

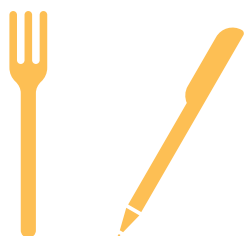
# INTERNATIONAL SCHOOL MEALS DAY 2023

## How to get involved



### Create an international menu for your school to enjoy on Thursday 9 March

Find inspiration on the ISMD website – check out our digital quilt or try a recipe swap



### Keep a food diary and document your international school meals

Keep track of a week, a month or longer! Explore foods from other countries or meals that are close to home



### Use the ISMD resources to get your class talking about school food

Try out our templates and discussion posters to spark conversation with your pupils



### Share what you've done to celebrate

Show us your food diaries, recipes and food photos through email or Twitter using #ISMD2023 – we'll add them to our digital quilt

Discover more ways at:

[internationalschoolmealsday.com/get-involved](https://internationalschoolmealsday.com/get-involved)



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Thursday 9 March 2023  
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#ISMD2023