

# Nude Food is back for 2023!

Nude food days re-commenced at school this week. Our Sustainability Leaders, Henry and Jai, spoke at assembly on Monday, explaining to the students, parents and staff what happens on Nude Food Days.

Nude Food Day is the day when we try to bring food to school with NO wrappers on it. As a school community, we are trying to reduce the amount of packaging that food is brought to school in (eg cling wrap, squeeze yoghurt containers, soft plastics, juice poppers and boxes).

Each year, Australians throw away around 1.9 million tonnes of packaging - enough to fill the Melbourne Cricket Ground **nine** times over. We need to significantly reduce this level of waste, and Nude Food Days at school is one way for each of us to play our part and protect the environment for future generations.

Our aim is to have zero wrappers in every classroom. Please talk with your student/s this week to discuss how they can bring their favourite foods to school without wrappers, foil or cling wrap. Here are some ideas:



We know that many students are already bringing food in containers, with healthy food choices, so keep up the great work at home. Snap lock bags can be wiped out at home and re-used. Encourage your child to bring them home for another time and do not put them in the bin.

At snack time on Nude Food Days, the Planet Savers in each class (our 'Green Team') will count the number of wrappers in the bin or in lunch boxes. The Planet Savers will then pass the total onto their classroom teacher so we can keep a track of the class with the lowest number of wrappers. See if it can be your child's class!