



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.

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.

For 16 consecutive school days, children receive free fruit and vegetables in school and are rewarded with stickers and small rewards for eating these foods. Children will then be encouraged to bring in and eat fruit and vegetables from home as part of their daily diet and will be rewarded with certificates of achievements. Up to 5 additional fruit and veg tasting days will also be provided to the school later in the year.

The aim of the programme is to encourage children to repeatedly try fruit and vegetables so that they can learn to like them. The programme depicts positive role models, the Food Dudes, in a series of DVD adventures and letters are read out in class that encourage children to eat fruit and vegetables. Stickers and small rewards are offered for participation in the programme. The small rewards are designed for primary school children aged 4 years and over.

Beginning next week, for 16 days of the programme your child will receive a free piece of fruit and a portion of vegetables at school. You may wish to adjust the amount of food in your child's lunchbox to accommodate these additional foods. The programme takes only a small amount of time in school but will hopefully 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](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 spreagadh 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.

Ar feadh 16 lá i ndiaidh a chéile, geobhaidh páistí torthaí agus glasraí saor in aisce sa scoil agus gheobhaidh síad greamaitheoirí agus duaiseanna beaga toisc gur ith siad na torthaí agus na glasraí. Ansin spreagfar páistí chun torthaí agus glasraí a thabhairt leo ón mbaile agus iad a ithe ar scoil mar chuid dá lón laethúil agus gheobhaidh sí teastaí chun a ndul chun cinn a aithint. Soláthrófar torthaí agus glasraí don scoil suas go cúig lá breise níos moille sa bhliain.

Is é aidhm an chlár go spreagfaidh sé páistí chun torthaí agus glasraí a blaiseadh arís is arís ionas gur féidir leo dul i dtáithí orthu. Cuireann an clár eiseamláirí dearfacha i láthair, mar atá, Food Dudes. Tá siad i straith eachtraí ar DVD agus i litreacha a léifidh an múinteoir os ard sa rang. Tá na Gaiscígh ann chun na páistí a spreagadh chun torthaí agus glasraí a ithe. Faigheann na páistí greamaitheoirí agus duaiseanna beaga chun páirt a ghlaicadh sa chlár. Dearadh na duaiseanna beaga le haghaidh páistí bunscoile 4 bliana d'aois agus os a chionn sin.

Ag tosú an tseachtain seo chugainn, agus ar feadh 16 lá an chláir gheobhaidh do pháiste cuid saor in aisce de thoradh agus de għlasra ar scoil. Seans gur mhaith leat an méid bia atá i mbosca lóin do pháiste a athrú chun spás a dhéanamh le haghaidh an bhia bhreise seo. Ní thógann an clár mórán ama ar scoil, ach tá dóchas ann go għażiex idher sé go mór le sláinte iad siúd a ghlaċfaidh páirt ann.

Cuirfear do pháiste in áirithe láithreach sa chlár seo. Ach má tá aon chūis nár mhaith leat go mbeadh do pháiste páirteach ann (m.sh. má tá ailléirge ar an bpáiste roimh thoradh nó glasra de chineál éigin), bheimis buioch dá għċirfeá an scoil ar an eolas.

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

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

**- Bainisteoir Tionscnaimh Food Dudes**