

Wrapper Free Wednesdays

In Term 1, our Reception-Year 6 classes were asked to discuss ways that we can become more sustainable as a school. We had many responses from classes to encourage students to bring in less rubbish to school. In support of this, KESAB visited our school last term to complete a Bin Audit. This involved our Year 6 students learning about the importance of sorting rubbish and recycling. The students then sorted through our school's rubbish, weighed the contents and were presented with results based on their findings.

As a result of this information, 'Wrapper Free Wednesdays' (also known as Nude Food Lunch) is an exciting initiative we will be introducing at St. Joseph's Payneham this term. Wrapper Free Wednesdays is simply bringing food to school that is not wrapped in foil, plastic or commercial packaging. The best type of Wrapper Free Food consists mainly of fresh food, so that it is healthy and nutritious, and of course environmentally friendly.

Promoting Wrapper Free Wednesdays empowers students to make conscious choices about what they eat and encourages them to think about their impact on the environment (and their health). We are encouraging all students to participate in this exciting initiative.

Students in Reception to Year 6 will be informed about 'Wrapper Free Wednesdays' at the Week 6 School Assembly.





^{*}Tips on how to pack a Wrapper Free lunchbox on the next page.



To pack a 'Wrapper Free' lunchbox, you will need:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers
- Ensure all containers are labelled with your child's name.

Try to avoid:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Pre-packaged food, i.e., biscuits, snack bars and chips.

Tips for packing Wrapper Free lunchboxes:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other pre-packaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the
 environment as well as to your budget, as less fuels are used to transport it into your
 supermarket.

Check out the <u>Pick & Mix Lunchbox Ideas</u> resource from Nutrition Australia to assist you with preparing for Wrapper Free Wednesdays.



