

Nude Food steps for schools

A quick step guide to having a Nude Food day



Step 1: Work out the scale of your waste-free lunch.

- Will it be held by one class, one year level, or the entire school?
- Will it be held for one day, one week of a term, or the whole year?

Step 2: Assess the recycling systems at your school / in your classroom.

- Does your school have a separate co-mingled recycling collection?
- Is there a green organics collection or compost available on site?
- Your class, year level etc could start a 10c container collection. See how much you can raise on your nude food days!
- Have you got appropriate bins in your classroom to represent the different separation systems available?

Step 3: Conduct an audit before starting your Nude Food days.

- Look in the activities section on the WOW website for ideas on audits that you can undertake with your class to measure and collect data on the amount of food packaging that is currently being brought to, and disposed of, at school.

Step 4: Communicate your Nude Food plans, objectives, details, etc. with your students and colleagues.

- Holding a presentation during a school assembly is a great way to reach all staff and students, and encourage and motivate others to do the same (if it's not whole school). This is also a chance to clarify details (if it is whole school).
- If there is a noticeboard or morning bulletin at your site, don't forget to include an article about your nude food days.
- Develop posters to promote your nude food day.

Steps continued



Step 5: Communicate your Nude Food plans, objectives, details, etc. with parents and guardians.

- Send letters home to parents/guardians explaining the nude food challenge and ideas and tips for packing waste free lunches.
- Include an article in the newsletter.
- Perhaps provide some contact details for parents that may have further questions regarding nude food.

Step 6: Hold the Nude Food days.

- Conduct waste audits over time to compare how the amount of packaging has changed due to nude food days.
- Take photos of nude food lunch boxes and display in a public area, include some pictures in newsletters going home to families.
- Create charts, graphs etc showing the progress of audits after introducing nude food.
- Link learning and results with the curriculum.
- Get students to write a report, letter, newsletter article on results.
- Investigate students' thoughts or behavioural changes that have come about from having nude food days.
- Investigate recycling at the school and materials recovery after leaving the school, also composting systems, worm farms, bokashi etc.

Step 7: Reinforce change.

- Survey behavioural and cultural changes at the school. Encourage students to reflect on their nude food, thoughts, feelings, ideas etc. Reinforce and encourage these behaviours to go beyond dedicated nude food days.
- Evaluate results after nude food days (if they have a finish time). Share results with parents.
- Encourage recycling systems to spread across the whole school and encourage new recycling strategies, led by students.
- Could have a reward for most decrease of packaging in the class.