programme/holiday-activities-and-food-programme-2021#aims-of-the-programme>

More information about the Gloucestershire HAF provision is available here: <https://www.gloucestershire.gov.uk/education-and-learning/school-transport-and-free-school-meals/holiday-free-school-meals/>

### **About: The Wiggly Worm**



The Wiggly Worm one of Gloucestershire's leading food charities and run courses and workshops in local communities where people learn practical kitchen and cooking skills, or simply share and enjoy a meal and friendship. Everyone is welcome to join in peeling, chopping, cooking, washing up and eating together.

Projects include one-off community sessions, weekly courses and longer-term learning programmes for individuals and groups across Gloucestershire. Our participants include people of all ages, abilities and backgrounds.

Our experience includes teaching cooking skills and developing social interaction and connections. We have shown that food can be the social glue that brings people together and plays a vital role in improving health and wellbeing.