

Promoting Healthy Lifestyle Choices



SAMPLE menu

Some of the choices available to students

Hot Options

Pasta Dishes	from €3.00
Rice Dishes	from €3.00
Selection of toasted wraps	from €3.00
Soups	from €1.50

Chilled Options

Selection of small filled rolls	from €1.00
Selection of filled baps	from €3.00
Selection of filled wraps	from €3.00
Selection of salads	from €3.00

Beverages

Water	€0.80
Fresh Fruit Smoothies	from €2.50
Milk	€0.80
Selection of Teas and Coffees	€0.80

Snacks

Fruit pots	€1.00
Yoghurt	€0.90
Seed and Nut mixes	€1.00
Scones	€1.20

HEALTHY FOOD IN YOUR SCHOOL

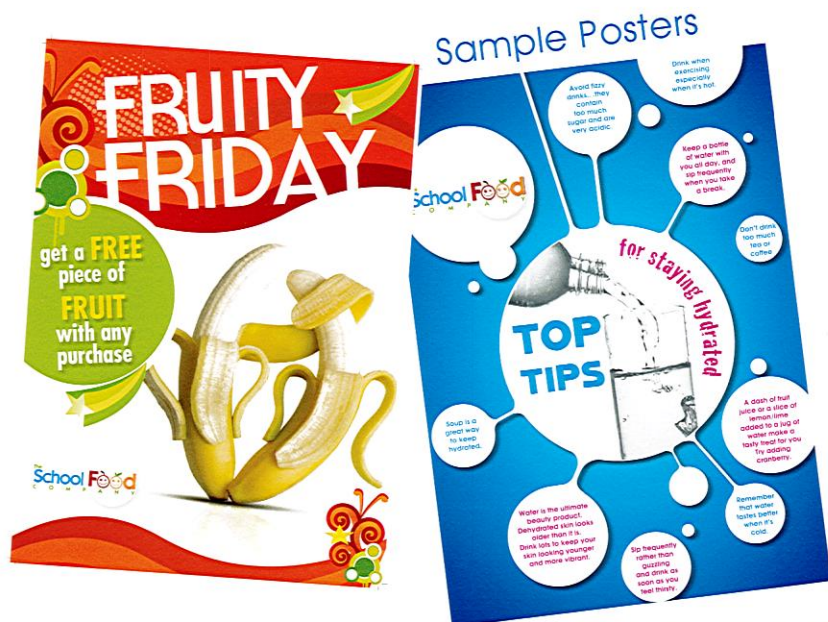
We would like to take this opportunity to give you a sense of how we are working with the staff and management to promote healthier food and lifestyle choices within the school.

The School Food Company in conjunction with the school are dedicated to providing a healthy, nutritious food service to students.

The canteen in the school offers a full fresh food service to students on a daily basis.

Furthermore a range of strategies are being put in place to help empower young people to choose healthy options, including;

- Prominent display of fresh seasonal fruit
- Pricing strategies to promote the healthiest choices
- Promotional materials to promote healthy choices
- Healthy lifestyle events



TOP TIPS FOR INCREASING FRUIT & VEG CONSUMPTION

- Keep a well-stocked fruit bowl and encourage the family to snack on fruit
- Don't force kids to eat fruit & veg – this is always a bad idea
- Do praise your children when they try a new fruit or vegetable
- Cut back on junk food – if you don't buy it, they won't eat it
- Be a role model – set a good example and eat plenty of fruit & veg yourself!

