

How has NGCFI
Managed to Put
Guidelines into
Practice and Link
Growing Activities
into Providing
Healthy Meals for
Hungry Holiday
Club-Goers?





Introduction

- Who We Are: NGCFI (North Glasgow Community Food Initiative)
- Our Focus: Community growing, healthy eating, and reducing holiday hunger
- Key Partners: Love Milton, ARC Steering Group, North United Communities



Holiday Club Context

- Operating in Milton, partners in Ruchill, Wyndford/Maryhill
- Serving over 200 children and young people in Spring/Summer/Autumn
- Combines outdoor play, education, and food support



Guideline Implementation

- REHIS-trained staff and certified kitchens
- Meals are: Fresh, Nutritious, Culturally inclusive (Halal, vegetarian, vegan)
- Emphasis on dignified, safe food provision
- Focus on food waste and homegrown

Growing Linked to Meals



- Activities Include: Wildflower meadow, tattie planting, herb & veg gardening, BBQing
- Food Outcomes: Provision of healthy lunch and snacks during holidays, raise awareness of food wste, organic growing, nutrition.
- Kids try new fruits/veg (e.g., “She eats soup here, not at home”)
- 15kg of veg eaten *by kids* at the BBQ

Healthy Food in Action

- Menu Samples: Homemade pizza, soups, sandwiches, fruit, yoghurts, BBQ
- Sourcing: Bulk buying from local suppliers, home-cooked in local kitchens
- Example here is the “Wrap attack”



Healthy Food in Action

- Another Example – Pizza Party
- Using produce from the garden
- Young people harvested, then made their own lunch.





Daily Program Example

- 1:00pm – 3:00pm: Daily Activities Include:
- Wildflower Meadow Creation
- Den Building
- Gardening (planting tatties, vegetables, herbs)
- Outdoor Cookery (homemade soup, pizza)
- Free Play
- Garden Treasure Hunts
- Pond Dipping
- Nature Crafts
- Bird Bingo
- Nature Collages

Sustainability & Impact

- Sustainable Practices: Local sourcing, recycled materials
- Impact: 17% ASN participants, 30% BAME participation
- Strong parent/child feedback and engagement





Quotes & Voices

- “This is great, it keeps them off screens.” – Mum
- “These pizzas are awesome!” – Child, age 11
- “She eats soup here and not at home.” – Parent
- “Thanks for being so welcoming.” – English learner parent



Conclusion

- NGCFI connects:
Growing activities 🌱 ,
Education 👩‍🎓 ,
Inclusive meals 🍴
- Building healthier,
stronger communities
from the ground up