



United States Department of Agriculture

# International School Meals Day

March 3, 2016



We invite schools, teachers, students, education support personnel and child nutrition professionals to join in celebrating the 2016 International School Meals Day (ISMD) on March 3, 2016.

The purpose of the International School Meals Day is to raise awareness of the importance of food and nutrition in education and to share school feeding experiences from across the globe.



Children and young people of the world, with support from their teachers and child nutrition professionals, can connect and talk to each other and share their food experiences and stories using the theme "Fresh and Healthy Local Foods". Many schools

have farm to school programs, or have school and community gardens that support nutrition education and healthy eating. Share your stories, photos, vines, blogs or anything else digital about their locally grown foods, school or community gardens to <http://www.internationalschoolmealsday.com/share-practice/> or [ismd@childreninscotland.org.uk](mailto:ismd@childreninscotland.org.uk).

Good nutrition and a healthy lifestyle are as important to a child's overall success as the curriculum that our schools teach every day. USDA's School Breakfast Program is an opportunity to remind everyone how important it is that every child starts the school day with a nutritious breakfast. Schools can promote healthy eating to reflect the new school meal standards and smart snacks while incorporating nutrition education into classroom learning using many of the education materials USDA has developed through Team Nutrition at <http://www.fns.usda.gov/team-nutrition> and MyPlate at <http://www.choosemyplate.gov/>.



## Get Connected!

Skype in the Classroom at:

<https://education.microsoft.com/skypeintheclassroom>

Schools Online at:

<https://schoolsonline.britishcouncil.org/>

## Get Involved!

Follow ISMD:

[www.internationalschoolmealsday.com](http://www.internationalschoolmealsday.com)

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<http://www.Twitter.com/intSchoolMeals>

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<http://international-school-meals-day.tumblr.com/>