

Sport RCT Case Study

Getting children more active – Food and Fun 2025

Food and Fun is a national, fully funded Welsh Government programme administered by the Welsh Local Government Association (WLGA). It is a school-based education programme that provides food and nutrition education, physical activity, enrichment sessions and healthy meals to children during the school summer holidays. The Food and Fun ethos is: “Working together to promote healthy living, positive well-being and improve engagement with education and the school during the summer holidays.”

This year the project took place in **14** primary schools across Rhondda Cynon Taf, including 3 special schools. We provided **14** community coaches to support the project, with 6 new coaches being trained in Community Food and Nutrition Skills Level 2. This ensures that all staff are trained to provide the correct advice and messages to children who attend. In total, our coaches provided **758** hours delivery, supporting **577** children. The children loved engaging with our sessions and in particular they loved playing non-traditional sports such as archery.

Prior to the programme start we supported the facilitation day, which provided opportunities for staff from RCT and Bridgend to gain confidence

in delivering set nutrition lessons and provide high quality physical activity sessions. Food and Fun is a cross-partnership programme, drawing on a variety of stakeholders who work together to support schools to deliver. The strength of the programme lies in this collaborative working, which provides a range of opportunities to robustly support the school and wider community. Having the right staff is vital, and the programme is most successful when a school really embraces its ethos.

“It has been very encouraging to try new foods, which sometimes is a battle at home. I have found them more active at home and wanting to play outside more.” - Parent

“Food and fun was excellent. I tried a new fruit. I also really liked the mini games in the sporting session.”

Child



758
hours delivered



85%
feel healthier



85%
intend to continue taking part



577
children took part



81%
feel more confident



87%
are now more active, more often



88%
feel happier



82%
made new friends