



International School Meals Day (ISMD)



What is ISMD?

- Launched in 2013
- Funded by Scottish Government. Managed by Children in Scotland
- Held annually on the second Thursday of March – Thursday 14 March 2024
- Focuses on a different global theme each year
- Aims to bring together children and adults across the world to talk about school meals
- Aims to develop and maintain conversations about the importance of school meals
- Aims to promote school meals as a way to support health and wellbeing.



Looking back –
ISMD 2020

'Sharing our Successes'

A poster for International School Meals Day. The background is a solid tan color. On the left, the text "INTERNATIONAL SCHOOL MEALS DAY" is written in a bold, black, sans-serif font, stacked vertically. Below the text is a white silhouette of a fork. To the right of the fork is a large white plate. Inside the plate, a stylized map of the world is drawn with thin orange lines. Several red, irregular shapes are scattered across the map, representing different countries or regions. At the bottom left of the poster, the text "Thursday 12 March 2020" is written in a smaller black font. Below that, the phrase "Sharing our Successes" is written in a larger, bold, black font. Underneath this, the text "Get involved: @intschoolmeals | #ISMD2020 #MyFood" and the website "www.internationalschoolmealsday.com" are written in a smaller black font. In the bottom right corner, there is a small version of the International School Meals Day logo.



Looking back –
ISMD 2021

'Eat for the health of it'

INTERNATIONAL SCHOOL MEALS DAY

Healthy recipes

Add one of your favourite healthy meals to the International School Meals cookbook

INTERNATIONAL SCHOOL MEALS DAY

My name is: _____

This is the recipe for: _____

Add a photo or drawing of the finished meal →

Ingredients

Add a list of ingredients and amounts here, eg 500g brown rice or 2 large sweet potatoes:

Equipment

Add a list of utensils here, eg a large wok:

Method

Add the full list of cooking instructions here, making sure everything is in the right order:

Thursday 11 March 2021

Eat for the health of it



Looking back – ISMD 2022

'Celebrating School Meals'


Your 2022 celebration







Looking back – ISMD 2023


'Our changing food –
methods, menus
and meals'


 **Food diary**
For lunch, I had...


School: _____
From: / / To: / /


Monday _____ Where in the world is it from? 

Tuesday _____ Where in the world is it from? 

Wednesday _____ Where in the world is it from? 

Thursday _____ Where in the world is it from? 

Friday _____ Where in the world is it from? 

 **INTERNATIONAL SCHOOL MEALS DAY** Thursday 9 March 2023
internationalschoolmealsday.com #ISMD2023



Looking forward – ISMD 2024



INNOVATION IN SCHOOL MEALS

Date for the diary -

Thursday 14 March 2024

Theme -

'Innovation in school meals'

You can start planning and get involved now!



Looking forward – ISMD 2024

- Late October/November – launching resource pack with templates, ie. recipe swap, food diaries, top tens
- We'll also be working to connect with Consulates/Embassies to build wider links.
- We'd like you to share the information with your networks; we are looking for examples of good practice and blogs.



Looking forward – ISMD 2024

How you can get involved

- Follow ISMD on Twitter/X @intschoolmeals #ISMD2024
- Visit the website internationalschoolmealsday.com – and share practice and blogs with us
- Get in touch – ismd@childreninScotland.org.uk
- Join the mailing list - https://www.surveymonkey.co.uk/r/ISMD_signup
- Share our resources and spread the word!