

INTERNATIONAL SCHOOL MEALS DAY 2023

Our changing food – methods, menus and meals



December 2022



Thursday 9 March 2023 marks the 11th year of International School Meals Day and we want to look at how our food has changed – over the last couple of years, or even further back (what did your teachers or older family members eat?!). This could include thinking about how our food is grown or prepared, how menus have changed and adapted or focussing on a specific meal.

We're also interested in what children and young people's favourite meals are – locally produced, representing their culture or religion, in your school or in their packed lunch.

We've produced a range of resources that will help you to plan activities either in school kitchens or in the classroom.

ISMD Food Diary

We know that lots of hard work goes on in school kitchens all year round and a wide variety of meals are provided, it's not just about International School Meals Day in March! We've produced two versions of a food diary to share this:

1. Children's version – sharing what is eaten over the course of a week
2. Staff version – to capture examples of what is prepared over a longer time.

These can be used at any point between now and 9 March 2023, and shared online or directly with us.

Twinned Town & Sister City Menus

Towns and cities across the world are already twinned up, so we thought ISMD would be a great opportunity to strengthen ties that already exists.

We have produced a helpful guide on how to approach this and bring new ideas into your school and export some of your own abroad!

Top 10s

We've created a range of Top 10 templates for you to use – local foods, school meals, and healthy foods plus a template for children and young people to create their own.

Fill them in and share them online or with us directly.

Discussion prompts and drawing templates

We've got themed discussion prompts with questions to ask your class about local foods, food traditions, and the future of food. These can be used alongside the templates that children and young people can use to draw meals from local or 'future' foods – or maybe you could draw one from when you were at school (has the meal changed?).

Poster

We've designed a poster that you can put up around school to raise awareness and get people involved.

We are also interested in photos, poems, stories, blogs or videos about how your food has changed over the years – please be as creative as you want and share your work with us!

If you'd like inspiration from previous years, check out:

- The [ISMD2018 International Cookbook: My Food](#)
- Our [Shared practice](#) page
- Last year's 'digital quilt' on the Your [ISMD2022](#) page.

Find all the resources detailed above at internationalschoolmealsday.com/get-involved

Share your stories, pictures or completed ISMD resources with [@IntSchoolMeals](#) on Twitter using #ISMD2023 or email ismd@childreninscotland.org.uk and we'll add them to our website for everyone to see.



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internationalschoolmealsday.com
#ISMD2023