



2023 INDIANA FOOD DAY TOOLKIT

Join us in celebrating Indiana Food Day!

CONTACT: f2s@doe.in.gov

FoodDayINSchool.com





WHAT IS INDIANA FOOD DAY?

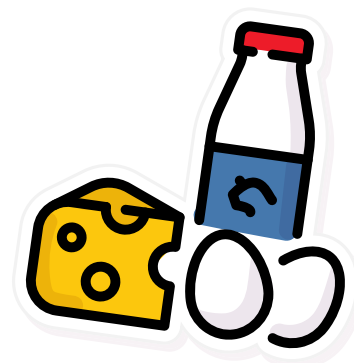
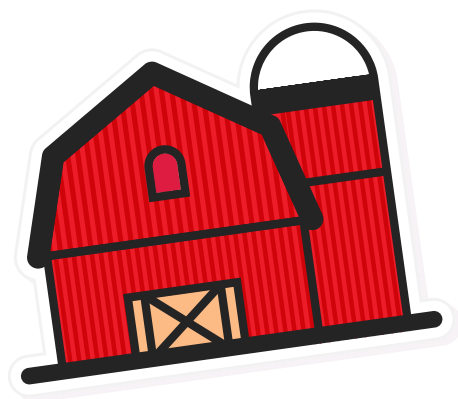
An important annual component of the Indiana farm to school movement has been the implementation of **Indiana Food Day** in the month of October, to align with National Farm to School Month. It was originally derived from National Food Day which was first celebrated in 1975.

Schools can celebrate Indiana Food Day any day in October, to accommodate their different calendars. In addition to K-12 students, early-care and other pre-K children and their caregivers take part - all ages, however, are welcome!

Indiana Food Day encourages healthy eating and supports farm to school and other local food purchasing initiatives throughout our state. Every school is allowed to pick their definition of local, which can mean something five miles down the road, within the county, state, or however the school feels best fits their program.

Each year, a different food or category of foods is selected to highlight in lessons and activities. This

is a fun way to connect nutrition to all kinds of curricula — from science to math, reading to health and wellness, and more. It's also an ideal project to introduce more locally- and regionally-sourced foods into your cafeteria's menu, broaden students' healthy choices, and expand your school's food procurement from area farmers.



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POWERFUL PROTEIN

Every year, the Indiana Farm to School Food Day Workgroup selects a food theme for the year. This year we are highlighting **all types of protein** — specifically, beef, poultry, whole eggs, pork, fish, cheese, yogurt, beans, and tofu.



Proteins play many important roles in the body and are critical to most of the work done by cells for healthy tissues and organs. Proteins are found in animal and plant foods, and animal-based proteins are notably considered “complete proteins,” as they contain all 9 essential amino acids the human body needs.

JOIN US IN CELEBRATING THE IMPORTANCE OF PROTEIN IN OUR DIET IN 2023!

Another great initiative in October is the **Indiana Great Apple Crunch**. If you would like to include this with your Food Day activities, or even designate an additional date just for the Apple Crunch, you can register [here](#):

 [Register](#)



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