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 receives financial support from the Department of Agriculture, Food and the Marine and the European Union through the School Fruit and Vegetables Scheme.

Your child's/children's school participated in a 8 days/16 days Food Dudes intervention under which pupils received daily deliveries of fruit and vegetables and were rewarded with stickers and small rewards for participation. At the end of the intervention, pupils were encouraged to bring in and eat fruit and vegetables from home as part of their daily diet.

I am very pleased to inform you that your child/children will have the opportunity to participate in the next phase of the programme next week. Under this phase, your child's/children's school will will receive **5 days of fruit and vegetables – a "Food Dudes Week"** – to help maintain the healthy eating ethos in the school. To support the Food Dudes week, your school will be championing healthy eating for the duration of the week through specially supplied DVD episodes and curriculum-based activities. The school may also run additional events or activities to highlight healthy lifestyles both within the school or local community.

Pupils in Junior Infants and pupils new to the school this academic year, will be provided with a reusable Food Dudes Lunchbox, to help encourage this healthy behaviour.

To support the school based activities, your child will be given a Passport to Healthy Eating. This passport contains a number of fun activities and is designed to be completed with you at home during the course of the Food Dudes week. The completion of the passport by you and your child will further enhance the healthy eating ethos in school and at home.

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 will result in health benefits for all who participate.

Your child will automatically be included in this programme. However, if for any reason you do not want your child to take part (e.g. if they are allergic to a certain type of fruit or vegetables), we would be grateful if you could inform the school.

For further information on the programme and healthy eating ideas, please see our website; **www.fooddudes.ie**

We hope you and your child will enjoy the Food Dudes week and have fun with the Food Dudes!

– Your Regional Food Dudes Project Manager

BORD BIA
IRISH FOOD BOARD

An Roinn Talmhaíochta, Bia agus Mara
Department of Agriculture, Food and the Marine

With financial support from the European Union

PRIFYSGOL BANGOR UNIVERSITY

Printed on recycled paper

food dudes

Clár Ithe Sláintiúil

A Thuismitheoir/Chaomhnóir, a chara,

Tá scoil do linbh/leanaí páirteach sa Chlár Bia Shláintiúil "Food Dudes", arb é is aidhm dó leanaí a spreagadh le tuilleadh torthaí agus glasraí a ithe. Is éard a mholann an Roinn Sláinte ná gur chóir do leanaí (agus do dhaoine fásta) 5-7 sciar de thorthaí agus glasraí a ithe gach lá. Bíodh sin mar atá, is iomaí leanbh atá ann a itheann níos lú ná an sciar sin faoi láthair.

Is é Bord Bia a dhéanann an clár a bhainistiú in Éirinn agus faightear tacaíocht airgeadais don chlár ón Roinn Talmhaíochta, Bia agus Mara agus ón Aontas Eorpach faoin Scéim Torthaí agus Glasraí Scoile.

Bhí scoil do linbh/leanaí páirteach i gclár idirghabhála 8 lá nó 16 lá Food Dudes ar na blianta deireanacha agus, mar chuid de sin, bhíodh seachadtaí laethúla torthaí agus glasraí ann agus bhronntaí greamáin agus duaiseanna beaga ar na daltaí as páirt a ghlacadh. Nuair a tháinig deireadh leis an idirghabháil, spreagadh daltaí le torthaí agus glasraí a thabhairt isteach ón mbaile mar chuid den chothú laethúil.

Tá lúcháir orm a chur in iúl duit go mbeidh faill ag do leanbh/leanaí páirt a ghlacadh sa chéad chéim eile den chlár an tseachtain seo chugainn. Sa chéim seo, gheobhaidh scoil do linbh/leanaí **torthaí agus glasraí le haghaidh 5 lá – Seachtain "Food Dudes"** – mar chuidiú le cultúr an bhia shláintiúil a choinneáil i bhfeidhm ar scoil. Chun tacú le seachtain Food Dudes, beidh scoil do linbh/leanaí ag tacú leis an mbia sláintiúil i rith na seachtaine. Leis sin a dhéanamh, bainfear leas as eipeasóidí a cuireadh ar fáil ar mhaithe leis an gcúis seo go sonrach, mar aon le gníomhaíochtaí atá bunaithe ar an gcuraclam. Tá seans ann go reáchtálfaidh pobal na scoile imeachtaí nó gníomhaíochtaí breise le haird a dhíriú ar stíleanna sláintiúla maireachtála ar scoil agus sa phobal áitiúil araon.

Tabharfar bosca lóin in-athúsáidte de chuid Food Dudes do dhaltaí sna Naíonáin Shóisearacha agus do dhaltaí nua sa scoil an bhliain acadúil seo, chun an iompar sláintiúil seo a spreagadh.

Gheobhaidh do leanbh/leanaí Pas don Bhia Sláintiúil chun tacú leis na gníomhaíochtaí scoilbhunaithe. Mar chuid den phas seo tá roinnt gníomhaíochtaí spraiúla ann agus dearadh é le go gcuirfear i gcrích é in éineacht leatsa sa bhaile nuair a bheidh seachtain Food Dudes ar siúl. Má chuireann tú féin agus do leanbh an pas i gcrích, cuirfidh sé sin tuilleadh le cultúr an bhia shláintiúil ar an scoil agus sa bhaile.

Tá seans ann gur mian leat an méid bia a bhíonn i mbosca lóin do linbh a athrú an tseachtain seo chugainn mar gheall ar an mbia sa bhreis a bheidh ann. Ní thógfaidh an clár ach méid beag ama ar scoil ach bainfidh gach a nglacfaidh páirt ann buntáistí sláinte amach dá bharr.

Cuirfear do leanbh san áireamh sa chlár seo go huathoibríoch. Mura bhfuil tú ag iarraidh go nglacfadh do leanbh páirt sa chlár (m.sh. má tá ailléirge air/uirthi le cineál áirithe toraidh nó glasra), bheimis buíoch díot dá gcuirfeá é sin in iúl don scoil.

Chun tuilleadh eolais a fháil ar an gclár agus ar smaointe maidir le bia sláintiúil, téigh chuig ár suíomh gréasáin; **www.fooddudes.ie**

Tá súil againn go mbainfidh tú féin agus do leanbh sult as seachtain Food Dudes agus go mbeidh spórt agaibh leis na Food Dudes.

– Do Bhainisteoir Réigiúnach ar an gClár Food Dudes

BORD BIA
IRISH FOOD BOARD

An Roinn Talmhaíochta, Bia agus Mara
Department of Agriculture, Food and the Marine

With financial support from the European Union

An Chomhairle um Oideachas Gaeltachta & Gaelscolaíochta

PRIFYSGOL BANGOR UNIVERSITY