

NUDE LUNCHBOX FOOD!

Name:

MISSION 4:

Reduce the amount of packaging and waste in your child's lunchbox every day this week... (and then hopefully every day in the future!)

**NUDE FOOD =
A HEALTHY BODY + A HEALTHY PLANET**

FAST FACTS:

- **Nude Food** is simply food that is not wrapped in foil, plastic or commercial packaging.
- The best type of nude food is mainly fresh food, so it is healthy and nutritious PLUS environmentally friendly.
- Talking about and preparing nude food helps children to think about what they eat, and encourages them to think about their impact on the environment (and their health). You will be amazed with how enthused your child can become on this...
- At our child care service we talk about food and the environment all the time! Sending nude food in your child's lunchbox helps to reinforce the positive learning experiences we provide for your children and supports a consistent message being given.



HANDY HINTS:

- Buy larger containers of foods like yogurt and decant these into smaller reusable containers. It's cheaper than buying lots of little tubs and reduces waste!
- Buy larger packets of items like cheese (to cut into your own cubes) and crackers to pack in your own serving sizes – you can often get healthier options than in pre-packaged varieties.
- Try to use fruit and vegetables that are in season and grown locally. Seasonal produce is cheaper to buy and environmentally friendly as less fuels are used to transport it into your supermarket.
- Some lunchboxes are designed to hold nude food. Otherwise separate food using reusable containers, brown paper bags or zip lock bags and wash them after use.

CONGRATULATIONS!

You have completed every lunchbox mission! That has included:



Packing 'everyday' foods



Swapping packaged snacks for unpackaged snacks



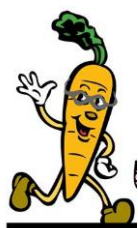
Including your kids in food preparation for their lunchbox by cooking a healthy snack with them



Reducing the amount of packaging by having 'nude food' in the lunchbox



At our service we hope to see these healthy changes to lunchboxes everyday into the future!!! Please support the healthy messages and learning we do with the children by packing healthy nutritious food each day.



NUTRITION NINJA SAYS

My favourite lunchbox food is...

Discuss healthy lunchbox food and ask the children to draw their favourite nude lunchbox food