

# MONDAYS NOW

## NUDE FOOD DAYS AT STA

Last year, we began implementing occasional 'Nude Food Days' in an attempt to reduce our rubbish and be more conscious of our waste footprint. For the rest of this year, we want to amp up our commitment to sustainability by trialling NUDE FOOD days EVERY MONDAY!

### **What are Nude Food days?**

Each Monday, we are asking students to avoid including packaged foods in their lunchboxes to reduce the amount of rubbish going to landfill.

### **Ideas for families on Nude Food Days:**

- Replace packaged chips and biscuits with fruit and vegetables.
- Put foods in reusable plastic containers rather than ziploc bags and Glad Wrap.
- Buy a family packet of a food and segment out portions in reusable containers, instead of buying individual packets.
- Use paper instead of plastic, which can be recycled.

Each newsletter we will showcase a student from the school who has a great 'Nude Food Lunchbox'.

Thank you for your support