



# TWINNED TOWNS & SISTER CITIES

## How to take a twinned towns approach to International School Meals Day

### 1. Find your twinned town or sister city

Check whether your school already has a relationship with a school in your twinned town or city. If not, find out what town or city yours is twinned with using the internet.

If you're in Scotland, this is a handy list:

→ [wikipedia.org/wiki/List\\_of\\_twin\\_towns\\_and\\_sister\\_cities\\_in\\_Scotland](https://wikipedia.org/wiki/List_of_twin_towns_and_sister_cities_in_Scotland)

Then, either

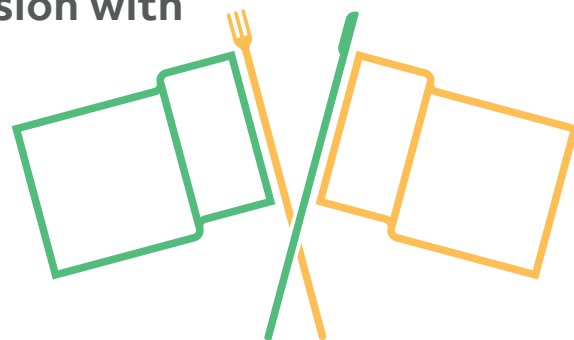
2. Research schools in the area and get in touch with a headteacher or someone involved in providing school meals

3. Share information about ISMD and see if they'd like to join up with your school to swap menus and recipes

4. Plan some shared activities and school lunches in the run up to ISMD.

2. Create a classroom activity that focuses on researching the local area of your twinned town and its food culture

3. For ISMD itself, make a themed school lunch inspired by the town or city and your discussion with pupils.



Finally



Show us what you did on social media using #ISMD2023 or email us at [ismd@childreninscotland.org.uk](mailto:ismd@childreninscotland.org.uk) and we'll add your creations to the ISMD website.



# INTERNATIONAL SCHOOL MEALS DAY

Thursday 9 March 2023  
[internationalschoolmealsday.com](http://internationalschoolmealsday.com)  
#ISMD2023