



# Making 'nude food' the norm



## What is 'nude food'?

It's simply food without excess packaging.

Usually, this means non-processed, fresh food, which often makes it a healthier choice for growing bodies as well as a better environmental choice.

# The Benefits of Nude Food



# The benefits of packing a nude lunch for your kids every day include:



## Encourage good nutrition

Providing nutritious food lays the foundation for a lifetime of healthy habits.

Packaged and processed foods are often high in calories, fat, sugar and salt. Choosing waste-free snacks increases the intake of fresh foods packed with nutrients.

Making your own snacks means you control the fat, sugar and salt that goes into them.



## Reduce waste to landfill

Setting up waste-wise habits early ensures a holistic approach to food decisions your child will make throughout their life.

If packaging must be used, ensure it can be brought home so you can recycle it (cardboard in your blue bin and soft plastics returned through available collection schemes).

Compost your leftover food scraps to really reduce your waste to landfill!-



## Save money

Making your own snacks usually works out cheaper than buying packaged/ processed options plus there's the added fun of getting your kids involved to learn new skills.

Buying in bulk (like 1kg of yoghurt to portion out every day) is much cheaper than buying 5 single-serve pouches.



# Top Tips to Succeed with Nude Food

## 1 Invest in good quality reusable storage solutions

that will last for years (lunchboxes with many separate sections, reusable snack boxes, silicone pouches, beeswax wraps and reusable sucker pouches).



## 2 Reusable cutlery

Send reusable cutlery if required for the meal.



## 3 Reusable drinkware

Use reusable bottles for water, juice or smoothies.





4

#### Learn your kids' meal schedules & breaks

Discuss with your kids what happens with meal breaks (how much time they have, where it happens, where bags are stored etc) which will help inform how you pack foods to stay fresh and get eaten to reduce wastage and save money.

6

#### Be prepared & organised

Pack lunches the night before as mornings can be stressful and hectic.



5

#### Make food prep fun!

Involve your kids in making their own lunches so they're more likely to eat things they enjoy.



7

#### Healthy eating on a budget

Make your own healthy snacks or buy in bulk and decant small portions instead of buying multi-pack foods.



# Examples of healthy, nude foods:

- ✓ Sandwich/wraps or rolls on wholegrain bread packed loose in a lunchbox or wrapped in a reusable wrap or silicone pouch
- ✓ Fresh cut cheese slices and crackers
- ✓ Yoghurt in a reusable sucker pouch or container
- ✓ Fresh popped popcorn or roasted chick peas
- ✓ Boiled eggs
- ✓ Veggie sticks/cherry tomatoes with avocado/salsa/cottage cheese/hummus dips
- ✓ Dried fruits and seeds
- ✓ Home-made muffins, slices, bars or energy balls
- ✓ Bite size home-made sausage rolls, mini-pizzas, pancakes, sushi, frittata, dumplings or veggie loafs
- ✓ Leftovers like pasta, sausages, chicken skewers, fried rice (a small thermos could be useful to keep things warm)



# Try to avoid:

- ✗ Zip lock bags, plastic wrap or foil
- ✗ Single serve juice, yoghurt and cheese packs
- ✗ Disposable cutlery
- ✗ Pre-packaged foods like chips, biscuits and bars





## Need more inspiration?

[www.healthylittlefoodies.com](http://www.healthylittlefoodies.com)  
[www.yummytoddlerfood.com](http://www.yummytoddlerfood.com)  
[www.annabelkarmel.com/  
recipe-filter/lunch-boxes](http://www.annabelkarmel.com/recipe-filter/lunch-boxes)



@schoollunchbox  
@kidsschoollunchbox



### Hunters Hill Council

22 Alexandra Street, Hunters Hill NSW 2110  
PO Box 21, Hunters Hill NSW 2110

**Email**  
[customerservice@huntershill.nsw.gov.au](mailto:customerservice@huntershill.nsw.gov.au)

**Phone**  
9879 9400

**Website**  
[www.huntershill.nsw.gov.au](http://www.huntershill.nsw.gov.au)