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WE ARE A NUDE FOOD SCHOOL

Dear Parents and Carers,

This is a friendly reminder that we are a Nude Food school. Students are asked to bring lunches that have only items that can be eaten, reused, composted or recycled. The idea is to have as little waste sent to landfill as possible.

Your cooperation is required in assisting your child to pack a waste free lunch by packing food that you know will be eaten, using re-usable containers instead of plastic wrap or foil, and by purchasing non-perishables in bulk, rather than individual portions.

Items to avoid are:

- Individually wrapped items
- Plastic wrap, bags or cling film
- Disposable cutlery
- Straws

Each day, classrooms will tally the individual wrappers brought to school. At the end of each week, the class with the least amount of rubbish will receive an extra 10 minutes of play time.

Some ideas for nude food:

- Make a tray of muffins and keep them frozen. Remove one each morning and place it in the lunch box – it will thaw by lunch time.
- Pop your own popcorn and pack it in a paper bag.
- Make your own snack mix with dried fruit (apples, sultanas, banana), pepitas, sunflower seeds, and put in in a container for recess.
- Pack a handful of dried cereal (such as Weet-bix bites or Cheerios) in a small reusable container.
- Cut your own cheese slices and place them with crackers in a reusable container.
- Make a smoothie at home and store it in a cold thermos that holds the temperature until recess or lunch time.

Being a Nude Food school encourages our students and school community to reduce the amount of waste we produce. Waste-free lunches benefit the environment by reducing packaging waste, which in turn reduces energy and resource use. This also promotes sustainability awareness among students, parents and school staff.

We thank you for your support on our journey towards being a strictly Nude Food school.

If you have any questions please don't hesitate to get in touch!

Narelle Sibly
and the Environment Committee

