

FOOD DAY

OCTOBER 24, 2013

Food Day in Schools

What is Food Day?

Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food, and a grassroots campaign for better food policies. It builds all year long and culminates on October 24.

This annual event brings together some of the most prominent voices for change in the food movement, united by a vision of food that is healthy, affordable, and produced with care for the environment, farm animals, and the people who grow, harvest, and serve it.

In 2013, Food Day will focus on food education. Children who know where our food comes from and how to cook meals will have a big advantage when it comes to being healthy and avoiding obesity, and other health problems.

Why should schools get involved?

- Food Day is an opportunity to convene a broad coalition of educators, administrators, school boards and community organizations to plan activities that will educate, inspire, and mobilize participants of all ages.
- Food Day makes a special effort to provide educational materials to school children to promote healthy, sustainable, accessible and fair food in schools.
- With rates of childhood obesity soaring—at the same time that millions of children have limited access to healthy, fresh food—the Food Day effort is especially relevant to our nation's youth and schools.

What resources does Food Day provide?

- Connection to other educators through the Food Day network.
- Listing on the national map at www.FoodDay.org or in the blog.
- Access to Food Day online resources and printed materials.

Who is partnering with Food Day?

The national network spans the public, non-profit, and private sectors, and includes the National Education Association, National Farm to School Network, Real Food Challenge, Jamie Oliver's Food Revolution, and hundreds of others.



How can my school participate?

- Suggest to nutrition service directors that there be a special menu or menu item on or leading up to the week of Food Day, especially if they are seeking ways to highlight new meal standards set by the USDA.
- Hold a Food Day Youth Debate to engage students in topics related to healthy foods, obesity and food access.
- Host a "Chef in the Classroom" event to connect local chefs with students and the Food Day movement.
- Encourage school gardens to have special events for Food Day or kickoff a plan for a spring garden.
- Use the 5-day **Food Day curriculum** (written by a group of professors in the Food Studies department of Columbia Teachers College). Also see our Guide for Schools on the Resources page of www.FoodDay.org.
- Celebrate Farm to School Week and National Farm to School Month in October with Food Day activities.
- Sign up for email updates through www.FoodDay.org, follow @FoodDay2013 on Twitter, and "Like" us on Facebook!



Visit www.FoodDay.org, email us at foodday@cspinet.org, or call 202-777-8392.

Register your school event—big or small—on the map at www.FoodDay.org so others can join in and get inspired!