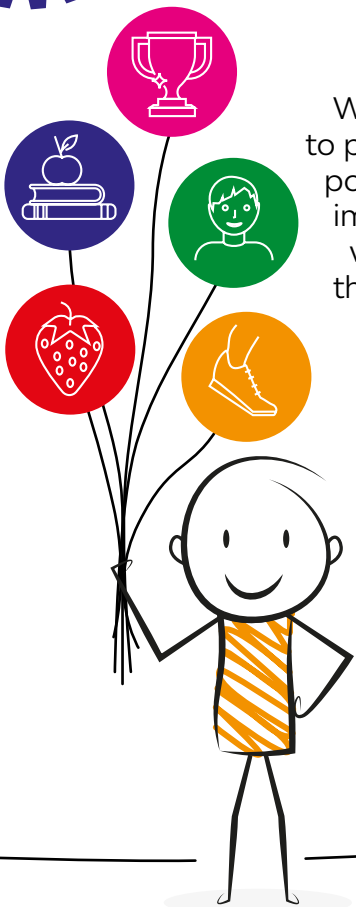




Working together to promote healthy living, positive well-being and improve engagement with education and the school during the summer holidays.



What is Food and Fun?

Food and Fun 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.

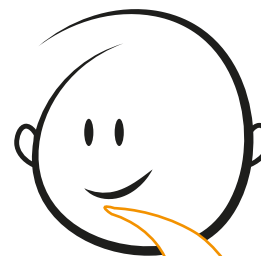
Starting as a pilot run by Cardiff Council in 2015, Food and Fun has developed into a national, fully funded Welsh Government programme administered by the Welsh Local Government Association (WLGA). In 2022, 139 schools delivered the programme and provided over 7800 places for children each day that it ran.

The Welsh Government has committed to fund Food and Fun in 2023 with an indicative budget. The WLGA will continue to coordinate the roll-out by working closely with local authorities and partner agencies.

“I really enjoyed my time at Food and Fun. It has kept me busy and less bored only wish it lasted longer.”

What are Food and Fun's intended outcomes?

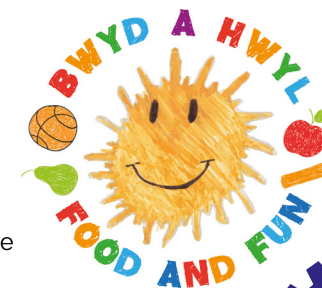
-  Improved mental health and emotional well-being
-  School engagement and educational attainment
-  Improved aspirations
-  Improved physical activity
-  Improved dietary behaviour.



“My child has had a lot of fun at Food and Fun and spending time hanging out with her friends instead of being at home on her tablet or phone.”

What are the main benefits of Food and Fun?

1. The schemes encourage children to be more active over the summer
2. Improvements in children's diets
3. Making new friends and having fun
4. Learning and engagement with school
5. Improving parents' health and well-being
6. Parents learn new skills
7. Involves the whole family
8. Facilitates collaboration between agencies
9. Makes better use of existing facilities
10. Encourages community engagement
11. Offers paid and voluntary employment
12. Signposts to other services
13. Helps parents meet the costs of school holidays

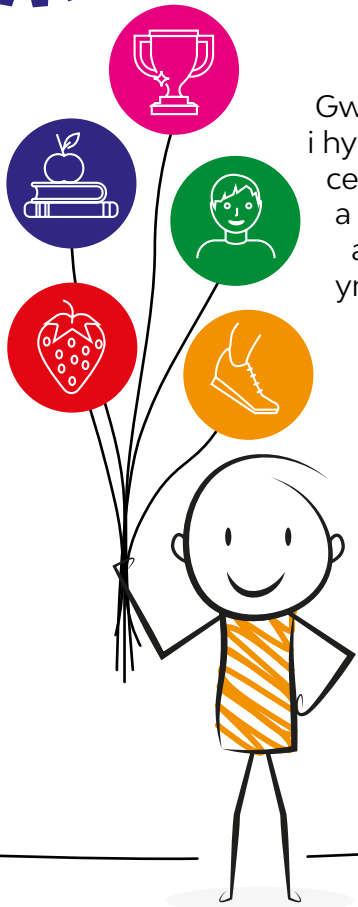


“An excellent service and a great help over the holidays. Gets the kids out of the house and active and learning about healthy foods.”

For more information contact...



Gweithio gydan gilydd i hyrwyddo bywyd iach, cefnogi lles cadarnhaol a gwella ymgysylltiad ag addysg a'r ysgol yn ystod gwyliau'r haf.



Beth yw Bwyd a Hwyl?






Mae Bwyd a Hwyl yn rhaglen addysg yn yr ysgol sy'n darparu addysg am fwyd a maeth, gweithgarwch corfforol, sesiynau cyfoethogi a phrydau bwyd iach i blant yn ystod gwyliau'r haf.

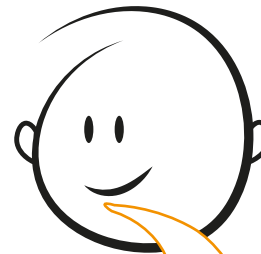
Gan ddechrau fel cynllun peilot gan Gyngor Caerdydd yn 2015, mae Bwyd a Hwyl wedi datblygu'n rhaglen genedlaethol wedi'i hariannu'n llawn gan Lywodraeth Cymru a gaiff ei gweinyddu gan Gymdeithas Llywodraeth Leol Cymru (CLILC). Yn 2022, bu 139 o ysgolion yn darparu'r rhaglen gan ddarparu mwy na 7,800 o leoedd i blant bob dydd y bu'n rhedeg.

Mae Llywodraeth Cymru wedi ymrwymo i gyllido Bwyd a Hwyl yn 2023 gyda chyllideb fras. Fe fydd CLILC yn parhau i gydlyn cyflwyno'r cynllun drwy weithio'n agos gydag awdurdodau lleol ac asiantaethau partner.

“Fe wnes i wir fwynhau fy amser yn Bwyd a Hwyl. Mae wedi fy nghadw in brysur ac yn fodlon ac mi fyddwn in hof i iddo bara am fwy o amser.”

Beth yw Canlyniadau Bwriedig Bwyd a Hwyl?

-  Iechyd meddwl a lles emosiynol gwell
-  Ymgysylltiad ysgol a chyrhaeddiad addysgol
-  Dyheadau gwell
-  Gweithgarwch corfforol gwell
-  Ymddygiad dietegol gwell.



“Mae fy mhentyn wedi cael llawer o hwyl yn Bwyd a Hwyl ac yn treulio amser gyda'i ffrindiau yn hytrach na gartref ar ei ffôn neu lechen.”

Beth yw prif fantaision Bwyd a Hwyl?

1. Mae'r cynlluniau'n annog plant i fod yn fwy actif dros yr haf
2. Gwelliannau o ran deietau plant
3. Gwneud ffrindiau newydd a chael hwyl
4. Dysgu ac ymgysylltu â'r ysgol
5. Gwella iechyd a lles rhieni
6. Rhieni'n dysgu sgiliau newydd
7. Cynnwys yr holl deulu
8. Hwyluso cydweithredu rhwng asiantaethau
9. Gwneud defnydd gwell o gyfleusterau presennol
10. Annog ymgysylltu â'r gymuned
11. Cynnig cyflogaeth am dâl a gwirfoddol
12. Cyfeirio at wasanaethau eraill
13. Helpu rhieni i dalu costau gwyliau'r ysgol



“Gwasanaeth gwych a help mawr dros y gwyliau. Maen cael y plant allan or ty ac yn symud a dysgu am fwydydd iach.”

Am fwy o wybodaeth cysylltwch â...