



Nude Food



This term all of the classes in the school will be taking part in Nude Food Day every Wednesday. Nude food is an initiative to reduce the amount of waste that is generated from food packaging which ends up going into landfill. Every Wednesday classes will be looking at the food students bring in to class for lunch and recess and keeping a record of those who bring food with no packaging or packaging that can be reused or recycled. The end goal is to be able to fit any rubbish generated from packaging into the mini bin (pictured below) each Wednesday.

Why nude food

Not only does nude food help to look after the environment with less waste going to landfill, nude food is often healthier than packaged. Buying food in bulk is much cheaper and reduces the amount of packaging.



SO WHAT CAN WE DO AS A PARENT?

Choose foods that come with no packaging, recyclable packaging or packaging that can be reused.

Choose bulk over individual packaging.

Talk to your children or let them help pack their lunch boxes so they are only taking food that they like and will have time to finish.

Choose healthier foods that don't have any packaging. E.g fruits & vegetables.

Encourage students to bring home their sandwich bags or zip lock bags so you can reuse them.

The Challenge

A running tally of students who are bringing nude food on Wednesdays will be kept in every classroom. At the end of the term the class with the most students bringing nude food will win a class award.

REDUCE

The majority of rubbish that ends up in landfill is packaging from individually wrapped foods such as chips packets, muesli bars, popcorn and other snack foods. Small yoghurts bought in individual tubs or tubes also generate a lot of rubbish. This packaging can not be recycled therefore needs to be avoided or reduced.

REUSE & RECYCLE

The best way to minimise the waste that goes to landfill is to choose foods that have no packaging or comes in packaging that can be reused or recycled.

Reuse

Lots of the packaging that food is bought to school in can be either recycled or reused. Reusing refers to those products such as zip lock back and small sandwich bags which students can bring home in their lunch box and reuse the next day.

Recycle

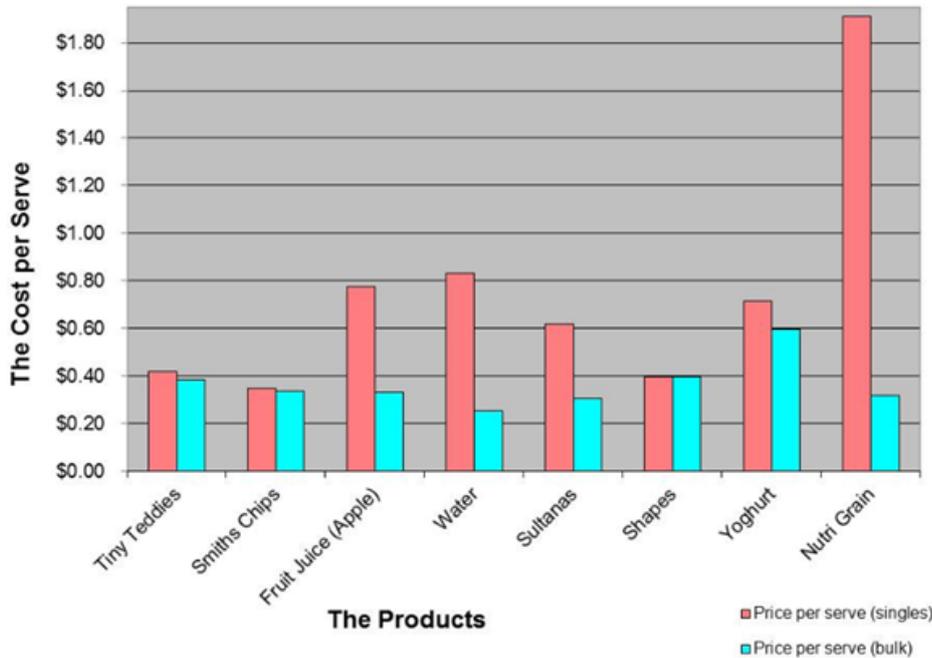
At school a lot of waste can be recycled as part of our recycling programs. Uneaten foods can be put in food scrap buckets, fruit boxes can be recycled in 10c deposit bins.

Bulk buying vs. Individual packaging

The majority of waste comes from snacks which are individually packaged. Not only does this create a lot of waste which goes to landfill it is also a lot more expensive to purchase. Rather than buying small individually packaged foods, small 12 packs of yoghurts and individually wrapped biscuits these products can be bought in bulk and then put in reusable packaging. Nude food containers designed to hold sandwiches, fruits and liquid foods such as yoghurts can be purchased at supermarkets or departments stores like Big W and Kmart very cheaply.

SAVE MONEY AND THE ENVIRONMENT

Cost of Single Serve vs Buying in Bulk



Each Wednesday students will be encouraged to put any packaging back in their lunch box rather than putting it in the classroom bin.

Each Wednesday that students bring a lunch box with nude food they will get a tick on their classroom nude food chart.

We encourage you to sign the pledge below so all student and parent pledges can be displayed in classrooms.

<p>REDUCE </p> <p>These product can't be recycled and therefore need to be avoided.</p>  <p>Chips, biscuits, chocolate bars, LCM and muesli bar packaging, yoghurt containers, tubes and cling wrap can't be reused or recycled therefore needs to be avoided.</p>	<p>RECYCLE </p> <p>These products can be recycled at school.</p>  <p>Brown paper bags and food scraps can be recycled at school in the compost bins. Fruit juices and bottles can be recycled in the 10c deposit bins.</p>	<p>REUSE </p> <p>These products should be used to store foods as they can be reused each day.</p>  <p>Nude food containers which can be purchased from supermarkets or department stores that can be used to store sandwiches and fruit. Small nude food containers can be used for yoghurts and dip rather than buying individual yoghurt containers. Zip lock bags and small sandwich bags can be taken home and reused everyday.</p>
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I pledge to do my best to try and reduce the amount of waste I am creating by bring nude food to school every Wednesday.

Signed
(parent)

Signed.....
(student)