



Wipe out Waste



Nude food info for families

The West Lakes Shore Kindergarten is working towards developing sustainable practices and behaviours and you can help to reduce the amount of material sent to landfill to benefit the environment also. By packing a 'Nude food Lunchbox' (a lunch/snack box with NO packaging) you will be helping the kindy WIPE OUT WASTE!

Some Tips for parents packing Nude Food lunches

- Help children to make nutritious, waste-less lunches and let them make their own lunches. Try packing lunches the night before and storing them in the fridge overnight.
- Discuss with your child what they like to eat and how much. Bin audits in educational sites across SA show large quantities of unopened pre-packaged foods, including single-serve yogurts, cheese sticks, sandwiches, uneaten apples/fruit and many near full fruit boxes being thrown away. 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. A rubber band around a sliced apple will prevent browning.
- Encourage your children to bring home uneaten food to eat after kindy. If you're not sure how much they can eat at kindy, start small, eg a piece of fruit and a sandwich, and build it up if they are asking for more.
- If your children have crackers or savoury biscuits, or other snacks try buying a larger bulk pack (rather than the more expensive so called 'convenience' packs with lots of packaging) and have your children put the same quantity into a reusable labelled container that they bring home each day.

For more information you can visit the Wipe Out Waste website - <http://www.wow.sa.gov.au/nude-food.html>

Wipe out Waste

Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?

Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or back-pack

Avoid

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

Government of South Australia
West Lakes SA

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