



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. Health experts recommend that children (and adults) eat 5 - 7 portions of fruit and vegetables each day. However, many children currently eat less than this, with national average intake of fruit and vegetables less than half that recommended.

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 – under which the EU has made funds available for the purchase and distribution of fruit and vegetables to schools.

The aim of the programme is to encourage children to try fruit and vegetables and come to enjoy the taste of the foods. They also come to think of themselves as healthy eaters who enjoy fruit and vegetables. The programme takes only a small amount of time in school but will hopefully result in health benefits for all who participate.

There are two levels of participation in the programme within the school; for junior classes and for senior classes. Pupils in senior classes in the school will be offered the opportunity to participate for eight days, tasting each of the provided fruit and vegetables twice. They will be rewarded with small prizes for eating these foods. Children then receive fruit and vegetable containers which encourages them to bring in and eat fruit and vegetables from home as part of their daily lunch diet. Up to 5 additional fruit and veg tasting days will also be provided to the school later in the year.

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 vegetable), 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](http://www.fooddudes.ie)

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

– **Your Regional Food Dudes Project Manager**



## Clár Ithe Sláintiúil

A Thuismitheoir/Caomhnóir,

Ta do scoil/ pháiste páirteach i gClár Itheacháin Sláintiúil Food Dudes. Tá sé mar aidhm ag an gClár páistí a spreagradh chun níos mó torthaí agus glasraí a ithe. Molann saineolaithe sláinte gur chóir do pháistí (agus do dhaoine fásta) 5 – 7 bpíosa torthaí agus glasraí a ithe gach lá. Itheann a lán páistí faoi bhun an mhéid sin faoi láthair, áfach.

Stiúrann Bord Bia an clár in Éirinn. Tugann an Roinn Talmhaíochta agus Bia agus Mara tacaíocht airgid don chlár seo. Agus tá tacaíocht ag teacht ón Aontas Eorpach freisin. Tá scéim scoile aige a bhaineann le Torthaí agus Glasraí – sa scéim seo tá maoiniú ar fáil chun torthaí agus glasraí a cheannach agus a dháileadh ar scoileanna.

Is é aidhm an chlár go spreagfaidh sé páistí chun triail a bhaint as torthaí agus as glasraí ionas go rachaidh siad i dtaithí ar a mblas agus go mbainfidh na páistí sult as an mblas sin. Ansin féachfaidh siad orthu féin, freisin, mar iteoirí sláintiúla a bhaineann taitneamh as torthaí agus glasraí. Ní thógann an clár mórán ama ar scoil, ach tá dóchas ann go rachaidh sé chun sochar a sláinte siúd a ghlacfaidh páirt ann.

Taobh istigh den scoil tá dhá leibhéal páirteachais ann: ranganna sóisearacha agus ranganna sinsearacha. Sna ranganna sinsearacha beidh seans ag na daltaí bheith páirteach ar feadh 8 lá, agus beidh seans acu blas a fháil ar gach toradh agus gach glasra, a bheidh ar fáil, faoi dhó. Gheobhaidh siad duaiseanna le haghaidh ithe na mbianna seo. Ansin gheobhaidh na páistí coimeadáin do na torthaí agus na glasraí, agus spreagann seo iad chun torthaí agus glasraí a thabhairt isteach leo ón mbaile agus iad a ithe mar chuid dá lón laethúil. Soláthrófar torthaí agus glasraí don scoil suas go cúig lá breise níos moille sa bhliain.

Beidh do pháiste san áireamh sa chlár ó thús. Ach, má tá aon chúis ann nár mhaith leat go mbeadh do pháiste páirteach ann (m.sh. mura réitíonn torthaí agus glasraí áirithe leo), bheimis buíoch dá gcuirfeá an scoil ar an eolas.

Le tuilleadh eolais a fháil ar an gclár agus ar smaointe ar itheachán sláintiúil, féach ar ár suíomh gréasáin:  
**[www.fooddudes.ie](http://www.fooddudes.ie)**

Tá súil againn go mbeidh spórt agat féin agus ag do pháiste le Food Dudes!

– **Bainisteoir Tionscnaimh Food Dudes**