A Tale of Two Lunchboxes

wipe out waste

Overview

This resource aims to develop students' knowledge and understanding of Nude Food.

Students will consider their packaging choices, and how these impact on the environment.

By investigating how packaging can be reduced, students are able to assess their own actions and decisions when packing their lunchbox.

Learning intentions

By completing this resource, students will explore the following:

- What is packaging?
- How much food packaging is in school lunchboxes?
- How do we dispose of packaging?
- What is Nude Food?
- Why might we pack Nude Food?
- How much packaged food is in lunchboxes compared to Nude Food?
- How can we pack Nude Food?
- What are the costs of a packaged food lunchbox compared to a Nude Food lunchbox?
- How can we encourage Nude Food lunchboxes?

Understanding and Investigating Packaging

Ask: What is packaging? What do we use it for? What are the different types of packaging?

Direct students to investigate packaging by completing the following activities.

1. Look at the lunchbox photos (pg 2) and tally the number of packaged items in each. This data could be represented in a graph (example on page 4). Lunchboxes can also be ranked from the lunchbox with most packaging, to the least packaged lunchbox.

2. Students can look at their own lunchboxes to see how much food packaging they have over a week. As a class, students can make a tally representing the data in a table, or graph on butchers paper by sticking on their packaging. Example of graph tallying:

No. pieces of packaging

Days of the week

Ask: How do we deal with/dispose of packaging?

Explain to students that because much packaging can NOT be recycled it must go into the landfill bin.

From there, it is taken away to a landfill site. It is buried in the ground where it may not break down and could be present in the earth for hundreds or thousands of years.

Some clean (food free) soft plastics may be collected for soft plastics recycling, which can involve a family roster to deliver it to supermarket collection points. However, working to avoid this material is the best option.

Government of South Australia
Green Industries SA

KESAB
environmental solutions

site community action

wow.sa.gov.au

Understanding and Investigating Packaging

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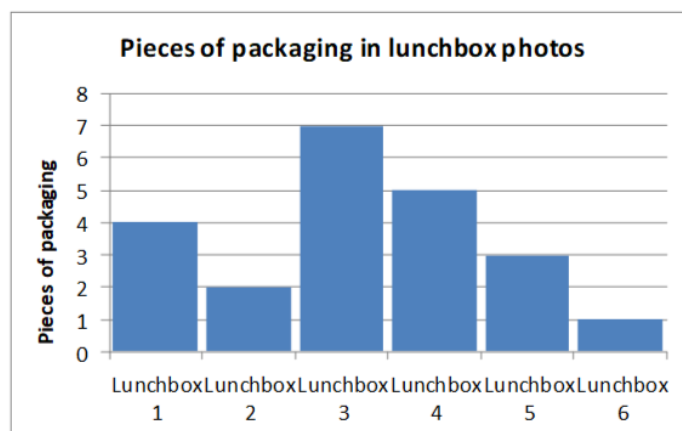
Understanding and Investigating Packaging (Educator reference page)

1. Look at the lunchbox photos and tally the number of packaged items in each lunchbox. This data could be represented in a graph. Lunchboxes can also be ranked from the lunchbox with most packaging, to the lunchbox with least packaging.

Number of packaged items in each lunchbox

Lunchbox 1 — Pieces of packaging: 4	Lunchbox 2 — Pieces of packaging: 2
Lunchbox 3 — Pieces of packaging: 7	Lunchbox 4 — Pieces of packaging: 5
Lunchbox 5 — Pieces of packaging: 3	Lunchbox 6 — Pieces of packaging: 1

2. Example of a graph representing the data.

Pieces of packaging in lunchbox photos

Introduction to 'Nude Food'

Ask: What is Nude Food?

We can reduce packaging by bringing Nude Food to school. Nude Food is essentially food without packaging. This reduces the amount of material that needs to go in landfill bins. Durable, reusable containers are a great way to bring food, as they may last from pre-school through to high school and beyond, providing long term cost savings and environmental benefits.

Direct students to investigate the difference between packaged items and Nude Food by completing the following activities.

1. Collect or create the lunch items in the table below to create two different lunchboxes. Students can sort the items into the two different lunchboxes based on whether they are packaged foods or Nude Foods.
2. Students can then look at their own lunchboxes to separate packaged foods from Nude Foods.
   How much food with packaging do they have compared to Nude Food?

Tale of Two Lunchboxes Table (example)

Lunchbox 1 (Nude Food lunchbox)	**Lunchbox 2 (Packaged lunchbox)**
Sandwich in a reusable container	Sandwich wrapped in cling wrap
Chips in reusable container	Small packet of chips
Biscuit in a reusable container	Biscuit wrapped individually in packaging or cling wrap
Piece of whole fruit, or sliced in a reusable container	Fruit in a packaged container (with a plastic spoon)
Reusable drink bottle	Drink in a single use container/carton

Introduction to 'Nude Food'

3. Match the food and drink items to the lunchbox they belong in.

Lunchbox 1 (Nude Food)

Lunchbox 2 (packaged food)

Comparing 'Nude' and Packaged Food

4. Look at the lunchbox photos and see how much food packaging there is compared to Nude Food. This data can be tallied and displayed in a table and/or graph. What is the percentage of Nude Food for each lunchbox, and for the total of lunchbox items?

5. Look at the lunchbox photos and discuss with students how the packaged foods could be brought as Nude Food.

Comparing 'Nude' and Packaged Food (Educator reference page)

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Number of packaged items in each lunchbox

Lunchbox 1 Pieces of packaging: 4	Lunchbox 2 Pieces of packaging: 2
Lunchbox 3 Pieces of packaging: 7	Lunchbox 4 Pieces of packaging: 5
Lunchbox 5 Pieces of packaging: 3	Lunchbox 6 Pieces of packaging: 1

5. Look at the lunchbox photos and discuss with students how the packaged foods could be brought as Nude Food.

Type of packaging	Suggested solution
• Drink in a single use container/carton	• Reusable drink bottle
• Biscuits and cheese in packaging	• Biscuits and cheese in a reusable container
• Muesli bar in a packet	• Home made muesli bar in reusable container
• Yoghurt in a packaged container (with a plastic spoon)	• Yoghurt bought in bulk and decanted into a reusable container
• Sandwich wrapped in cling wrap	• Sandwich in a reusable container (wrapped in beeswax wrap, alfoil, or paper bag. Alfoil can be rolled into a ball and recycled, paper bags can be composted with food scraps)

Comparing 'Nude' and Packaged Food (Sample page)

Ask: What does it cost for a packaged lunchbox or Nude Food lunchbox?

Do you think there is a cost difference between Nude Food and packaged food? Which one is cheaper?

Lunchbox 1 (packaged food)	Lunchbox 2 (Nude Food)
Sandwich wrapped in cling wrap	Sandwich in a reusable container
Small packet of chips	Chips in a reusable container
Biscuit wrapped individually in packaging or cling wrap	Sweet biscuit in a small container, cloth bag, or paper bag
Fruit in a packaged container (with a plastic spoon)	Piece of whole or cut fruit
Drink in a disposable bottle	Reusable drink bottle

Lunchbox Costs (as at Jan 2015)

Lunchbox 1 (packaged food)		Lunchbox 2 (Nude Food)	
Sandwich wrapped in cling wrap	$1 + $0.25	Sandwich in a reusable container	$0.70 + $0.01
Small packet of chips	$0.40	Chips in a reusable container	$0.15 + $0.01
Biscuit individually wrapped in cling wrap	$0.40 + $0.25	Biscuit in a small container	$0.40 + $0.01
Fruit in a packaged container (with a plastic spoon)	$0.40 + $0.05	Piece of whole fruit	$0.50
Drink in a disposable bottle	$0.50	Reusable drink bottle	$0.01

It all adds up…

Lunchbox 1 (packaged food)	Lunchbox 2 (Nude Food)
$3.25 per day	$1.79 per day
$16.25 per week	$8.95 per week
$650 per school year	$358 per school year

Nude Food lunchboxes can save almost $300 per person per school year
or over $580 per year for 2 children!

Comparing 'Nude' and Packaged Food (Worksheet)

Ask: What does it cost for a packaged lunchbox or Nude Food lunchbox?

Do you think there is a cost difference between Nude Food and packaged food? Which one is cheaper?

Lunchbox 1 (packaged food)	Lunchbox 2 (Nude Food)

Lunchbox Costs

Lunchbox 1 (packaged food)		Lunchbox 2 (Nude Food)	

It all adds up…

Lunchbox 1 (packaged food)	Lunchbox 2 (Nude Food)

A Nude Food lunchbox can save you up to $ per year!
Maybe more for other family members.

Creating a 'Nude Food' lunchbox

WOW has created labels to support students and their families with a Wipe Out Waste/Nude Food day.

The sticker is designed to make one day a week a Wipe Out Waste/Nude Food Day for either a class, a year level, or for the whole school. (If you are very keen, you could write 'everyday' in the green space; some sites have!)

These are available from KESAB and designed for student and staff lunchboxes. Nominating a regular day can encourage sites to minimise food and drink packaging waste (up to 50% of the volume of an average school bin) by packing Nude Food. The best thing is, once you have reusable containers, everyday can be a Nude Food day! You can write your chosen day on stickers with permanent marker and stick them on to lunchboxes in the classroom, or place on fridges at home.

We recommend sending a letter home to help families get involved and make informed decisions around food packaging choices. A sample letter is included in the Less to Landfill resource on the WOW website.

The following may assist in implementing Nude Food days;

- Participating in the WOW Less to Landfill challenge

- Sending information about Nude Food home to families (Newsletter tips are provided on the website)

- Discussing the level of commitment agreed upon by your site; does it involve a class, year level, or whole site community?

- Inviting families to complete the 'Favourite school foods' activity with their children

- Think about what day of the week will be your Nude Food day (Wednesdays and Fridays often work well, it's good to avoid Monday!)

- Monitor, Reflect, Celebrate and Evaluate your success every term after implementation.

Nude Food lunchbox labels - large

Nude Food lunchbox labels - small

Our wipe out waste day is

Our wipe out waste day is

Our wipe out waste day is

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