

Programme Requirements

As per the Department for Education's Grant Determination letter dated 20th December 2022, the expected Holiday, Activity and Food standards for 2023 are as follows:

1. Food:

Providers must provide at least one meal a day (breakfast, lunch or tea) and all food provided at the holiday club (including snacks) must meet [School Food Standards](#)

Our expectation is that the majority of food served by providers will be hot. However, we acknowledge that there will be occasions when this is not possible, and a cold alternative may be used.

All food provided as part of the programme must:

- comply with regulations on food preparation:
- take into account allergies and dietary requirements (see the [allergy guidance for schools](#))
- consider any religious or cultural requirements for food

2. Enriching activities:

Holiday clubs must provide fun and enriching activities that provide children with opportunities to:

- develop new skills or knowledge
- consolidate existing skills and knowledge
- try out new experiences This could include:
- physical activities, for example, football, table tennis or cricket

- creative activities, for example, putting on a play, junk modelling or drumming workshops
- experiences, for example, a nature walk or visiting a city farm

3. Physical activities:

Holiday clubs must provide activities that meet the [physical activity guidelines](#) on a daily basis, for at least 1 hour per day.

4. Increasing understanding and awareness of healthy eating:

Providers must include an element of nutritional education each day aimed at improving the knowledge and awareness of healthy eating for children. These do not need to be formal learning activities and could for example include activities such as:

- getting children involved in food preparation and cooking
- growing fruit and vegetables
- taste tests
- smoothie making

Natasha's Law - ensuring our children and young people with food allergies and intolerances are safe whilst attending HAF.

5. Signposting and referrals

Holiday clubs must be able to provide information, signposting or referrals to other services and support that would benefit the children who attend their provision and their families. This could include information provided by:



- Citizen's Advice
- school nurses, dentists or other healthcare practitioners
- family support services or children's services
- housing support officers
- Jobcentre Plus
- organisations providing financial education

This can include advice on how to source, prepare and cook nutritious and low-cost food alongside increasing awareness of healthy eating

6. Policies and procedures:

Providers must be able to demonstrate and explain their safeguarding arrangements and have relevant and appropriate policies and procedures in place in relation to safeguarding, health and safety, insurance, accessibility, and inclusiveness. Where appropriate, providers must also be compliant with the Ofsted requirements for working with children.