

NUDE FOOD LUNCHBOXES

Join the Nude Food Revolution by reducing the unnecessary waste in your child's lunch box. How? By following these easy tips and tricks on how to make a quick and easy nude food lunch box! In the process, you'll be saving the planet and encouraging your kids to eat healthier too.

1. GET ORGANISED: A little bit of forward planning and dedicated time on a Sunday evening can be the difference between healthy nude food lunch boxes for the week and hastily prepared lunch boxes filled with packaged 'convenience' treats. Dedicate some time to cutting up and portioning lunch box snacks for the week ahead. Keep them fresh in a container in the fridge and grab them as you pack your child's lunch box each day. **Get the kids to help.**

2. GET THE RIGHT GEAR: When choosing a lunch box for your child, select one that has compartments. There are many different varieties of multi compartmental children's lunch boxes on the market. This type of lunchbox has sections for the different varieties of food and therefore doing away with the need for wasteful packaging.

3 TREAT 'EM RIGHT: Do away with those expensive, sugar-laden packaged lunch box snacks and discover how much easier, healthier and cheaper it can be to make them yourself. This way, you know exactly what ingredients are in the snacks your child eats - because you put them there! A little treat, like chocolate protein balls, muesli slice, muffins and homemade cookies are ideal as they're tasty and easy to throw in the lunch box.

4. YOGHURT WITHOUT THE WASTE: Kids love yoghurt in their lunch boxes, but the packaging of store-bought varieties doesn't make it very nude food friendly or kind to the back pocket. But rest assured you don't need to rule out yoghurt from the nude food lunch box! Why not make it yourself and put it in reusable containers? But you can make it easier on yourself by investing in an EasiYo yoghurt maker, which will do all the hard work for you. It's so easy, inexpensive and tasty, you'll never go back to expensive store-bought yoghurts again.

5. YOU CAN NEVER have too many reusable containers on hand when it comes to nude food lunch boxes. These stackable and washable little gems are an easy replacement for cling wrap and other packaging and perfect for keeping cut fruit, vegetables and snacks fresh and safe from being squished! Also it ensures items that are unfinished aren't just thrown in the bin but resealed and brought home to possibly be eaten the next day. This keeps school rubbish to a minimum and the environment happy. Ensure you put your child's name on every container - the lids too - so if they get lost they'll find their way home again.

6. DIPS APLENTY: To entice your little one to eat the veggies you lovingly include in their nude food lunch box each day, add a little tub of hummus, salsa or avocado dip to the mix. Make a big batch of dip at the start of the week and portion it out for the week ahead to save you time and money.

7. KEEPING IT COOL: Insulating lunch boxes are essential in our hot Australian climate, to ensure foods don't spoil and our kids don't get sick. You can choose to freeze an item in the lunch box, such as a water bottle (some lunch boxes come with a 'freezie' drink bottle for this purpose) or invest in a freezable insulated lunch bag. It's just a matter of remembering to freeze your bottle, ice block or insulated bag the night before!!

8. REUSEABLE CUTLERY: Your kids may need cutlery in their lunch box - a spoon for their yoghurt, a fork to eat rice or messy cut up fruit ... Do away with disposable cutlery entirely and include reusable cutlery in your child's lunch box instead. Rather than using a spoon from your drawer at home (which will possibly get lost!), buy some reusable cutlery that is exclusively for your child. This can be a strong plastic - better yet for the environment.

9. GET CREATIVE: One of many the good things about nude food lunch boxes is that you can get a bit more creative with your food choices ... For example, using flimsy cling wrap to cover things like watermelon is a surefire way to create a disgusting mushy mess your child will chuck in the bin uneaten! But using a reusable container, they're more likely to survive AND get eaten ...In fact you can make them irresistible by shaping them into love hearts or stars, etc.

10. TRY IT! By making nude food fun, you're contributing to the success of the nude food movement. You can even pop a little note in their lunchbox TOO.

Nude Food Lunchboxes are available at the canteen for only \$12 each (limited stock).

