

Food Day 2021

DIPLOMA

I ate herring!

My name is: _____

And I participated in Food Day 2021,
where we ate herring for lunch.
Here is a herring I have made:



* Recipe on the back of the page



Food Day 2021

Together around food

Dear Parents,

Today, on September 16th, your child, alongside thousands of other children, celebrated Food Day 2021.

Together with the kitchen and day-care staff, the children played with and prepared exciting dishes with herring.

We celebrate Food Day 2021 because the shared meal is important for your child's well-being and curiosity of varied food experiences.

Do you want to try a delicious dish with herring at home? Find the recipe for an easy and tasty herring pâté on this page.

If you want to know more about what we did on Food Day or about how we work with food in the day-care institution, please stop by our kitchen.

Best regards,

The food professional/food responsible
in your child's day-care institution

Recipe for herring pâté

100 g smoked herring
or fried herring
100 g boiled potatoes
0,5 dl. yoghurt
2 tsp. mayonnaise
Salt, pepper and lemon juice

1. Blend together herring and potatoes – remove the little bones
2. Stir together the blended herring and potatoes with yoghurt and mayonnaise
3. Adjust the taste with salt, pepper and lemon juice

Tip:

You can experiment with adding boiled chickpeas [ex. from a tin] instead of the potatoes.

Suggested serving

Serve the herring pâté on rye bread with crudités, ex. radishes, cucumber, steamed broccoli, steamed or raw carrots.

Behind the initiative Food Day 2021 – Together around food, stands a variety of organizations

In common we all have the wish to highlight the kitchen staff's important work with the children's food education and with the tasty and health-promoting shared meal in the day-care institutions. This is done by including a playful and pedagogical perspective.

