

Dear Teacher,

As you're aware, healthy eating habits started early in childhood can last a lifetime and lunchtime provides one third of a child's daily nutrition requirements.

As the new year gets under way and as your school previously ordered our **FREE** healthy lunchbox leaflets, we are delighted to provide you with an additional 100 **FREE** copies of the leaflet which is packed full of great advice and tips for parents.

We are also excited to tell you about a new healthy lunchbox initiative being launched on 21st Jan 2016 on RTÉ's Operation Transformation television series which is sponsored by **safefood**.

The initiative '**Operation Healthy Lunchbox**' which is also supported by Healthy Ireland, will be led by the TV show's dietitian Aoife Hearne, and is inviting schools and teachers to upload photos of their healthy class lunchboxes via the Operation Transformation website.

Each week, Aoife will choose the healthiest lunchboxes and presenter Kathryn Thomas will make a surprise visit to some winning schools live on 2FM's Nicky Byrne Show. More details on how to enter will be on Operation Transformation each Wednesday and Thursday night at 8.30pm on RTÉ 1 TV and online at www.rte.ie/ot

The lunchbox leaflets are just one part of **safefood's FREE** curriculum-led, education resources. You can find out more about our resources by visiting www.safefood.eu or emailing us at info@safefood.eu

Wishing you well for the school year ahead.

Yours sincerely,
The **safefood** education team.



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