



Wipe out Waste



Nude food info for families

What is Nude Food?

For a Nude Food Lunchbox, try to pack ...

- Snacks in reusable containers
- Drinks in a reusable container
- Reusable utensils when needed
- A reusable lunchbox or backpack

Avoid ...

- Lunches packed in plastic bags or wrap, foil, wax paper
- Single use drink boxes, pouches, cans, cartons, and bottles
- Single use plastic forks and spoons
- Pre-packaged single-serve snack items

Why bring nude food? You can help to reduce the amount of material sent to landfill to benefit the environment. It saves time and money for your school with reduced demand for disposal. Reducing the cost for disposal of food packaging at school means more money to spend on learning resources and teaching support. It also encourages better food and drink choices, as many healthy food options come with their own packaging.

Tips for parents packing Nude Food lunches

- Help children to make nutritious, waste-less lunches and let them make their own lunches. Try packing lunches the night before and storing them in the fridge overnight.
- Discuss with your child what they like to eat and how much. Bin audits in schools across SA show large quantities of unopened pre-packaged foods, including single-serve yogurts, cheese sticks, sandwiches, uneaten apples/fruit and many near full fruit boxes being thrown away. This costs your family money as well as creating waste.
- Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later. For example, it's hard to take some bites from a big apple at recess and save the rest for lunchtime. It's easier to eat a wedge or two and then reseal the container. A rubber band around a sliced apple will prevent browning.
- Encourage your children to bring home uneaten food to eat after school. Appreciate that play time is also important, so discuss with children how much they can reasonably eat in one day. Often children throw uneaten food away because they don't want to upset the person who packed the lunch. If you're not sure how much they can eat at school, start small, eg a piece of fruit and a sandwich, and build it up if they are asking for more.
- If your children have chips, savoury biscuits, or other snacks try buying a larger bulk pack (rather than the more expensive so called 'convenience' packs with lots of packaging) and have your children put the same quantity into a reusable labelled container that they bring home each day.