



Healthy Eating: Useful Information and Tips

Here at St Columba's GNS with Facility for Deaf Children we encourage children to enjoy food and to develop consistent healthy eating habits from a young age.

Ensure your child's lunchbox is labelled and can be easily opened. All rubbish goes home each day to help parents/guardians monitor what their child has eaten in school. We have children in the school with severe nut allergies so please avoid nuts or products containing nuts.

Free School Meals Scheme:

As part of the free school meals scheme, our students are provided with a hot lunch each day. Our school lunches are catered by Ashdale Catering which is located in Cork. The hot meals are prepared with locally sourced ingredients and are prepared fresh each morning. The meals are delivered hot, each day in time for lunch.



Here is how to register:

1. Send an email to sales@ashdalecatering.ie with the name of your school, child's name and listing what class they are in and their teacher's name
2. Once you have emailed with your details you will receive a link which then allows you to make up your own password for your account
3. You're all set to select your child's menu for each day of the week

Why not get your child involved in making their own snack for morning break? It's a great way to encourage them to make healthy choices and can help to develop independence!

Links to useful websites with healthy lunchbox ideas:

<https://www.safefood.net/family-health/school-lunchbox>

<https://ndc.ie/lunchbox-tips/>

<https://irishheart.ie/news/back-to-school-heart-healthy-lunchbox-ideas/>

<https://www.schooldays.ie/articles/Lunch-box-ideas-for-kids>

<https://www.thecoolfoodschool.ie/news/50-back-to-school-lunchbox-ideas>