

Food day 2025

CERTIFICATE



**I have eaten
orange food!**

My name is:

And I took part in Food Day 2025
where we ate orange food.

Here is a drawing I made of orange food:

Recipe on the back of the page

Food Day 2025



Dear Parents,

Today, Wednesday, September 24, your child celebrated Food Day 2025 – along with thousands of other children in day-care across the country.

Together with staff from the kitchen and day-care, the children played with, prepared, and enjoyed delicious orange food.

We celebrate Food Day 2025 because the shared meal plays an important role in your child's well-being, health, food courage and community.

Would you like to try a tasty orange-coloured dish at home? Find the easy and delicious Vegetable Bites recipe on this page and give it a try.

If you want to know more about what we did on Food Day 2025 or how we work with food and meals in our day-care, feel free to stop by the kitchen.

Warm regards,

The food professional in your child's day-care

Behind the Food Day 2025-initiative

Food Day is organized by Kost og Ernæringsforbundet [the Danish Diet and Nutrition Association] and FOA [the Danish Union of Public Employees] in collaboration with several other organizations. What unites us, is a shared commitment to show the important work carried out by kitchen and day-care staff. Every day they provide healthy, tasty and shared meals in day-care institutions across Denmark – strengthening your child's food formation through a playful and educational approach.

Parents' support for meal plans is crucial, and we hope that Food Day 2025 can give you an insight into the importance of healthy and tasty meal plans for your child.

Vegetable Bites

These small bites are a mix of a savoury muffin and a mini quiche. They are great as a snack or as part of a picnic. You can also use other vegetables – check your fridge for leftovers.

Recipe for 15–20 pieces

Ingredients

- 4 Eggs
- 250 g Carrots, coarsely grated
- 250 g Courgette, coarsely grated
- 30 g Plain flour
- 50 g Oats
- 25 g Pumpkin seeds, sunflower seeds, or sesame seeds
- 40 g Parmesan (or another hard cheese)
- Salt and pepper



Instructions

Whisk the eggs in a bowl, then add the grated vegetables, flour, oats, seeds, cheese, salt and pepper. Mix well. Spoon the mixture into muffin cups.

Bake at 180°C (355°F) for approx. 15–20 minutes, until golden and the egg mixture has set.

The recipe is developed by Meyers Madhus for Københavns Kommune. See more at madopskrifter.kk.dk

