

Nude Food info for families

What is Nude Food?

'Nude Food' is a popular term in schools and preschools. But what exactly is 'Nude Food'?

Simply put, it's food without excess packaging. Usually, this means food that is not processed, often making it a healthier and more environmentally friendly option.



Why bring Nude Food?

Reducing packaging has important environmental benefits. Each year in SA, families of primary school aged children spend more than **\$3.5 million*** on individually packaged items, collectively throwing away over 1.5 million yogurt suckers, 3 million small tubs and 11 million ziplock bags - that's enough ziplock bags to reach from Adelaide to Ceduna and back if laid flat**!

Landfill disposal is also usually a significant cost for a site, and by reducing waste, more money can be invested on learning resources and teaching support.

Unpackaged food also encourages better food and drink choices, as many healthy food options come with their own packaging!

**Based on 2016 Wipe Out Waste audit data*

***Based on average data from over 200 Wipe Out Waste SA school audits since 2006 (extrapolated to all primary schools in SA)*

Up to 50% of items in school bins come from food and drink packaging. You can help the environment and your school save money on waste disposal costs.

PACK:

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

AVOID:

- ✗ Plastic bags, cling film or foil
- ✗ Disposable drink boxes, cans, cartons and bottles
- ✗ Disposable forks and spoons
- ✗ Pre-packaged lunches or single serve items

Tips for parents packing Nude Food lunches



Let children make their own lunches.

Consider packing lunches the night before and storing them in the fridge overnight to avoid the morning rush.

Discuss with your child what they like to eat and how much.

Bin audits in schools across SA show large quantities of unopened packaged foods (single-serve yogurts, cheese sticks, sandwiches, uneaten fruit and fruit boxes) are being thrown away. This costs your family money as well as creating unnecessary waste.

Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later.

It's easier to eat a wedge or two of an apple and then reseal the container than to take a few bites out of a whole apple and save the rest. A rubber band around a sliced apple will prevent browning.

Encourage your children to bring home uneaten food to eat later.

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, e.g. 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 bulk pack and have your children put the same quantity into a reusable labelled container that they bring home each day. It's also cheaper!

Avoid buying drinks in packaging that cannot be resealed.

Many children take just a few sips at snack time and discard the rest. Pack drinks in a re-usable bottle.