



**Woodend Primary School**  
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## **NUDE FOOD DAY 2021:** **Thursday the 14<sup>th</sup> of October - Term 4, Week 1**

Dear Parents/Caregivers

Every piece of packaging or excess food that we can save from landfill makes a difference. As part of our plan to reduce the single-use soft plastic coming into our school and ending up in landfill or our local community, Woodend Primary School is holding a wasteless (or Nude) food day on the 14<sup>th</sup> of October 2021.

When planning lunches for this day, and throughout the year, please help us minimise food and packaging waste by packing a waste-less lunch!

Try to pack...	Avoid...
<b>A Waste-Less (Nude) Lunchbox</b>	<b>A Disposable Lunchbox</b>
<ul style="list-style-type: none"><li>• Snacks in reusable containers</li><li>• Drinks in a reusable container</li><li>• Reusable utensils when needed</li><li>• A reusable lunchbox or backpack</li><li>• Small pieces of fruit, yoghurt or snack items in a reusable container</li></ul>	<ul style="list-style-type: none"><li>• Lunches packed in plastic bags, cling wrap, or foil</li><li>• Disposable drink boxes, pouches, cans, cartons, and bottles</li><li>• Pre-packaged single-serve snack items</li></ul>

✓ Discuss with your child what they like to eat and how much. Bin audits in schools across SA show large quantities of unopened pre-packaged foods, including single-serve yogurts, cheese sticks, sandwiches, and uneaten apples/fruit. This costs your family money as well as creating waste.

✓ Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later. For example, it's hard to take some bites from a big apple at recess and save the rest for lunchtime. It's easier to eat a wedge or two and then reseal the container.

✓ Encourage your children to bring home uneaten food to eat after school. Appreciate that play time is also important, so discuss with children how much they can reasonably eat in one day. Often children throw uneaten food away because they don't want to upset the person who packed the lunch. If you're not sure how much they can eat at school, start small. eg a piece of fruit and a sandwich, and build it up if they are asking for more.

✓ If your children have chips, savoury biscuits, or other snacks try buying a larger bulk pack (rather than the more expensive 'convenience' packs) and have your children put the same quantity into a reusable labelled container that they bring home each day.

On this day we will acknowledge families' efforts to help reduce the amount of single use plastic wrappers coming into our school and the positive impact this can have on our local and wider community. Students who participate in this initiative will receive a special raffle ticket and will be in the running to win some fun and useful prizes!

Kind regards,

Georgia, Ella & Alex  
Co-Chairs of the WPS Student Representative Council

Aimee Aparicio  
Senior Leader