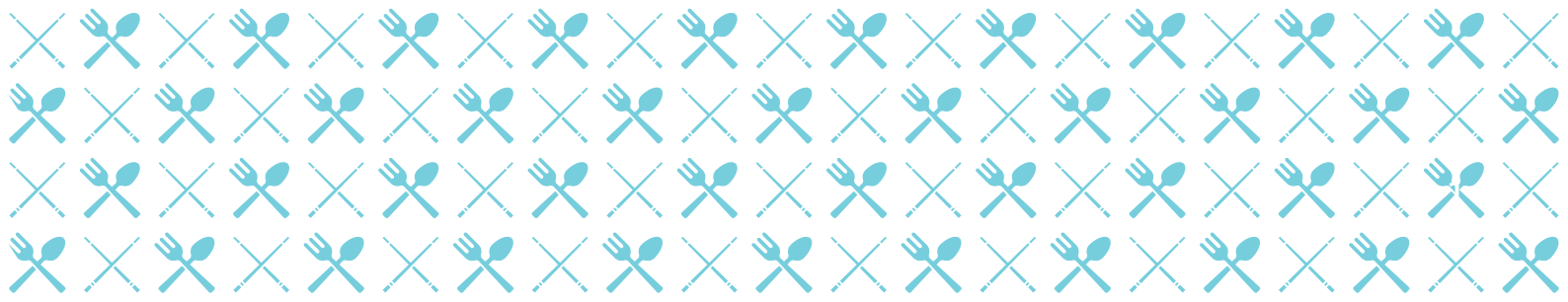


Celebrating ten years of

**INTERNATIONAL  
SCHOOL MEALS DAY**





## WELCOME



**Dr Judith Turbyne**  
*Chief Executive, Children in Scotland*



How lucky am I that, in my first year at Children in Scotland, I get to see International School Meals Day (ISMD) reach its tenth anniversary? Fantastic!

It is so refreshing to see such a positive, global event taking place each year, and exciting to see the range of contributions that arrive from across the world.

I know how much hard work has gone on behind the scenes to organise this year's ISMD, especially in trying to capture some of the highlights over the past ten years. This special publication is one of those things, so please do enjoy having a read or looking at the photos and drawings.

Thanks go to the 'team' behind ISMD; the day is co-ordinated by staff at Children in Scotland, with support from partners from around the world (there will be more from them inside!), and special thanks to the Scottish Government which has provided the necessary funding and support to deliver ISMD each year.

I hope you enjoy this snapshot of the past ten years and that you stay with us for the next ten!



**Shirley-Anne Somerville**  
*Member of the Scottish Parliament*  
*Cabinet Secretary for Education and Skills*



I'm very proud of the collaborative work Scotland has done with countries right around the world to raise the profile of school meals, and to highlight the vital role they can play in supporting the health and wellbeing of our children and young people.

International School Meals Day began in 2013 and since then we have twinned with schools around the world, sharing stories of where our food comes from, swapped recipes and even produced a cookbook.

I've been so impressed by the creative ways that children and young people are engaging with food and sharing their experiences each year.

I know that nutritious school meals help to meet our government's objective of giving every child the best possible start in life, and that shared belief is clear to see as countries showcase their successes as part of International School Meals Day each year.



## INTERVIEW



As International School Meals Day (ISMD) celebrates its tenth anniversary in 2022, Children in Scotland's **Lynn Gilmour** asks two of its founders about its origins and ambitions. **Lindsay Graham**, Scottish food campaigner, and **Yibo Wood**, Global Coordinator for the USDA's Food and Nutrition Service, provide the answers...

**Lynn: How did it all start?**

**Lindsay:** 'Collaboration and ideas sparked from simple conversation' – that's how this 10-year adventure began. Yibo and I had many conversations about school meals activity happening on each side of the Atlantic and sought to collaborate on a global day that would allow us to share stories about people working in school meals, the range of food served, the different cultures and how it supports education.

**Yibo:** 'Connecting children around the world to help foster healthy eating habits in school and at home, and to share policies, practices, and research.' These were the aims when the idea of an International School Meals Day emerged 10 years ago. It was envisioned to raise awareness of the importance of teaching children good nutrition, and that very idea has been the central objective of ISMD as we celebrate it each year around the world.

Lindsay Graham Yibo Wood



**Lynn: What have been some of your highlights?**

**Yibo:** The pictures and videos shared each ISMD are heartwarming and a testament to how children are enjoying school meals and learning about food and food culture, no matter their circumstances or where they live. Most importantly these vivid stories show how chefs, cooks, humanitarian staff, teachers and parents are working hard and diligently to provide children with a nutritious school meal, often the only nutritious meal a child will receive in a day. It is truly a day to celebrate and recognise these unsung heroes around the world.

**Lindsay:** Over the years, ISMD has demonstrated how important health and nutrition are to the next generation. We now have financial support from the Scottish Government, and partnerships with agencies including the World Food Programme, which embraced the concept in its early years. These all help to ensure the ISMD message is heard. I have a particular favourite memory of watching a short WFP film of children going to school over the mountains early in the morning in Nepal. In the film they talked about how much their school meals meant to them, their families, their community, and their education.

**Lynn: And what are your hopes for the future?**

**Lindsay:** As the world recovers from the Covid pandemic many of those who missed school and those vital meals are now returning to in-person education. Partly because of the pandemic we are reminded how important those daily school meals are. Every year more countries take part in the appreciation of this valuable service. Our hope is that ISMD might one day soon become a UN-recognised day so that more nations can join in the global celebrations.

**Yibo:** School meals are as important as books used in the classroom. Hungry children cannot learn. I hope ISMD will continue to serve as a catalyst and inspiration to raise awareness, share best practices, and bring people together to ensure every child eats a healthy school meal every school day.

**Lynn: Any final words?**

**Yibo:** International School Meals Day is a truly global day, and I want to extend thanks to those who have participated, to those who will in the future, and to the team at Children in Scotland, and the Scottish Government for their support. It all means that we are, together, celebrating the tenth anniversary.





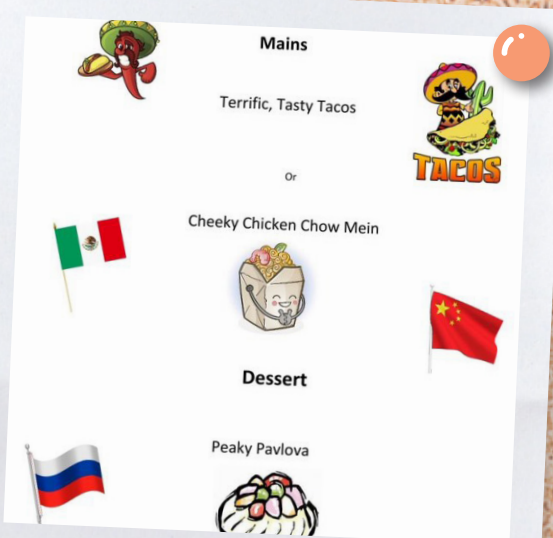




# CELEBRATING SCHOOL MEALS AROUND THE WORLD



Students get creative in the kitchen in  
British Columbia  
Canada, 2021



Pupils at Dalintober Primary School create  
an international lunch menu  
Scotland, 2020



Cooking Mozambican bean stew  
The Gambia, 2015



Scottish primary school pupils enjoy  
American food  
Scotland, 2013



Sohaimen draws a picture for ISMD  
Philippines, 2018



Ethiopian menu at a Scottish school  
Scotland, 2017



Students from schools in Maryland and  
England share a video call  
USA and England, 2014



Pupils at Ethembeni School get involved  
with ISMD  
South Africa, 2019

El tema central en 2016 son los  
alimentos locales frescos y saludables



Desde hace cinco años, los gobiernos del Reino Unido y Estados Unidos han compartido ejemplos de políticas y prácticas en la promoción de la alimentación saludable en las escuelas. Con desayunos y cenas escolares en ambos lados del Atlántico, buscamos la manera de dar a conocer a escala global la importancia de la nutrición en el entorno educativo y fomentar hábitos saludables para la salud infantil. Así surgió el Día Internacional de las Comidas Escolares que, desde 2016, se celebra anualmente en el mes de marzo.

El primer año de dicha celebración las escuelas de ambos países se vincularon a través de un aula virtual tratando como tema principal de discusión la importancia de la calidad nutricional de los programas de alimentación escolar. En la actualidad la iniciativa, administrada por la organización de Niños en Acción y en la que participan activamente el Departamento de Educación y el Departamento de Salud y Bienestar Social de Estados Unidos, continúa creciendo y se espera que en el futuro se expanda a más países.

Article in Comedores Industriales  
Mexico, 2016



The World Food Programme celebrates the  
women who prepare school meals  
Democratic Republic of the Congo, 2022





 **International School Meals Day**  
@IntSchoolMeals


نيذلا كئىلوا عيمل انم صراخ ركش  
ةيسردم قبحو ريفوتل دجب نولمعي  
مويلا

 **International School Meals Day**  
@IntSchoolMeals

Hola a todos los #estudiantes  
disfrutando del #almuerzo en el  
#colegio hoy. ¿Qué te mantiene  
#HealthnotHungry?

 **International School Meals Day**  
@IntSchoolMeals


Tweetons nos remerciements  
à tous ceux qui travaillent dur  
pour assurer un repas à l'école  
aujourd'hui

 **International School Meals Day**  
@IntSchoolMeals

Calling all #school #chefs and  
#cooks send us a #recipe or  
picture of your national dish

 **International School Meals Day**  
@IntSchoolMeals

A big hello to all our teachers  
and pupils enjoying a school  
meal today

 **International School Meals Day**  
@IntSchoolMeals

我們認為當地的健康食品，  
在學校可以協助孩子學習

 **International School Meals Day**  
@IntSchoolMeals

歡迎來到我們新的追隨者，  
謝謝你加入我們

 **International School Meals Day**  
@IntSchoolMeals

Adoramos as fotos de comida  
e jardins escolares que vocês  
podem mandar para nós aqui

 **International School Meals Day**  
@IntSchoolMeals

良い食事は良い学び。良い食事は良  
い学び。良い食事は良い学び。

 **International School Meals Day**  
@IntSchoolMeals

Un grande ciao a tutti nostri  
insegnanti e studenti che  
gustan un pranzo oggi

 **International School Meals Day**  
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¿Tienes alguna historia  
que contarnos sobre una  
#ComidaEnElcolegio en una  
#fiesta o #celebración?

 **International School Meals Day**  
@IntSchoolMeals

Mieux manger pour mieux  
apprendre



# CELEBRATING TEN YEARS OF INTERNATIONAL SCHOOLS MEALS DAY



International School Meals Day is a unique campaign with the aim of raising awareness of good nutrition for all children regardless of their circumstances.

Since December 2010, the UK and USA have been sharing examples of policy and practices in promoting healthy eating in schools. With similar challenges and successes on both sides of the Atlantic, both wanted to find a way to raise awareness of the importance of good nutrition amongst children, and foster healthy eating habits both at home and at school – and so, International School Meals Day emerged.

Since its launch in 2013, it has brought together teachers and students, policy makers, school cooks, chefs, food and nutrition professionals, schools and communities, charities and businesses from around the world to talk about the importance of school meals and their impact on wellbeing and education.



2013	Inaugural International School Meals Day
2014	Food stories
2015	Celebrating culture through food
2016	Fresh and healthy local foods
2017	Food, culture and heritage
2018	My food
2019	Who makes my meal?
2020	Sharing our successes
2021	Eat for the health of it
2022	Celebrating School Meals



## MY FOOD COOKBOOK

In 2018, an International School Meals Day competition received more than 100 entries from all over the world.

The 20 winning recipes were published in a unique cookbook as part of the celebrations that year, which also marked the Year of Young People in Scotland.

**The cookbook** includes recipes, pictures, poems and stories about the sort of food children and young people around the world eat at home or school.

Maybe you could try making some of the recipes yourself. Why not start with the two dishes shown here?



## SOOR

**Taqwa Umer Hahi and Buzayi Daahir**, Hadew Primary School, Somalia

### Ingredients:

Maize (70%) and barley (30%) milled and mixed

Milk

Butter

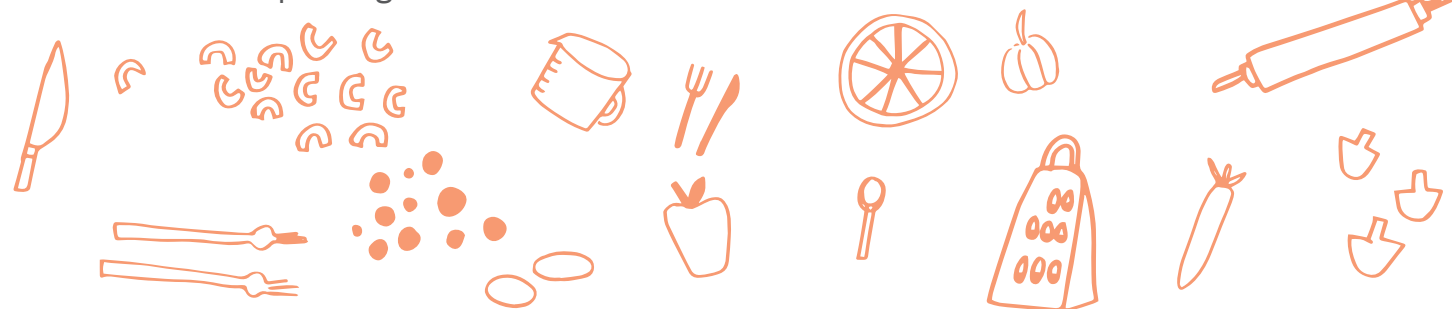
Water

Salt

### To prepare:

Place the pot over fire and boil water, pour the maize and barley mix in the boiling water, add salt to taste, and then stir with a wooden spoon until it becomes thick. Pour the porridge in a big wooden serving pot and create a hole in the center to add butter.

In a separate pot melt the spiced butter prepared in advance and pour it in the center of the porridge, add milk in the outer side of the porridge and serve hot.



## BEAN SOUP

**Lisbeth and Skarleth**, CEB La Buena Nueva, Intibucó, Honduras

### Ingredients (15 servings):

Water

1 pound of beans

6 garlic cloves

Salt, pepper, cilantro

2 slices of seasoned squash

4 small chayote squashes

4 large potatoes

2 pounds of yuca

6 green bananas

1 large onion

1 large green pepper

2 large tomatoes

6 eggs

### Utensils:

1 large pot

Measuring cups and spoons

1 large spoon for stirring

1 knife

1 frying pan

1 cutting board



### To prepare:

1. Clean and rinse the beans well.
2. Cook the beans in approximately 3 litres of water and add 3 garlic cloves, salt, and pepper until the beans are soft. The liquid will form the broth.
3. Peel the potatoes, yuca and green bananas; rinse and slice.
4. Rinse and slice the remaining vegetables and cut into small pieces.
5. In a frying pan, sauté the remaining garlic then add onion, pepper, and tomatoes in small pieces. Add all to the beans with the broth. Add 10 more cups of water along with the remaining vegetables.
6. Season with pepper, cilantro and salt.
7. Cook until vegetables soften.
8. Beat the eggs and add them to the soup (If 15 eggs are available can serve one egg in each individual serving).
9. Heat for 3 more minutes and serve.







International School Meals Day (ISMD) is a unique campaign with the aim of raising awareness of good nutrition for all children regardless of their circumstances. It is managed by Children in Scotland and funded by the Scottish Government.

[internationalschoolmealsday.com](http://internationalschoolmealsday.com) | [ismd@childreninscotland.org.uk](mailto:ismd@childreninscotland.org.uk)



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