



NUDE FOODS AND ENVIRONMENTAL SUSTAINABILITY

WHAT ARE NUDE FOODS?

Nude foods are foods packed without extra packaging—no plastic wrap, foil, or single-use packets. They're packed in reusable containers, which helps reduce waste and can reduce the cost of lunchboxes.

WHY CHOOSE NUDE FOODS?

- Less rubbish in lunchboxes and bins, reducing landfill waste
- Better for the environment
- Often better value than packaged snacks
- Encourages healthier food choices

Start small! Try swapping one packaged snack for a nude food each day.



Veggie sticks with hummus

TRY THESE EASY NUDE FOOD SWAPS:

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|------------------------------|---|--|
| • Packaged muesli bar | ➡ | Homemade mini muffin |
| • Single-serve yoghurt* | ➡ | Yoghurt* from a large tub in a reusable container |
| • Chips or crackers in a bag | ➡ | Air-popped popcorn in a reusable pouch |
| • Single-serve fruit cups | ➡ | Fresh fruit or fruit salad in a reusable container |



Tip: use small containers, silicone muffin cups, or beeswax wraps to separate foods in the lunchbox and keep them fresh.

SAVE MONEY WITH NUDE FOODS

Buying in bulk and using reusable containers can save families money each week.

Cost-saving ideas:

- Buy a large tub of yoghurt* and portion it out
- Make a batch of mini pikelets or muffins and freeze them
- Buy whole fruit instead of pre-cut or packaged fruit
- Use leftovers instead of buying extra lunch items
- Buy large packets of crackers and blocks of cheese* to portion into cheese & crackers

Tip: use a weekly [meal planner](#) to avoid overbuying and reduce food waste.



Example: A 12-pack of single-serve yoghurt* can cost over \$6. A 1kg tub of yoghurt is often under \$4 and lasts longer!





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PACK SMART, PROTECT THE PLANET

Using reusable containers instead of plastic wrap or single-use packets helps reduce waste at school and at home.

Try packing:

- Sandwiches or wraps in a container
- Fruit and veggie sticks in a small tub
- Crackers and cheese* in a divided lunchbox
- Leftovers in a leak-proof container



Tip: bento-style lunchboxes make it easy to pack a variety of nude foods without mess or waste.

LEFTOVERS FOR EASY LUNCHBOX FILLERS

Save time and reduce food waste by turning last night's dinner into tomorrow's lunch!

Leftovers that work well:

- Roast veggies: add to wraps or serve cold with hummus
- Pasta or rice dishes: serve cold or warm in a thermos
- Roast meats or chicken: slice into sandwiches or wraps
- Frittata or savoury muffins: great cold and easy to pack



Roasted cauliflower

Tip: pack leftovers while they're still warm and refrigerate overnight. Add an ice brick to keep them safe until lunchtime. For more food safety tips, visit www.swapit.net.au/safe

DIY NUDE SNACKS

Making your own snacks is better value, healthier, and fun for kids to help with!

Easy DIY snack ideas:

- Air-popped popcorn: add a pinch of cinnamon or paprika for flavour
- Mini pikelets: top with fruit or honey
- Fruit salad: use seasonal fruit like watermelon, grapes, or kiwi
- Greek yoghurt* with berries: add a sprinkle of oats or seeds
- Zucchini slice or savoury muffins: bake in batches and freeze for later

Tip: bake in bulk and freeze extras for busy mornings.



**FIND MORE
RECIPES IDEAS AT:**
WWW.SWAPIT.NET.AU/RECIPES

*The Australian Dietary Guidelines recommend low or reduced fat milk, yoghurt and cheese choices for most people two years and over. We do not warrant that the information we provide will meet individual health, nutritional or medical requirements, or individual school policy.

