

Food Day 2026

# Certificate



## I have eaten cabbage!

**My name is** \_\_\_\_\_

And I took part in Food Day 2026, where we ate delicious dishes with cabbage.

Here is my drawing of cabbage:

Recipe on the back

# Food Day 2026

## Dear Parents,

Today, Wednesday, 30th September, your child celebrated Food Day 2026 – just like thousands of other children across the country.

We – the food professionals in daycare institutions across Denmark - work daily to offer your child healthy and delicious meals. And today, we put in even more effort when we celebrate Food Day 2026.

This year's theme is cabbage. And why not try a delicious cabbage dish at home? This recipe on crispy kale chips is both easy and delicious – and your child can easily join you in the kitchen.

When children share and eat meals as part of the food program ("madordning") in daycare it:

- Increase food courage, because we introduce your child to new foods, meals and taste.
- Strengthen well-being and the sense of community, because all children eat the same together.
- Ensure that your child eats healthy and varied food in line with the official dietary guidelines.

Your support for the food program in your child's daycare is crucial. And we hope that Food Day 2026 can show you why and how the food program is important for your child's health, community and well-being.

If you would like to know more about what we did on Food Day 2026, or how we work with food and meals daily, you are more than welcome to stop by the kitchen.

Best regards,  
The food professional at your child's daycare



## Kale Chips

Kale chips can be served as a side dish, an afternoon snack, or as a topping on a salad.

### Ingredienser:

- Kale (Tuscan kale can also be used)
- Olive or rapeseed oil
- Salt

### Method:

Rinse the kale thoroughly and dry it with a kitchen towel. Cut or tear the kale into coarse pieces. Remove the thick stalk if necessary. Massage the leaves with a little oil and place them on a baking tray lined with baking paper. Sprinkle lightly with flaky salt on top.

Bake at 125°C for 15–30 minutes until crispy. Check during baking and turn if needed. Remove from the oven and cool. Enjoy!

Food Day 2026 is supported by several organisations.

