

INTERNATIONAL SCHOOL MEALS DAY 2023

Our changing food – methods, menus and meals



December 2022

Background:

International School Meals Day (ISMD) is a unique campaign with the aim of raising awareness of good nutrition for all children regardless of their circumstances.

Launched in 2013, it has brought together teachers and students, policymakers, school cooks, chefs, food and nutrition professionals, schools and communities, charities, businesses and health professionals from around the world to talk about the importance of school meals and its impact on wellbeing and education. Themes have included 'eating for the health of it', 'sharing successes' and 'who makes my meal?'.

In 2018 we ran a children's competition and created the **ISMD2018 International Cookbook: My Food** and last year saw us celebrate a decade of International School Meals Day and produce a special **10th anniversary publication**.

Click here for more information: internationalschoolmealsday.com

Engagement & resources:

Activity takes place online via the [website](https://internationalschoolmealsday.com) and [@IntSchoolMeals](https://twitter.com/IntSchoolMeals) on Twitter, where schools' and children's contributions are shared plus blogs, best practice examples and resources. The last few years have seen an average of 55 countries get involved each time with social media activity and reach increasing each year. Click to see: [2021 highlights](#) and [2022 highlights](#).

Each year we produce different resources for schools or children and families to use from posters and flyers to recipe cards and drawing templates to inspire contributions.

#ISMD2023: Our changing food – methods, menus and meals

Thursday 9 March 2023 is the 11th year of International School Meals Day. We are focussing on 'Our changing food' – looking at changes in methods (e.g. producing or cooking food), menus (e.g. from different countries or who menus are created) and examples of how specific meals have changed over time.



Get involved:

ISMD is supported and funded by Scottish Government and all activity coordinated by the charity Children in Scotland.

Over the past 10+ years, we have had in over 30 organisations involved, sharing information and promoting ISMD, with hundreds of schools also getting involved – all creating a great network and opportunity to connect.

We are always looking for new organisations to get involved, either in the planning, promotion or delivery of the event.

If this could be you, get in touch! Email us on: ismd@childreninScotland.org.uk