

# FOOD REVOLUTION ★ DAY ★

FOOD REVOLUTION DAY 2015

FIGHTING FOR FOOD EDUCATION

FRIDAY 15 MAY



## JAMIE'S VISION

*“My wish is to create a strong, sustainable movement to educate every child about food, inspire families to cook again and empower people everywhere to fight obesity.”*

Food Revolution Day is a global day of action to put food education back on the school curriculum. By educating children about food in a fun and engaging way, we can equip them with the basic skills they need to lead healthier, happier lives, for themselves, and their future families. In short, by fighting for every child's right to food education, we can help to reverse the rise in obesity levels and diet-related disease.

## THE GLOBAL OBESITY PROBLEM

- ★ By 2030, 41% of the world population will be overweight or obese.
- ★ Worldwide, there are more than 42 million children under the age of five who are either overweight or obese.
- ★ Diet-related diseases, which include heart failure and stroke, are among the world's biggest killers.
- ★ For the first time in human history, the world has more people that are overweight than underweight.

## TAKE ACTION!

- ★ **Sign our global petition.** In March, we'll be launching our global petition with change.org where Jamie will be calling on the leaders and governments of all G20 countries to make food education a compulsory part of every school curriculum. Sign up and spread the word.
- ★ **Get involved.** There are plenty of ways you can get involved, from whipping up delicious recipes with your kids, hosting a foodie event in your community or challenging your workmates to a cook-off to sharing your photos and the #foodrevolutionday via social media.
- ★ **Tell your local school.** Get your local school to register online, download our brilliant teaching materials and get involved in Jamie's exclusive cooking lesson online on Food Revolution Day.

Do you believe in food education? Go to [foodrevolutionday.com](http://foodrevolutionday.com) for petition information, ideas on how you can get involved, resources, exclusive Jamie videos and lots of new recipes.

# #FOODREVOLUTIONDAY