



Nude Food Day

Information for Families



National Nude Food Day is just around the corner! And we would love parents to get nude... food of course! ;-)

Nude Food Day is all about reducing the amount of rubbish that is generated by packing children's lunchboxes.

What are the benefits of going nude?

- Reducing the amount of packaging, reduces the amount of rubbish that goes to landfill. It also decreases the amount the greenhouse gases generated in producing the additional packaging, creating a more sustainable environment.
- Saves money in the long-run. E.g. buying a large tub of yoghurt and dispensing out smaller amounts into containers is cheaper than buying individualised smaller tubs.
- Healthier! Nude Food is essentially nutritious foods found in the core Five Food Groups, which provide all the nutrients, vitamins and minerals that little growing bodies need. To find out more about the Five Food Groups visit the Australian Dietary Guidelines website:

www.eatforhealth.gov.au

So why not try packing a nude food lunchbox for your child next week?



Sushi Sandwich Recipes

Here are some nutritious sandwich options that you could make with your child. Just by tweaking the way they are presented can bring a little fun back into traditional lunchbox items.

Ingredients:

Your favourite fresh sandwich combos.

Some examples include:

- Chicken, avocado, grated carrot
- Curried egg and lettuce
- Cheese, hummus and salad
- Ham, salad & reduced fat cream cheese
- Turkey, cranberry, cucumber, lettuce
- Tuna, carrot and avocado



Method:

1. Place wholemeal or wholegrain bread slices on a chopping board and using a rolling pin, flatten your bread.
2. Arrange your toppings in rows on the bread. Leave a small gap on one side to make rolling easier. Roll your sandwiches and enjoy!
3. Packaging options can include, reusable sandwich bags/containers or recycled brown paper bags. Avoid disposable items such as cling film.