



International School Meals Day (ISMD)



What is ISMD?

- Launched in 2013
(celebrated its 10th 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

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



Looking back – ISMD 2021

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

Your 2022 celebration






Looking forward – ISMD 2023

- 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.




Looking forward – ISMD 2023

 **My top 10**
School meals

Name:

School:


- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

 **INTERNATIONAL
SCHOOL MEALS DAY**

Thursday 9 March 2023
internationalschoolmealsday.com
#ISMD2023





Looking forward – ISMD 2023

 **My top 10**
Local foods

Name: _____
I live in: _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____


 Flag

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Looking forward – ISMD 2023


 **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
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Date for the diary - Thursday 9 March
2023

But you can start planning and get
involved now!

Looking forward –
ISMD 2023



Looking forward – ISMD 2023

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 – ismd@childreninscotland.org.uk
- Join the mailing list - https://www.surveymonkey.co.uk/r/ISMD_signup
- Share our resources and spread the word!