

The essential guide



School food: the essential guide (and Irish translation)

School food: the essential guide contains a series of eight practical guidance booklets designed to help schools improve pupils' nutrition and implement healthier eating and drinking practices. The booklets provide advice and support for the key areas in which food, drinks and nutrition issues affects schools. Mini case studies support the advice given and, where appropriate, the booklets provide details of recommended further resources.

Individual booklets in the series are available as PDF files below:

- The essential guide
- Establishing a school food policy
- Healthier breakfast clubs
- Healthier breaks

- Healthier vending
- Water provision
- Improving the dining experience in schools
- Healthier lunch boxes

School food: the essential guide is also available in Irish below.

Published

30 January 2009

Last reviewed

13 October 2025

Details

Format

A4 ring bound file, eight titles ranging from 12 - 28 pages.

Target group

School principals, teachers, school nutrition action groups, boards of governors

Downloads

Attachment	Size
The Essential Guide 09 10.pdf	1.28 MB
Establishing School Food Policy 09 10.pdf	1.41 MB
Healthier Breakfast clubs 09 10.pdf	1.33 MB
Healthier breaks 09 10.pdf	1.13 MB
Healthier Vending 09 10.pdf	1.11 MB
Water Provision 09 10.pdf	1.05 MB
Dining Experience 09 10.pdf	1.27 MB
Healthier Lunch Boxes.pdf	1.84 MB
Essential Guide 09 10 Irish 0.pdf	1.31 MB
Establishing School Food Policy 09 10 Irish 0.pdf	1.45 MB
Healthier Breakfasts Clubs 09 10 Irish 1.pdf	1.34 MB
Healthier Breaks 09 10 Irish 0.pdf	1.15 MB
Healthier Vending 09 10 Irish 1.pdf	1.12 MB
Water Provision 09 10 Irish 1.pdf	1.06 MB

Attachment	Size
Dining Room 09 10 Irish 0.pdf	1.28 MB
Healthier Lunch Boxes 09 10 Irish.pdf	1.84 MB

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