



Dear Teacher,

As you are aware, healthy eating habits started early in childhood can last a lifetime. Lunchtime provides one third of a child's daily nutrition requirements so where better to start. This year on Operation Transformation we want to see Irish children's lunchboxes transform.

Operation Healthy Lunchbox will launch on Operation Transformation at 8.30pm on Thursday 21st of January on RTÉ One and we are calling on all primary schools to get involved.

To be in with a chance of Operation Transformation coming to surprise your class, log on to rte.ie/ot and upload photos of your class showing off their healthy lunchboxes. Applications are now open, you can submit your photos via the 'Send us Your Photos' tab on our homepage or the 'Get Involved' page. The photos should include both the lunchboxes and their proud owners! You can upload a maximum of ten photos per class

We will feature your photos on Operation Transformation and Kathryn Thomas will visit one class each week from 22nd January to 5th February to present the class with their very own Operation Healthy Lunchboxes live on the Nicky Byrne Show with Jenny Greene on 2fm. The visit will also feature on Operation Transformation. All Terms and Conditions are available on rte.ie/ot.

To help parents and children with this mission, Safefood have created the attached Healthy Lunchbox leaflet with everything you need to know. They have already delivered leaflets to over 850 primary schools across the country, if your school isn't one of them, simply go to our website to find out how you can get them delivered free of charge.

If you would like any more info, please email ot@rte.ie.

Best of luck!

Team OT