On **Wednesday 30th October**, the Environment Committee along with the SRC and P&C Committee are holding a special NUDE FOOD DAY at school!

On that day, kids who **come to school with a lunchbox** that has no disposable/single-use packaging (like zip-lock bags and chip packets) will go in the draw to win their own fun Nude Food container. We will draw 3 names per class, so there’s plenty of prizes to go around!

*Make sure you mark the date on your calendars so you don’t forget that you must bring a lunchbox on this day as canteen orders will not be included in the draw.*

**If you’ve never packed a ‘nude food’ lunchbox before, here are 7 tips:**

1. Lunchboxes with inside compartments work best, as it stops food from getting mixed up together in your child’s school bag. Another option is a lunch bag filled with smaller containers for lunch, recess, fruit, etc.

2. Instead of buying fun-size packets of chips and biscuits, buy snack foods like popcorn in bulk and send portions in reusable containers each day. You’ll spend less money this way too!

3. Swap single-packet snacks with whole foods like fruit and vegetables. Not a fan of chopping in the morning? Berries, grapes, baby cucumbers and cherry tomatoes are super easy to pack in the morning rush.
4. Replace cling film with reusable options like beeswax wraps. If you don’t have any, pack your child’s sandwich in a smaller container to keep the freshness in.

5. Bake some easy muffins at the end of the weekend and freeze them for the week ahead. Then simply pop them in your child’s lunchbox and they’ll thaw in time for recess or lunch. You don’t even need to use patty pans if you spray the muffin tin with a bit of oil before pouring the batter in.

6. Not a baker? A good hack is to swap packaged muesli bars for some trail mix, dried fruit or even a handful of your child’s favourite cereal container.

7. Packing a hot lunch or salad? Don’t forget to pack some reusable cutlery too! You can even do this for your child if they have a lunch order – just make sure to label everything with their name.

8. Finally, don’t forget their water bottle! Our bubblers now have refillable stations, so it’s super easy for your child to refill their bottle when they need to.

We look forward to seeing all the amazing NUDE FOOD lunchboxes & to award the amazing PRIZES.

If you have any questions, please email mfps.sustainability@gmail.com