Nutrition Standards for School Meals

These Standards were developed with the assistance of ***safefood*** and the Health Service Executive in cooperation with members of the School Meals Programme in the Department of Employment Affairs and Social Protection and Department of Education and Skills.

Introduction

These Nutrition Standards for School Meals are being published under the auspices of Healthy Ireland, the national Framework which aims to improve the health and wellbeing of the population of Ireland.

Healthy Ireland takes a 'whole of Government' and a 'whole of society' approach to addressing the determinants of health, including education, and to supporting healthy lifestyles across the life course. One of the four goals of Healthy Ireland is to reduce health inequalities and "giving children the best start" is one of the most important actions for reducing inequalities.

The publication of these Standards delivers on key commitments of our four Government Departments: the Department of Health, the Department of Employment Affairs and Social Protection, the Department of Education and Skills and the Department of Children and Youth Affairs. In particular, it delivers on the purpose of the national policy framework for children and young people 'Better Outcomes, Brighter Futures' (BOBF) to coordinate policy across Government to achieve better outcomes for children, as well as reflecting the cross-sectoral action required to tackle child poverty.

Good nutrition for children is a key priority for the Department of Health and is recognised as an early action in the National Obesity Policy and Action Plan towards implementing a "whole of school" approach to healthy lifestyle programmes, driven by a partnership between the Department of Health and the Department of Education and Skills to ensure that the curriculum as well as a school's environment and policies support our children and young people to more confidently make healthier choices. The Department of Education and Skills DEIS (Delivering Equality of Opportunity in Schools) Plan 2107 provides for a cross-department collaboration to support the implementation of Nutrition Standards for School Meals.

The Department of Employment Affairs and Social Protection has responsibility for the School Meals Programme, which assists in providing nourishing food to early years settings and schools participating in this programme. School meals also provide an important socialisation opportunity and, at post primary level, the availability of food at lunchtime can help to reduce the number of students leaving before the school day is finished.

The School Meals Programme operates in schools and other locations with priority access for schools designated as DEIS and aims to provide regular, nutritious food to children who are unable, by reason of lack of good quality food, to take full advantage of the education provided for them. It is an important component of policies to encourage school attendance and extra educational achievement by children, particularly those from the most disadvantaged background, and the Programme provides nutritious food to up to 250,000 children every year. Children should be educated and supported to embrace the 'Healthy Food for Life' guidelines from a young age in order to grow and develop into healthy adults and to be a healthy weight. Research has shown that proper nutrition can improve children's ability to concentrate, improve disruptive behaviour and encourage children to attend school. The implementation of the Nutrition Standards for School Meals will ensure that children and young people are offered healthy, nutritious and balanced meals and snacks.

The Departments wish to thank the Working Group led by the Health and Wellbeing Programme in the Department of Health which developed the standards and in particular to acknowledge the contributions from colleagues in ***safe*food** and the Healthy Eating Active Living Programme in the Health Service Executive. These standards have been adapted from those used to support the Food in Schools Policy in Northern Ireland and we are grateful to colleagues in Northern Ireland who facilitated that.

These Nutrition Standards will be a valuable resource to support the ongoing work to enable and promote healthy eating and healthy lifestyles in schools and will help more children to derive the maximum benefit from their education so that they can achieve their full potential.

An Roinn Sláinte
DEPARTMENT OF HEALTH

AN ROINN OIDEACHAIS AGUS SCILEANNA | DEPARTMENT OF EDUCATION AND SKILLS

An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí
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An Roinn Leanaí agus Gnóthaí Óige
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Background

What is the School Meals (Local Projects) Scheme?

The School Meals (Local Projects) Scheme is an administrative scheme, operated directly by the Department of Employment Affairs and Social Protection. The Scheme provides funding to primary and post-primary schools, local groups, voluntary organisations and community-based not-for-profit preschools operating their own school meals projects. The administration and associated costs are the responsibility of the schools or organisations.

Why are Nutrition Standards needed for this Scheme?

Children need to have a healthy diet that provides adequate energy and nutrients and which is balanced and varied in all the Food Pyramid groups. A well-nourished child is a child that is healthier and better equipped to learn and develop at school; therefore the procurement of food in schools needs to assure a healthy diet for children. In addition, the early years of life – mostly spent at school – are essential for the setting of healthy eating habits; it has been shown that eating habits developed during childhood remain in adulthood.

The increasing prevalence of overweight and obesity in Irish children is a major public health issue and while there is some evidence of a levelling off of obesity and overweight in 7 year olds, these results are not replicated in disadvantaged or DEIS schools. Overweight and obesity can have multiple negative consequences for physical and emotional health both acutely and in the long-term, while also impeding social wellbeing. As children from low-income households are more vulnerable to inadequate nutrition, the DEIS school setting is a primary target for these Nutrition Standards.

Investing in the future by providing disadvantaged children with healthy food and thereby enabling them to take full advantage of the educational opportunity provided to them can bring lasting benefits and foster prosperity.

These Standards aim to ensure that children and young people in schools participating in the scheme are provided with healthy balanced meals that follow the Healthy Eating Guidelines. These Standards also support the Healthy Ireland Framework and Better Outcomes; Brighter Futures. In addition, the State wants to ensure the best value for its financial investment in the scheme.

Background

How are the Standards presented?

The Standards are food-based and are provided for each meal type funded by the Scheme, that is:

Breakfast or snack	Lunch or after-school meal	Dinner

Where limits are referenced in the Nutrition Standards these are given on a per-week or per-month basis.

How were the Standards developed?

These Nutrition Standards are adapted from the Standards published to support the Food in Schools Policy in Northern Ireland.

This work was coordinated by the Health and Wellbeing Unit, Department of Health and undertaken by a working group with representatives from ***safe*food** and the Healthy Eating Active Living (HEAL) programme in the Health Service Executive, in cooperation with members of the School Meals Programme in the Department of Employment Affairs and Social Protection and the Department of Education and Skills.

Who are the Standards for?

These Nutrition Standards have been created for those involved in providing food to schools or organisations in receipt of funding from the School Meals (Local Projects) Scheme. The Standards will also be used by those administering the Scheme in the schools, commencing in January 2018, to ensure that food purchased complies with the Nutrition Standards. For this purpose the Standards are referenced in the service level agreement between the Department of Employment Affairs and Social Protection and the school or organisation funded under the Scheme. The Standards will also be referenced in the documents used by those involved in the Department of Employment Affairs and Social Protection School Meals Inspection Programme to check if the school or organisation is complying with the terms of the School Meals (Local Projects) Scheme.

These Standards should be adhered to when food contracts are being specified in the procurement process (the sourcing, buying and provision or tendering process) and should also be applied when planning menus.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt

NOT every day

! Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day

5 for children age 9–12 and teenagers age 13–18

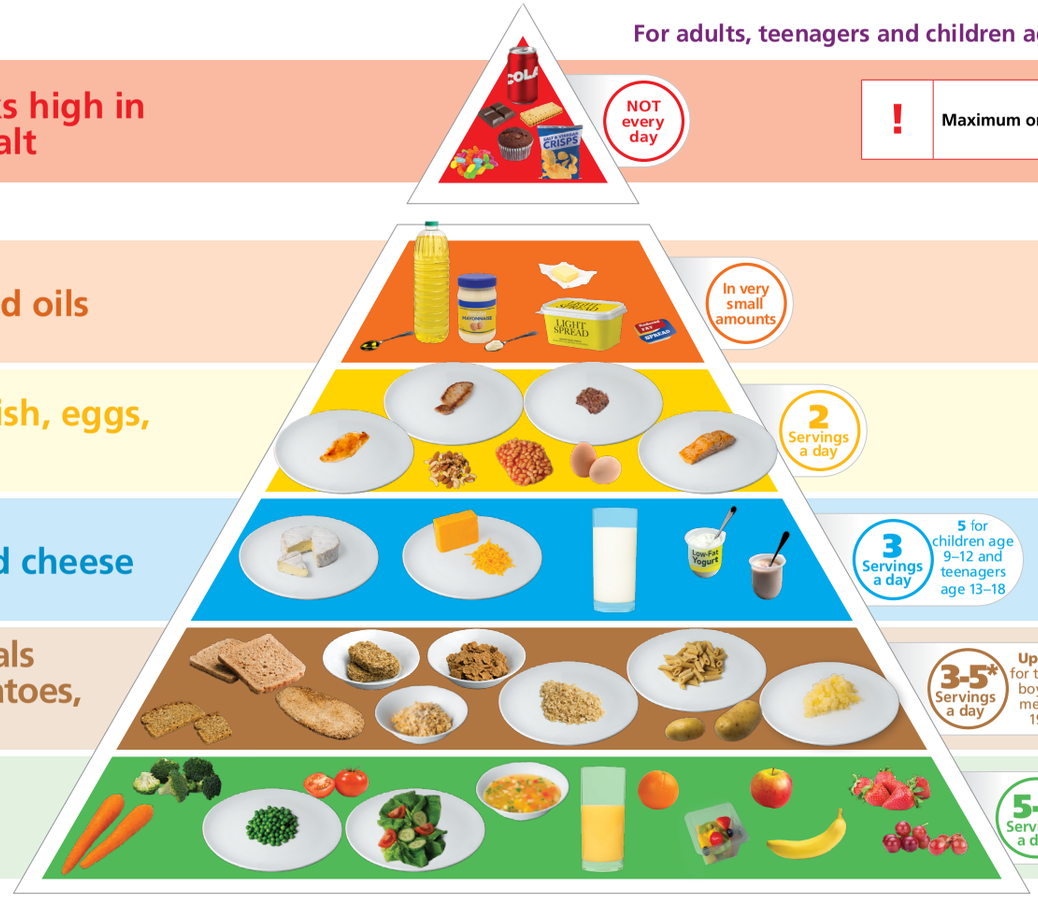
Wholemeal cereals and breads, potatoes, pasta and rice

3-5* Servings a day

Up to 7* for teenage boys and men age 19–50

Vegetables, salad and fruit

5-7 Servings a day



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)
♀	3–4	4	4–5	3–4
♂	3–5	5–7	5–7	4–5

Inactive	Teenager (13–18)	Adult (19–50)	Adult (51+)
♀	3	3–4	3
♂	4–5	4–6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health. December 2016.

Nutrition Standard for breakfast

1

Current status:
The scheme provides €0.60 funding for this meal.

A minimum of **TWO** items should be provided that is **1** serving of wholemeal or wholegrain cereals and breads and **1** serving of **either** milk, yogurt or cheese **OR** fruit .

Proposed nutrition standard:

Using the Food Pyramid as a guide, every breakfast should contain

1 serving of wholemeal or wholegrain breakfast cereal or breads

Along with a choice of either

1 serving of fruit

OR

1 serving of milk, yogurt or cheese

Examples of food to be provided:

- **Cereal**
- **Toast**
- **Fruit**
- **Yogurt**
- **Milk**

Wholemeal or wholegrain cereals and breads

Standard

- Every breakfast should contain **ONE** serving from this group.
- Bread should be wholemeal or wholegrain or a 50:50 mix of wholemeal and white.
- Breakfast cereals should be low in sugar and fat and preferably be high in fibre or wholegrain, for example porridge or shredded or wheat biscuits.
- Breakfast cereal bars cannot be used as a substitute for a bowl of cereal.

Notes

- These starchy foods are inexpensive and provide energy, fibre, vitamins and minerals.
- Wholemeal bread is a healthy source of carbohydrates and fibre.

One serving is

- 2 thin slices of wholemeal bread.
- 2 whole wheat cereal biscuits.
- 1 cup of flaked type breakfast cereal - bran, crisped rice, toasted flakes of corn.
- 1/3 cup porridge oats.

Vegetables, salad and fruit

Standard

• Every breakfast should contain **ONE** serving of fruit from this food group OR **ONE** serving of milk, yogurt and cheese.

• Offer a variety of fresh or tinned fruit in its own juice or unsweetened fruit juice.

Notes

• Fruit provides vitamins, minerals and fibre.

• It is recommended that we eat 5-7 servings of vegetables, salad and fruit a day (aim for 7 a day for post-primary school children).

• Cutting up fruit and vegetables into smaller pieces can make it easier to eat for younger children.

• Whole fruits such as apples, bananas and oranges are a better choice than fruit juice as they are higher in fibre.

One serving is

• 2 small fruits such as plums, kiwis, mandarins.

• 1 medium sized fruit such as apple, orange, pear or banana.

• 10 - 12 berries or grapes.

• 1 small carton or glass of unsweetened fruit juice (approximately 150 mls). Limit fruit juice to once a day.

Milk, yogurt and cheese

Standard

- Every breakfast should contain **ONE** serving from this group OR **ONE** serving of fruit.
- Milk should be available every day for drinking, to serve with cereal and combining with porridge oats.

Notes

- Milk, yogurt and cheese are a good source of several nutrients, including protein, vitamins and most importantly calcium, which is important for healthy bone development.
- Milk is a good drink option as it's tooth friendly as well as nutritious.
- Butter, cream and ice cream are not included in this group; butter and cream are classed as a high fat food and ice cream is classed as a confectionery item.

One serving is

- 1 glass (200 ml) milk.
- 1 carton (125 g) yogurt.
- 1 bottle (200 ml) yogurt drink (check labels for low sugar varieties).
- 2 thumbs (25 g) of hard (cheddar type) or semi-hard (Edam or Blarney) cheese.

Nutrition Standard for snack

2

Current status:
The scheme provides €0.60 funding for this meal.

A minimum of **TWO** items should be provided.

Proposed nutrition standard:

Using the Food Pyramid as a guide, every snack should contain

1 serving of vegetables, salad or fruit

1 serving of milk, yogurt or cheese.

Examples of food to be provided:

- 1 banana
- 1 pear
- 1 apple
- 2 mandarins
- Yogurt
- Milk
- Carrot sticks

Vegetables, salad and fruit

Standard

- Every snack should contain **ONE** serving of vegetables and fruit.
- Offer a variety of fresh vegetables or fruit..

Notes

- Vegetables and fruit provide vitamins, minerals and fibre.
- It is recommended that we eat 5-7 servings of vegetables, salad and fruit a day (aim for 7 a day for post-primary school children).
- Cutting up fruit and vegetables into smaller pieces can make it easier to eat for younger children.
- Whole fruits such as apples, bananas and oranges are a better choice than fruit juice as they are higher in fibre.
- Tinned fruit in its own juice is a healthy alternative.
- 1 small carton or glass of unsweetened fruit juice. Limit fruit juice to once a day.

One serving is

- 1 medium sized fruit such as apple, orange, pear, banana.
- 2 small fruits such as plums, kiwis, mandarins.
- 10 - 12 berries or grapes.
- 8 carrots or celery sticks.
- 1 small carton or glass of unsweetened fruit juice (approximately 150 mls). Limit fruit juice to once a day

Milk, yogurt and cheese

Standard

- Every snack should contain **ONE** serving of milk, yogurt or cheese.

Notes

- Milk, yogurt and cheese are a good source of several nutrients, including protein, vitamins and most importantly calcium, which is important for healthy bone development.
- Milk is a good drink option as it's tooth friendly as well as nutritious.
- Butter, cream and ice cream are not included in this group; butter and cream are classed as a high fat food and ice cream is classed as a confectionery.

One serving is

- 1 glass (200 ml) milk.
- 1 carton (125 g) yogurt.
- 1 bottle (200 ml) yogurt drink (check labels for low sugar varieties).
- 2 thumbs (25 g) of hard (cheddar type) or semi-hard (Edam) cheese.

Nutrition Standard for lunch or after-school meal

3

Current status:
The scheme provides €1.40 funding for this meal.

FOUR items should be provided (bread in a sandwich or roll counts as one item).

Proposed nutrition standard:

Using the Food Pyramid as a guide, every lunch or after-school meal should contain

2 servings of vegetables, salad or fruit

1 serving of wholegrain bread

1 serving of meat, poultry, egg, beans, cheese or nuts

Examples of food to be provided:

- **Bread or roll**
- **Meat, poulty, egg or cheese filling**
- **Serving of vegetables**
- **Serving of fruit: apple, pear, orange or banana**

Vegetables, salad and fruit

Standard

- Every lunch or after school meal should contain **TWO** servings, **ONE** of fruit and **ONE** of vegetables or salad.
- Offer a variety of fresh, frozen, tinned and dried vegetables and fruits.

Notes

- Fruit and vegetables provide vitamins, minerals and fibre.
- Tinned fruit in own juice is a healthy option.
- It is recommended that we eat 5-7 servings of vegetables, salad and fruit a day (aim for 7 a day for post-primary school children).
- Cutting up fruit and vegetables into smaller pieces can make it easier to eat for younger children.
- Whole fruits such as apples, bananas and oranges are a better choice than fruit juice as they are higher in fibre.

One serving is

- 1 medium piece of fruit (apple, banana, orange, pear).
- 2 small pieces of fruit (kiwi, plums, mandarin).
- 10 - 12 berries or grapes.
- 1 small carton or glass of unsweetened fruit juice (approximately 150 mls). Limit fruit juice to once a day.
- 1 bowl of salad.
- 1 bowl (220 ml) of homemade vegetable soup.

Wholemeal or wholegrain cereals and breads

Standard

• Every lunch or after-school meal should contain **ONE** serving from this food group (for example, two thin slices of bread).

Notes

• Best sources of carbohydrates are wholemeal or wholegrain cereals and bread.

• Nearly all types of bread are acceptable: white, brown, wholemeal, wheaten, granary, high fibre, white bread and rolls, homemade bread and bagels. The preferred options are wholemeal, brown or wholegrain or a 50:50 mix of wholemeal and white.

• White bread cannot be served more than twice a week.

• Offer different types of bread and rolls such as pitta bread and wraps.

One serving is

• 2 thin slices wholemeal bread.

• 1 ½ slices wholemeal soda bread.

• 1 pitta pocket.

• 1 small roll.

Meat, poultry, fish, egg, beans and nuts

Standard

- Every lunch should contain **ONE** serving of food from this group.
- Processed meat or chicken products, fried foods, foods cooked in batter or breadcrumbs or foods containing pastry, should only be provided once a week maximum, if at all (for example bacon, ham, sausages, chicken nuggets and similar products).
- Fish to be available at least once a week.
- Meals containing lean red meat should be offered at least twice a week and a maximum of three times a week.

Notes

- Chicken, turkey, tuna and salmon are good low-fat options.
- Beans and eggs are good sources of protein and are low in fat.
- Offer sandwich and roll fillings such as tuna and salmon.
- Lean cuts of meat are best - remove all visible fat before cooking and cook without added fats or oils.
- Some pupils may have a severe allergic reaction to nuts, and whole nuts. It will be for individual schools to decide on whether or not to provide nuts.

One serving is

- 50-75 g cooked lean beef, lamb, pork, poultry, salmon or tuna.
- 2 eggs (1 egg is sufficient for lunch or after-school meal).
- ¾ cup of beans, peas, lentils.
- 40 g unsalted nuts or seeds.

Nutrition Standard for dinner

4

Current status:
The scheme provides €1.90 funding for this meal.

FIVE items should be provided.

Proposed nutrition standard:

Using the Food Pyramid as a guide, every dinner should contain:

2 servings of vegetables, salad or fruit

1 serving of potatoes, pasta or rice

1 serving of milk, yogurt or cheese.

1 serving of meat, poultry, egg, beans, cheese or nuts

Examples of food to be provided:

- **Meat**
- **Potatoes**
- **Serving of vegetables**
- **Chicken curry**
- **Spaghetti bolognaise**
- **Serving of fruit: apple, pear, orange or banana**

Vegetables, salad and fruit

Standard

- Every dinner meal should contain **TWO** servings, **ONE** of fruit and **ONE** of vegetables or salad.
- Offer a variety of fresh, frozen, tinned and dried vegetables and fruits.
- Pies, casseroles, stews and other composite main course dishes must contain a minimum of half a serving of vegetables per portion (40 g).

Notes

- Fruit and vegetables provide vitamins, minerals and fibre.
- It is recommended that we eat 5 - 7 servings of vegetables, salad or fruit a day (aim for 7 a day for post-primary school children).
- Steam or boil vegetables in a small amount of water.
- Spaghetti tinned in tomato sauce does not count as a vegetable.
- Do not add salt to vegetables when cooking.
- Avoid serving vegetables in high fat sauces.
- Serve salads with just a drizzle of dressing.

One serving is

- 1 medium piece of fruit (apple, banana, orange, pear).
- 2 small pieces of fruit (kiwi, plums, mandarin).
- 10-12 berries or grapes.
- 1 small carton or glass of unsweetened fruit juice (approximately 150 mls). Limit fruit juice to once a day.
- 1 bowl of salad.
- 1 bowl (220 ml) of homemade vegetable soup.

Potatoes, pasta and rice

Standard

- Every dinner should contain **ONE** serving from this group.
- Pasta and rice must be offered at least once a week each.
- Don't add salt to water when cooking pasta, rice, or other starchy foods.
- Boil or steam potatoes. Do not add oil or butter.

One serving is

- 1 cup of cooked pasta or rice or noodles.
- 2 medium or 4 small potatoes.

Milk, yogurt and cheese

Standard

- Every dinner should contain **ONE** serving from this group.
- Milk must be available as a drink option every day with school dinners.
- Cheese must not be served as the only vegetarian option more than twice a week.
- Choose low fat foods from this group.

Notes

- Do not rely too much on cheese as the main protein item because it is high in fat.
- Milk and milk products are excellent sources of several nutrients including protein, vitamins, and calcium, which is important for healthy bone development.
- Provide variety for vegetarians, don't rely on cheese. Recommended alternatives include beans, pulses, lentils and nuts.
- Where a serving of cheese is served as the main protein item, it also counts as a serving of food from the meat, poultry, fish, egg, beans and nuts group.

One serving is

- 1 glass (200 ml) milk.
- 1 carton (125 g) yogurt.
- 2 thumbs (25 g) of hard (cheddar type) or semi-hard (Edam or Blarney) cheese.

Meat, poultry, fish, egg, beans and nuts

Standard

- Every dinner should contain **ONE** serving from this group.
- Processed meat or chicken products, fried foods, foods cooked in batter or breadcrumbs or foods containing pastry, should only be provided once a week maximum, if at all (for example bacon, ham, sausages, chicken nuggets and similar products).
- Fish should be available at least once a week.

Notes

- Meals containing red meat must be offered at least 2 and a maximum of 3 times a week.
- Lean red meat is a good source of iron.
- Chicken, turkey and fish are good low-fat options.
- Beans and eggs are good sources of protein and are low in fat.
- Offer sandwich and roll fillings such as tuna and salmon.
- Lean cuts of meat are best. Remove all visible fat before cooking and cook without added fats or oils.
- Some pupils may have a severe allergic reaction to nuts, and whole nuts. It will be for individual schools to decide on whether or not to provide nuts.

One serving is

- 50-75 g cooked lean beef, lamb, pork, mince or poultry.
- 100 g cooked fish.
- ¾ cup beans, peas, lentils.
- 2 eggs.
- 40 g unsalted nuts or seeds.

Standards that apply to all meals and snacks

5

Foods and drinks high in fat, sugar and salt

Standard

- Jam, marmalade and honey, which have a high sugar content, should not be offered as a breakfast option.
- Low fat spreads to be used for sandwiches or toast.
- Sugar, including honey and brown sugar, must **NOT** be available to add to cereals or porridge.
- Confectionery, such as crisps, chocolate, cakes and biscuits, must **NOT** be served and will **NOT** be funded. Fried and other high fat food products, such as chips, roast potatoes, fried potatoes, products fried in the manufacturing process, garlic bread, fried fish or meal choices containing pastry, should only be served a maximum of one day per week.

Notes

- Processed meat or chicken products (such as burgers, sausages, chicken nuggets etc.) should only be served a maximum of once a week.
- Processed meat and chicken products are manufactured products that have been processed and are ready for cooking or reheating.
- On days where processed meat or chicken products are served, schools should aim to provide 50% of the meal offering as a healthy option to allow a choice for pupils.
- Limiting fried and other high fat options helps to limit the overall fat content of lunches.

Salt : Table salt must not be available to add to food.

Fats, spreads and oils

Standard

- A small amount of low fat spread can be used on bread (for sandwiches and toast).
- Low fat mayonnaise should be limited to 10 g or one teaspoon.

Standard for drinks

6

Current status:

Funding must NOT be spent on sugar-sweetened drinks or juices. Milk and water are the best drinks to serve; fruit juice (unsweetened) should not be served more than once per day.

Proposed standard:

Children and young people in school should have easy access to free, fresh drinking water at all times.

Standards

Only drinks available should be:

- **Plain water**
- **Milk**
- **1 small carton or glass of unsweetened fruit juice (approximately 150mls). Limit fruit juice to once a day.**

Water and milk are the best options for drinks with dinner as they are tooth friendly.

- **Fresh drinking water, i.e. tap water, should be available every day.**

Other considerations

Providing food for vegetarians

The food provided for those who are vegetarian should be varied. Cheese must not be served as the only vegetarian option more than twice a week. Other options such as fish, eggs, beans and low fat hummus can be used as sandwich fillings or as ingredients in soups or salads.

Field trips and special occasions

It is recognised that there are instances where the food provided varies due to the location or the nature of the occasion such as field trips and birthday celebrations. Food provided on these days still needs to comply with the Standards if it is to be funded in the context of the Scheme. Schools and organisations are encouraged to consider non-food treats to mark these occasions.

Cooking methods

Using cooking methods other than frying is addressed in the Standards.

Convenience Foods

Fried and other high fat food products, such as chips, roast potatoes, other fried potatoes, products fried in the manufacturing process, garlic bread, fried fish or meal choices containing pastry, should be served a maximum of one day per week.

Pizza can meet the Standards set out above if:

- **It has a wholemeal base**
- **The portion size is equivalent to two thin slices of wholemeal bread**
- **A serving of fruit or vegetable as a topping or a side salad is provided**
- **Is topped with a low fat cheese**
- **It complies with the Standard for meat, fish, eggs, beans and other non-diary sources of protein as set out.**

What about the provision of food for those with allergies?

The food provided for those with allergies must comply with the Standards. Guidance on allergies is available from **http://www.safefood.eu/Allergens/Home.aspx**

Further information

1. Health Service Executive: Bel-Serrat S, Heinen M, Murrin C, Daly L, Mehegan J, Concannon M, et al. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: 2017.

2. Healthy Ireland. Healthy Food for Life. 2016; Visit: http://www.healthyireland.ie/health-initiatives/heg/

3. Health Service Executive; Visit: http://www.hse.ie/healthy eating

4. Health Service Executive. Healthy Ireland. A Framework for Improved Health and Wellbeing 2013 - 2025. Dublin: 2013.

5. Department of Education, Department of Health, Social Services and Public Safety, Northern Ireland. Food in Schools Policy, Healthy Food for Healthy Outcomes. 2013.

6. Department of Employment Affairs and Social Protection, The School Meals (Local Project) Scheme http://welfare.ie/en/Pages/School-Meals-Programme.aspx

7. Department of Children and Youth Affairs, Better Outcomes; Brighter Futures visit https://www.dcya.gov.ie/documents/cypp_framework/BetterOutcomesBetterFutureReport.pdf

8. Department of Education and Skills, DEIS (Delivering Equality of Opportunity in Schools) Plan 2017 visit https://www.education.ie/en/Publications/Policy-Reports/DEIS-Plan-2017.pdf

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