

Canteen Days

Canteen Days are special events organized to promote healthy, sustainable, and enjoyable eating habits among families and the wider society.

These days are designed to engage the entire school community in celebrating good food practices and learning about the importance of nutrition and sustainability. By engaging the entire school community and celebrating good food practices, these events can inspire lasting positive change.

Key Objectives

- ➔ **Promote Healthy Eating:** Encourage families to make healthier food choices by offering nutritious and delicious meals.
- ➔ **Raise Awareness:** Educate students, staff, and families about the benefits of sustainable food practices.
- ➔ **Foster Community Engagement:** Involve the whole school community in food-related activities and discussions.

How to Organize a Canteen Day:

1. Plan and Prepare

Set Goals: Define the objectives and desired outcomes of the Canteen Day.

Collaborate: Involve teachers, students, cooks and canteen staff, and local food producers in the planning process.

Create a Schedule: Plan a variety of activities such as cooking demonstrations, taste tests, and educational workshops.

2. Engage and Educate:

Interactive Activities: Organize hands-on activities that engage families in learning about food and nutrition.

Guest Speakers: Invite local chefs, nutritionists, and farmers to share their knowledge and experiences.

Educational Materials: Provide informative resources on healthy eating and sustainability.

3. Celebrate and Reflect:

Showcase Success: Highlight the numbers and variety of people involved and the positive attitude resulting from the Canteen Day.

Gather Feedback: Collect feedback from participants to improve future events.

Sustain Momentum: Encourage ongoing healthy eating practices and sustainability initiatives.

Canteen Days

Helmholtz Gymnasium in Essen-Rüttenscheid, Germany

Helmholtz Gymnasium organized a Canteen Day with information stands, activities like 'Insect hotel to go,' and contributions from network partners. The school caterer prepared special sustainable dishes, tested in a kitchen workshop with 20 volunteer pupils aged 11-18.

During the workshop, students met the caterer, learned practical cooking skills, and shared their knowledge confidently. The dynamic interaction fostered mutual support and appreciation. As a result, students signed up to help at the food stand on festival day.

Parents showed great interest in the event, curious about their children's activities and the SchoolFood4Change project. The workshop proved to be an excellent way to engage parents.

Montessori School in Prachatice, Czech Republic

Montessori School organized a School Canteen Day to promote healthy eating and sustainable food culture. Leading up to the event, students participated in classroom activities centered around Slovak, French, and Greek cuisines, creating vibrant drawings, paintings, and crafts to decorate the canteen area.

The event featured French chansons, traditional French attire, and lunch options like Provençal pork and Greek gyros. Visitors completed satisfaction questionnaires, fostering community feedback.

An afternoon market showcased seasonal fruits, vegetables, and local spreads, with interactive quizzes and hands-on activities like flour milling. Local suppliers participated, emphasizing community engagement and sustainability. A pastry-making activity celebrated St. Nicholas Day with traditional yeast dough figures, incorporating local cultural traditions. The event highlighted the Whole School Food Approach, promoting nutritional education, community involvement, and sustainable practices.

**Curious to get more inspiration on how to
arrange Canteen Days? Read this guide:
[Canteen Day Guide](#)**