



## **CHOMP EASTER 2021**

This report outlines Chomp's work, a project of One Church Brighton, over the Easter school holiday (5th-16th April 2021).

This Easter allowed Chomp to start putting on its normal service of providing free lunch and activity sessions for families on low income. Due to COVID restrictions we could only put on a reduced service, limiting us to around 15 people per session (adults and children), not including our staff and volunteers. Despite these limitations, we managed to put on 13 sessions over the two weeks, providing a total of 262 meals across 5 different locations.

### **Chomp Easter Session Statistics**

- Total number of children attended: 120
- Total number of adults attended: 137
- Total number of meals provided: 262
- Total number of sessions: 13
- Total number of volunteers: 21
- Total number of volunteer hours: 144

Over the Spring period our Bristol partner, St Lukes Lunch, provided 106 food hampers to families.

### **Our Chomp Sessions**

Our Chomp sessions are two hours, generally between 11am-1pm. They consist of craft activity, freeplay toys (lego, board games, ball games etc.) and a hot, nutritious meal. Over this Easter we had a range of craft activities: mobile making; clay modelling; painting pots and decorating easter baskets.

During our sessions we also planted violas and squeezed fresh orange juice with mini juice squeezers which families could take home with them.

### **Days out to Rock Farm**

As part of our Whitehawk sessions we took families to Rock Farm, a therapeutic growing space in West Sussex. The day was spent harvesting





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some salad leaves from the polytunnels to eat as part of our lunch; helping out with food preparation for our delicious, nutritious lunch (from Charlotte at Therapy Kitchen); movement activities from TickTock Bridgette; outdoor games with the kids and den making in the woods.

**Feedback from a Chomp Mum:**

- I recently attended Rock Farm with my son who is 7 years old. By offering this opportunity I have realised how beneficial it is. By allowing children to pick their own healthy food from the ground it gets the children involved and gives them a better understanding of healthy food. I am so grateful this is offered as it has changed my son's way of eating habits. To a positive one increasing his appetite for healthy fresh produce.

