

# International School Meals Day (ISMD)



#### What is ISMD?

- Launched in 2013

(celebrated its 10<sup>th</sup> anniversary this year!)

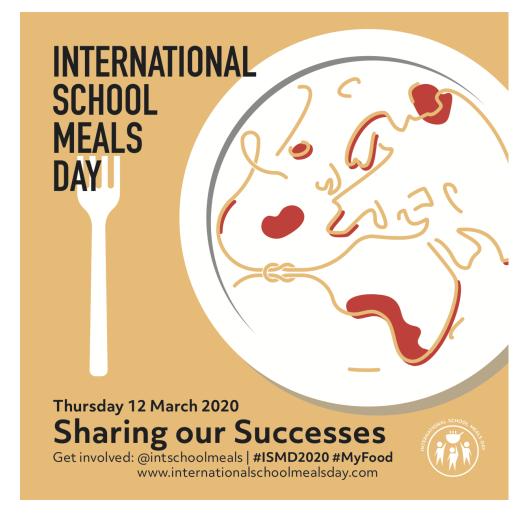
- Funded by Scottish Government. Managed by Children in Scotland
- Held annually on the second Thursday of March Thursday 9 March 2023
- Focuses on a different global theme each year.
  2023 will also have a local sub-theme
- Aims to bring together children and adults across

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





#### Looking back – ISMD 2021

INTERNATIONAL SCHOOL MEALS DAY Add one of your favourite healthy meals to the International School Meals cookbook	
My name is: This is the recipe for: Add a photo or drawing of the finished meal	
Add a list of ingredients and amounts here, eg 500g brown rice or 2 large sweet potatoes:	Equipment Control Cont
Add the full list of cooking instructions here, mak	ing sure everything is in the right order:
Thursday 11 March 2021	Fat for the health of it



#### Looking back – ISMD 2022

#### Your 2022 celebration 🥡 1 📿



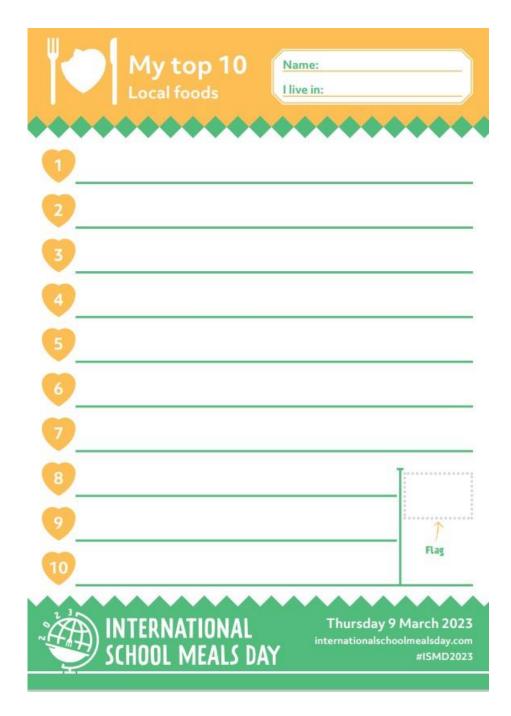


- This year we'd like you to get involved earlier!
- Late November launching resource pack with templates, ie. recipe swap, food diaries, top tens
- ISMD Commitment Mark coming soon! Schools can show commitment to ISMD
- ISMD international webinar
- We'll also be working to connect with Consulates/Embassies to build wider links.











Food diary For lunch, I had	na ran Lin I a na
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 #ISMD202



Date for the diary - Thursday 9 March 2023

But you can start planning and get involved now!



#### How you can get involved

- Follow ISMD on Twitter @intschoolmeals #ISMD2023
- Visit the website internationalschoolmealsday.com
   – and share practice and blogs with us

- Get in touch – <u>ismd@childreninscotland.org.uk</u>

- Join the mailing list -<u>https://www.surveymonkey.co.uk/r/ISMD\_</u> <u>signup</u>
- Share our resources and spread the word!