



IMPACT REPORT SPRING 24

SUMMARY

The Hakuna Fruitata project has continued to ignite food inspiration across Birmingham HAF (holiday activities and food) provision. The combination of high-quality training for provider staff that offers the opportunity to practice cooking skills and do practical training. Alongside sharing theory-based learning and evidence-based research on children's feeding practices, which has led to provider staff feeling empowered, confident and excited to offer interactive, fun cooking and food-based workshops. In addition to having child friendly equipment, and tons of resources to refer to with ideas and facts to include in 'healthy conversations', young people have benefitted from rich, varied and stimulating practical workshops that are not only fun but inspiring memory making as well.

We are proud that over 100 organisations in Birmingham are now offering Hakuna Fruitata workshops as part of their HAF programme of delivery.

SPRING 24

5423
YOUNG PEOPLE



**TOOK PART
IN HAKUNA
FRUITATA
SESSIONS.**

WHAT IS

HAKUNA FRUITATA

A project designed specifically for the Bring it on Brum! HAF programme. Hakuna Fruitata aims to provide practical, interactive and engaging workshops for young people aged 5-16 so they can experience more food-based activities in a 'no worries', 'no pressure' environment.

THERE ARE 2 KEY ELEMENTS TO THE PROJECT:

1 Enabling holiday club staff, young leaders and volunteers to have the confidence, ideas and skills to co-ordinate and deliver practical food-based activities.

2 Providing appropriate resources, equipment and support to allow the fundamental principles of Hakuna Fruitata to be delivered within a culturally and demographic appropriate manner across every HAF club setting.



LET'S TALK ABOUT FOOD

HOW TO HAVE A HEALTHY CONVERSATION

All providers delivering Hakuna Fruitata are expected to have staff attend one of the Let's Talk about Food training workshops. Alongside giving young people the opportunity to be practical and creative with a broad range of food and fresh produce, it's equally important that staff are on board with fundamental principles in how to talk about food and how to encourage positive experiences for all young people.

THE FOLLOWING FUNDAMENTALS UNDERPIN HAKUNA FRUITATA:

- Have fun
- Be positive (in the language being used)
- Don't be afraid to challenge existing thoughts and perceptions
- Be confident in having 'healthy conversations'
- Health by Stealth approach

Another key concept is that provider staff are aware of current research on the feeding practices of young people and how this develops through childhood. Let's Talk about Food training is delivered to enable this to be reflected and incorporated into Hakuna Fruitata practices, covering the following key elements.



BALANCE & VARIETY



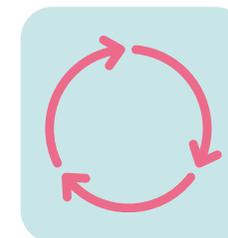
ROLE MODELLING



NUTRITION EDUCATION



INVOLVEMENT IN FOOD PREPARATION AND PLANNING



REPEATED OFFERING



EMOTIONAL REGULATION

Hakuna Fruitata allows opportunities to support children with food choices, as well as creating independence and autonomy for young people. In addition role modelling and how to have a healthy conversation allows adults in influential positions when working with young people to have a positive impact on promoting appropriate guidance to encourage healthy, active and balanced lifestyles.

LET'S TALK ABOUT FOOD TRAINING

DID YOU ATTEND THE LETS TALK ABOUT FOOD TRAINING SESSION?

64%

"YES"

21%

"NO"

BUT I HAVE ATTENDED PREVIOUSLY

15%

"NO"

DID MEMBERS OF YOUR TEAM ATTEND THE LETS TALK ABOUT FOOD TRAINING SESSION?

40%

"YES"

ONLINE/ IN-PERSON SESSION

24%

"NO"

BUT THEY HAVE ATTENDED PREVIOUSLY

14%

"NO"

(22% did not respond)

HOW USEFUL THIS WAS FOR YOU AND COLLEAGUES IN SUPPORTING AND DELIVERING HAKUNA FRUITATA?

"EXTREMELY USEFUL/ SOMEWHAT USEFUL"

78%

I think "Lets Talk about food" Training was essential and vital for all involved in the Hakuna Fruitata Project. Not only did this give a insight to all staff that attended but also allowed the ideas to be implemented accordingly during the recent HAF Easter Camps that took place. A brilliant initiative that has taken the Camps by storm for all the right ,healthy reasons!

It's was very informative for our cooking session We are committed to making our group a healthier one as a result

It was very useful and it empowered us to deliver the sessions with extra confidence.

Staff found the online session very useful to implement during our holiday course.



RESOURCES

PLEASE RATE THE IMPACT OF THE FOLLOWING RESOURCES ON THE QUALITY AND RANGE OF ACTIVITIES YOU CO-ORDINATED FOR YOUR YOUNG PEOPLE DURING WINTER HAF DELIVERY (1 IS POOR AND 5 IS EXCELLENT)

1 2 3 4 5

Cooking bowls, safety knives and cutting mats

Table Top Cooker

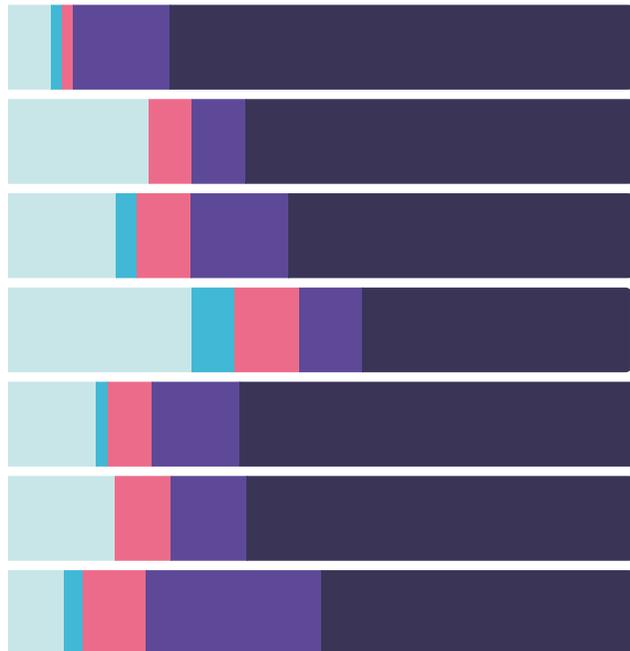
Hand Blenders

Soup Kettle

Tea Towel and Oven Gloves

Aprons

Fresh Produce



DID YOU ACCESS THE HAKUNA FRUITATA RESOURCES VIA THE BIOB PROVIDERS PORTAL?

60%

"YES"

17%

"NO"

23%

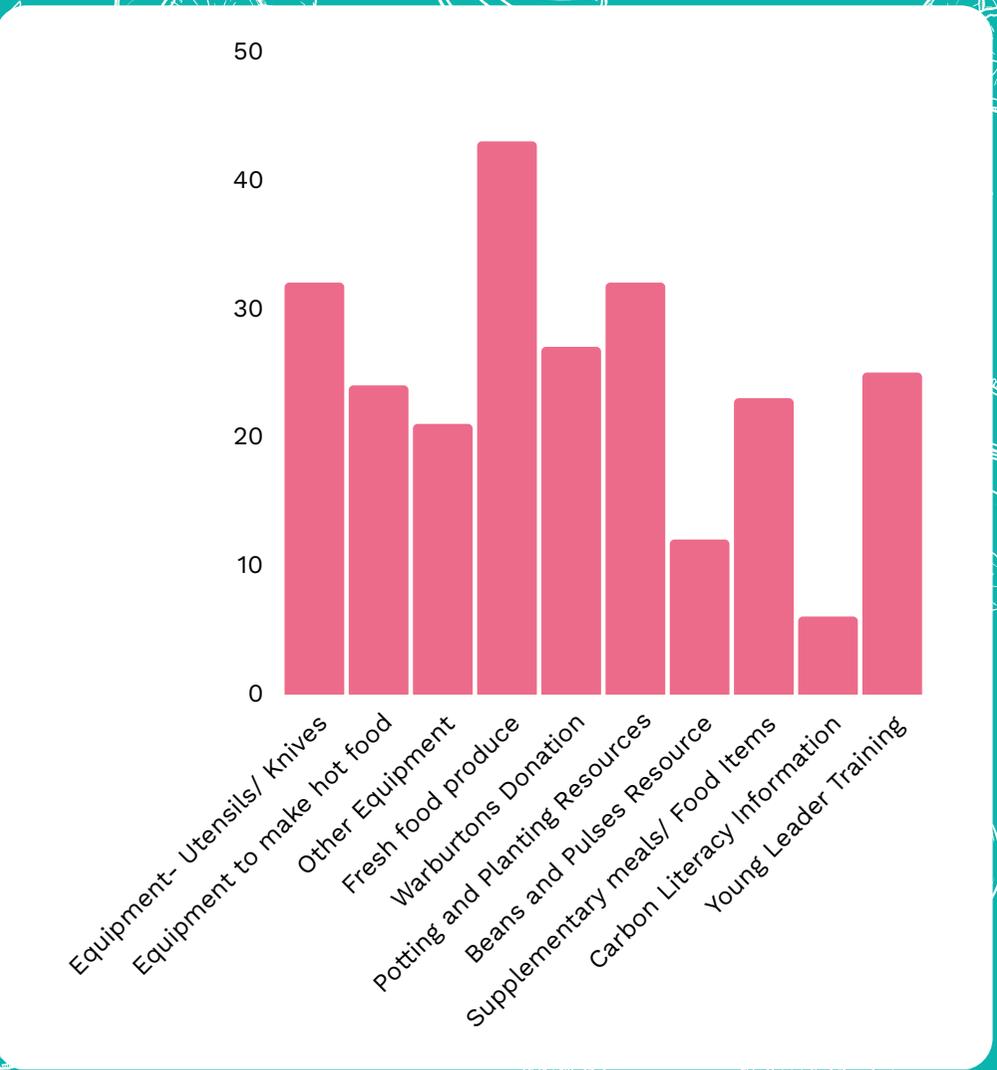
"I WASN'T AWARE OF THIS RESOURCE"

HOW USEFUL DID YOU FIND THE RESOURCES?

"EXTREMELY USEFUL/
SOMEWHAT USEFUL"

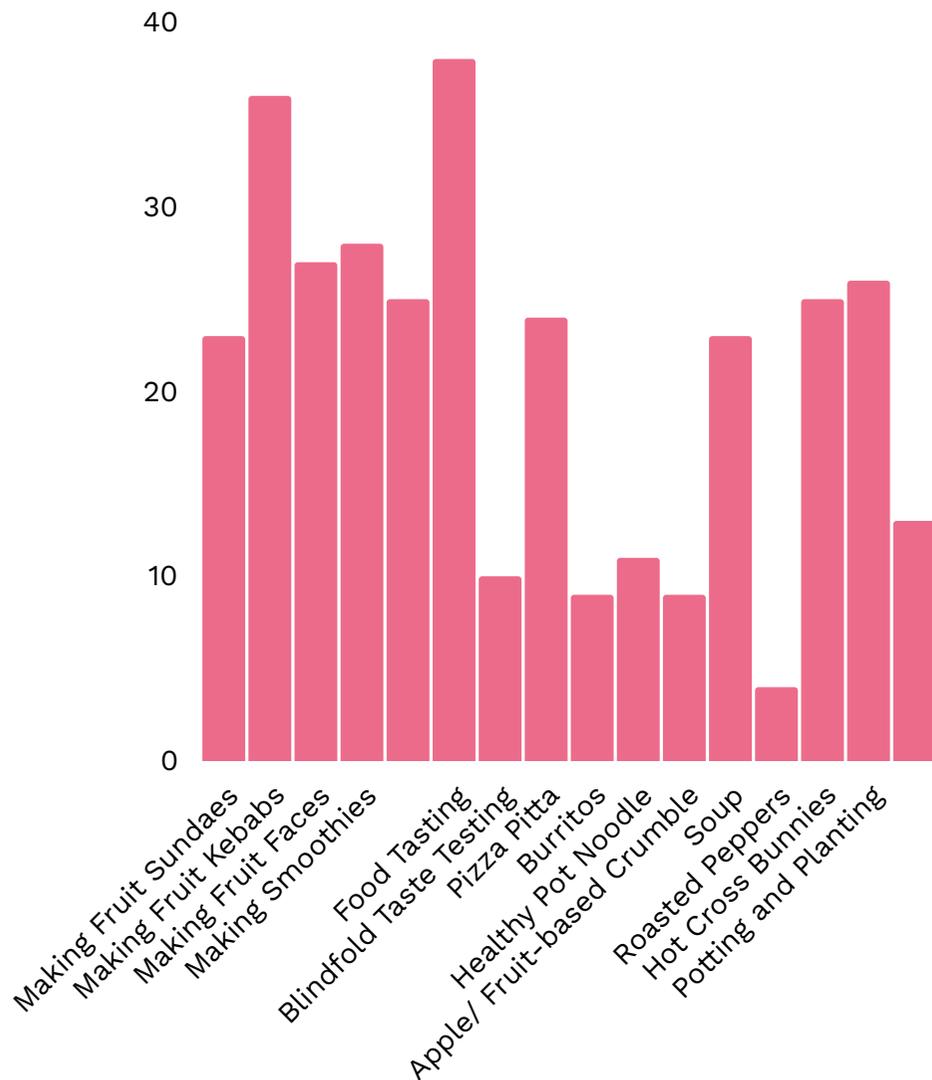
76%

PLEASE INDICATE WHICH OF THE FOLLOWING RESOURCES YOU WOULD LIKE TO ACCESS AND HAVE INCLUDED IN A FUTURE HAKUNA FRUITATA PROJECT. PLEASE SELECT AS MANY AS YOU'D LIKE.



ACTIVITIES

WHAT ACTIVITIES DID YOU DO WITH YOUNG PEOPLE DURING YOUR WINTER HOLIDAY CLUBS?



We made Easter biscuits, popcorn and dried fruit bracelets.

The young people took part in many activities through out the camp including pasta prep, from cutting the ingredients to knowing what is ingredients is required. A brilliant experience for many young people that have never been involved in cooking or baking activities in the past.

We did knife safety with the fruit tasting and herb tasting and getting the children to try and guess the herb and flavour, we also did this with parents present.

Workpacks around food and nutrition / group presentations & activities.

We made our own pizza dough and pizzas. We adapted our hot cross bunnies due to allergies and used bits of apples. We also cooked on the fire.

We had a specified chief who came in and taught the young people how to use knives to create pieces of art with the fruit and vegetables. We also taught the young people about the dangers of using knives incorrectly. The young people also learnt about the science behind fruit and vegetables.

PLEASE GIVE ANY ADDITIONAL THOUGHTS, COMMENTS OR FEEDBACK IN RELATION TO THE HAKUNA FRUITATA PROJECT THAT WE CAN CONSIDER WHEN PLANNING FUTURE PROJECTS.

TO WHAT EXTENT WOULD YOU HAVE BEEN ABLE TO PROVIDE THE HAKUNA FRUITATA ACTIVITIES WITHOUT THE INVESTMENT OF THE HAKUNA FRUITATA RESOURCES YOU HAVE RECEIVED.



It would be great to have some resources to do more cooking outside.



Great project, children really enjoy the fruit workshops and the baking. We did baking as part of the Hot Cross Bunnies for the first time in Easter, and went down really well. But interested in doing more of that, and any other easy recipes would be great!



Amazing project, thank you for including our club in this, great memories and information to give our project.



We were instructed to create Hot Cross Bunnies. We used our initiative and created a variety of activities for the children, however as we were instructed to create Hot Cross Bunnies, this allowed us to ensure we took time out to create this activity. If we could be instructed to make more unique food items for the children, that would be helpful as the children especially enjoyed making the Hot Cross Bunnies compared to the other food related activities.



Thanks you your support providing such high quality fruit and vegetables. This allowed the children to access a wide range of foods they may never of seen or tasted before . Which also allowed us to provide high quality meals everyday of holiday club .



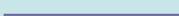
“Definitely would send more staff, pam does amazing work, and we cannot speak highly enough of the project and the impact we can see it has had on the children and the different dynamic it has created in our camps. I had never thought about a lot of the stuff they have put together and am thoroughly impressed by it.



Very limited . The amount and selection of fruit and vegetables provided is fantastic we wouldn't be able to provide such quality due to the cost . The resources and equipment are amazing too . Again the cost of the equipmnet would be too high .



The resources are invaluable. We keep them all in good condition and store them safely so they can be used for years to come.



As a small organisation with limited funds we would struggle to deliver this. Without the resources and support we have recieved we couldnt have done these activities with our young people.



We already cover cooking in our HAF programme but the extra equipment means we can do more with parents and the children love the plastic knives. Without them we would have been limited to 5 children at a time rather than a whole group session.

