

SEPTEMBER



Suggested Theme Days:

- Harvest Festival NEW
- Roald Dahl Day (13th Sept)
- Hispanic Heritage Month NEW

Seasonal Food Hero Posters

- Broccoli
- Butternut Squash



OCTOBER



Suggested Theme Days:

- National Heroes Day (Jamaica) (16th Oct)
- World Mental Health Day (10th Oct) NEW
- Halloween (31st Oct)

Seasonal Food Hero Posters

- Pumpkin
- Beetroot
- Courgette



NOVEMBER



Suggested Theme Days:

- Diwali (13th Nov)
- National School Meals Week (6-10th Nov)

Seasonal Food Hero Posters

- Apple
- Leek



DECEMBER



Suggested Theme Days:

- Christmas (25th Dec)
- Hannukah (7-15th Dec) NEW
- Winter Alpine Menu NEW

Seasonal Food Hero Posters

- Sprouts
- Cranberries



JANUARY



Suggested Theme Days:

- Burns Night (25th Jan)
- Martin Luther King Day (15th Jan) NEW

Seasonal Food Hero Posters

- Pears
- Swede



FEBRUARY



Suggested Theme Days:

- Chinese New Year (10th Feb)
- Pancake Day/Mardi Gras (13th Feb)
- Valentine's Day (14th Feb)

Seasonal Food Hero Posters

- Cauliflower
- Parsnips



MARCH



Suggested Theme Days:

- World Book Day (7th March)
- International Women's Day (8th March) **NEW**
- Easter (31st March)

Seasonal Food Hero Posters

- Orange
- Rhubarb



APRIL



Suggested Theme Days:

- National Make Lunch Count Day (13th April) **NEW**
- Earth Day (22nd April)

Seasonal Food Hero Posters

- Cabbage
- New Potatoes



MAY



Suggested Theme Days:

- Mental Health Awareness Month **NEW**
- Star Wars Day (4th May)

Seasonal Food Hero Posters

- Peas
- Peppers



JUNE



Suggested Theme Days:

- Summer BBQ Menu **NEW**
- National Picnic Week (TBC)
- National Fish & Chip Day (7th June)

Seasonal Food Hero Posters

- Carrots
- Cucumber



JULY



Suggested Theme Days:

- Wimbledon (3rd - 16th July)

Seasonal Food Hero Posters

- Peach
- Tomatoes



Primary School Food & Nutrition Marketing Plan 2023/2024

See below calendar of alternative theme days & awareness months (please note these may not be available on Sharepoint unless we are specifically asked for them as many schools do not do these theme days. You are welcome to make your own or request a menu template from the Nutrition Team.

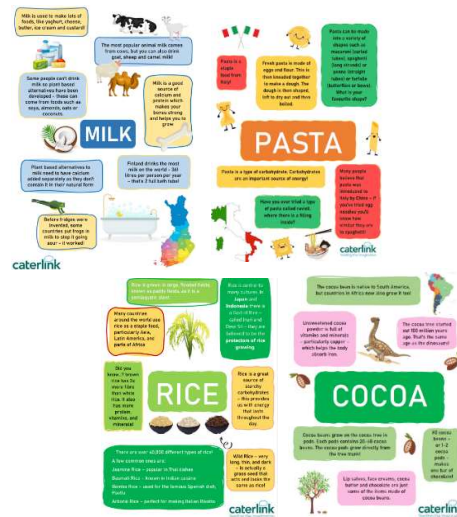
Month	Date	Theme Day
2023		
September 2023	4 th - 8 th	Zero Waste Week
	15 th Sept - 15 th Oct	Hispanic Heritage Month
	16 th - 1 st Oct	British Food Fortnight
	21 st	International Day of Peace
	25 th	National Cooking Day
October 2023	Whole of October	Black History Month
	5 th	World Teacher's Day
	10 th	World Mental Health Day NEW
	14 th - 20 th	National Baking Week
November 2023	19 th	Men's Mental Health Day
	20 th	St Andrew's Day
	24 th	Thanksgiving
December 2023	8 th	National Brownie Day (brownie cookies)
2024		
January 2024	Whole of January	Veganuary
February 2024	First Week Feb	World Interfaith Harmony Week (first week February every year)
	6 th - 12 th	Children's Mental Health Week
	9 th	National Pizza Day
	14 th	Ash Wednesday (Christian)
	15 th	Parinirvana (Nirvana) Day (Buddhist)
March 2024	1 st	St David's Day
	TBC	Food Waste Action Week (WRAP UK)
	17 th	St Patrick's Day
	22 nd	World Water Day
	24 th - 25 th	Holi - Festival of Colours (Hindu) NEW
April 2024	March - April	Spring Picnic Menu NEW
	23 rd	St George's Day & Shakespeare Day
May 2024	2 nd	National Teacher's Day UK
	4 th	Wesak Day (Buddhist)
	5 th	Cinco de Mayo (Mexican celebration)
June 2024	5 th	World Environment Day
	12 th	International Falafel Day
	12 th - 16 th	Healthy Eating Week (British Nutrition Foundation)
	23 rd	National Olympic Day
July 2024	19 th	Islamic New Year (Muslim)

Other educational resources: these can be sent out to schools at any time of the year. They can be found on the Vine in Food & Nutrition, or click [here](#).

Food Fact Posters:

The **food fact posters can be used throughout the year** in line with what is on your menu - these do not have to be used for a certain month.

Food Fact Posters	
Lentils	Beef
Rice	Chickpeas
Chicken	Pancakes
Eggs	Oils
Bread	Fajitas
Fish & Oily Fish	Pizza
Milk	Roast Dinner
Potatoes	Crumbles
Pasta	Flour
Beans	Baked Beans
Cocoa	Gingerbread



Lesson Plans:

All presentations can be used in lessons or assemblies.

Please request any additional topics from the Nutrition Team as needed.

Topic
Balanced Diet - Presentation Balanced Diet - Quiz
Sustainable Eating - Presentation Sustainable Eating - Activities x2
Food Waste - Presentation
Sports Nutrition - Presentation (Secondary school only)
Food Provenance and Farming

Worksheets and Factsheets:

These can be sent out to schools to be printed, and either sent home with pupils, used as classroom activities, or sent out via email to parents.

Each pack will come with a factsheet on one of the topics below and at least one worksheet:

Food Factsheet
Balanced Diet
Wholemeal Foods
Sustainability
Global Foods
Fruit and Vegetables
Food Waste