

Food Day in Schools

What is Food Day?

Food Day inspires Americans to change their diets and our food policies. Every October 24, thousands of events all around the country bring Americans together to celebrate and enjoy real food and to push for improved food policies.

This annual event involves some of the country's most prominent food movement leaders, including chefs, farmers, doctors, teachers, and parents.

In 2015, Food Day will once again 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.

How 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 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 partners 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 during the week leading up to 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 @FoodDay2015 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!