



Dear Parent/Guardian,

Your child's/children's school is participating in the Food Dudes Healthy Eating Programme, which aims to encourage children to eat more fruit and vegetables. The Department of Health recommends that children (and adults) eat 5–7 portions of fruit and vegetables each day. However, many children currently eat less than this.

The programme is managed in Ireland by Bord Bia, and is co-funded by the Department of Agriculture, Food and the Marine and the European Union through the School Fruit and Vegetables Scheme, under which the EU has made funds available for the purchase and distribution of fruit and vegetables to schools.

Previously, your child's/children's school received fruit and vegetable deliveries, and pupils were rewarded with stickers and small rewards for eating these foods. At the end of these deliveries, pupils were encouraged to bring in and eat fruit and vegetables from home as part of their school lunch.

This academic year, your child's/children's school will receive 5 days of fruit and vegetables – a "Food Dudes Week" – to help maintain the healthy eating ethos in the school. The school will champion healthy eating throughout the week through specially supplied videos and curriculum-based activities. Additional events or activities may also be held to promote healthy lifestyles both within the school and the local community.

Pupils in Junior Infants and those new to the school this academic year will be provided with a reusable Food Dudes fruit and vegetable lunchbox, to help encourage this healthy behaviour. Your child will also receive a Healthy Eating Activity Booklet, which contains fun activities designed to be completed with you at home during the Food Dudes Week.

You may wish to adjust the amount of food in your child's lunchbox next week to accommodate these additional foods. The programme takes only a small amount of time in school but is designed to support lasting healthy eating habits and promote health benefits for all who participate.

Your child will automatically be included in this programme. However, if you have any queries regarding their participation in the programme (e.g. allergies, etc.), please contact your school.

For further information on the programme and healthy eating ideas, please visit our website: www.fooddudes.ie

We hope you and your child enjoy taking part in Food Dudes!

– **Your Regional Food Dudes Project Manager**



Clár Ithe Sláintiúil

A Thuismitheora/a Chaomhnóra, a chara,

Tá scoil do linbh/leanaí ag glacadh páirte i gClár Itheacháin Sláintiúil Food Dudes, a bhfuil mar aidhm leis leanaí a spreagadh chun níos mó torthaí agus glasraí a ithe. Molann an Roinn Sláinte gur cheart do leanaí (agus do dhaoine fásta) 5–7 bpíosa torthaí agus glasraí a ithe gach lá. Itheann roinnt mhaith leanaí níos lú ná sin faoi láthair, áfach.

Tá an clár seo á bhainistiú ag Bord Bia agus á chómhaoiniú ag an Roinn Talmhaíochta, Bia agus Mara agus ag an Aontas Eorpach tríd an Scéim Torthaí agus Glasraí Scoile. Tá ciste curtha ar fáil ag an AE faoin scéim seo chun torthaí agus glasraí a cheannach agus a dháileadh ar scoileanna.

Romhe seo, seachadadh torthaí agus glasraí chuig scoil do linbh/leanaí, agus tugadh greamáin agus duaiseanna beaga do dhaltaí as na bianna sin a ithe. Nuair a tháinig deireadh leis an seachadadh sin, moladh do leanaí torthaí agus glasraí a thabhairt isteach ón mbaile agus iad a ithe mar chuid dá lón scoile.

An bhliain acadúil seo, gheobhaidh scoile do linbh/leanaí 5 lá de thorthaí agus glasraí – “Seachtain Food Dudes” – chun cabhrú le héiteas an itheacháin sláintiúil sa scoil a choinneáil ar bun. Cuirfidh an scoil itheachán sláintiúil chun cinn le linn na seachtaine le físeáin a chuirfear ar fáil go sonrach chun na críche sin agus le gníomhaíochtaí a bheidh bunaithe ar an gcuraclam. Féadfaidh scoileanna imeachtaí nó gníomhaíochtaí breise a reáchtáil chun stíl shláintiúil mhaireachtála a chur chun cinn, sa scoil agus sa phobal áitiúil.

Tabharfar bosca lóin in-athúsáidte Food Dudes le haghaidh torthaí agus glasraí do na Naíonáin Shóisearacha agus do dhaltaí nua sa scoil an bhliain acadúil seo, chun cabhrú leis an iompraíocht shláintiúil seo a spreagadh. Gheobhaidh do leanbh Leabhrán Gníomhaíochtaí Itheacháin Sláintiúil freisin, ina mbeidh gníomhaíochtaí spráíúla atá siad ceaptha a dhéanamh in éineacht leatsa sa bhaile le linn na Seachtaine Food Dudes.

Seans gur mian leat an méid bia i mbosca lóin do linbh a choigearthú an tseachtain seo chugainn chun spás a fhágáil do na bianna breise sin. Ní chaitear ach méid beag ama ar an gclár ar scoil ach tá sé deartha chun tacú le nósanna itheacháin sláintiúla fadtéarmacha agus buntáistí sláinte a thabhairt do gach duine a ghlacann páirt ann.

Beidh do leanbh san áireamh sa chlár seo sa ghnáthchúrsa. Má tá aon cheist agat maidir lena rannpháirtíocht sa chlár, áfach, (e.g. ailléirgí, etc.), déan teagmháil le do scoil.

Chun tuilleadh eolais a fháil faoin gclár agus faoi smaointe don itheachán sláintiúil, tabhair cuairt ar ár láithreán gréasáin: www.fooddudes.ie

Tá súil againn go mbainfidh tú féin agus do leanbh sult as a bheith páirteach sa chlár Food Dudes!

– **Bainisteoir an Tionscadail Food Dudes i do Réigiún**

