

ASDA supports SET's Fit and Fed project

Sports & Education Trust receive donation from local store.



Wycombe Wanderers Sports & Education Trust were thrilled to receive £577.20 from Asda in High Wycombe, to support their Fit and Fed project.

The Fit & Fed project looks to help families that “feel the pinch”, working with two CIC’s, Empower to Cook and Khepera to provide children and their families with cooking tutorials, fun physical activities and a free meal for the whole family, ensuring children went back to school fit and healthy.

Each Fit and Fed day sees Sam Parker, SET's Community Health Manager, representatives from Empower to Cook and Khepera, and a band of willing volunteers bring fresh food and ingredients down to Castlefield Community Centre or Beechview Academy so they can provide cooking lessons and tutorials to the children that attended the project, teaching them the necessary basic skills.

Alongside the healthy cooking, the Fit & Fed team also supply the children with fun activities to ensure they are active, and develop their fitness level whilst enjoying and playing fun games and sports.

So far (since summer 2017) SET have served over 1,261 meals and supported many families throughout the holidays and through their after-school club.

The Fit and Fed project is completely free to all that come along, so solely relies on funding, and every penny received is made to go a long way. The money received from Asda will be used to help purchase food, some new games and some arts and crafts materials for the next holiday period.