

NUDE LUNCH DAY

HOW TO RUN YOUR DAY!



- Step 1** Before your school holds a Nude Lunch Day, review a normal day of waste. Ask students to keep their waste after lunch and conduct a waste audit of lunchboxes, or empty the school-yard bins and complete a bin audit. Refer to the 'School Recycling Guide' for more information on how to conduct a whole school waste audit.
- Step 2** Record findings and discuss the environmental impact of waste and how everyone can – Reduce, Reuse, Recycle, Rethink. Contact Council for student activity sheets.
- Step 3** Contact parents using the school e-news or Facebook about Nude Lunch Day and ensure they are given enough time to organise a litter free lunchbox.
- Step 4** Arrange your Nude Lunch Day and promote it around school with your e-news or via Facebook. Ensure students have received plenty of education about Nude Lunches and how to achieve them. Set up examples of a litter free nude lunchbox and wasteful lunchbox in the classroom, so children understand what they are doing and why.
- Step 5** Hold the Nude Lunch Day. Ensure children have somewhere to return containers if the lunch area is away from their school bag, such as a tidy tray or basket, before they head off to play.
- Step 6** Do a second waste audit of lunchboxes or bins using the same method as your previous audit, and compare the results to your first waste audit.
- Step 7** 'Nude Lunchbox Hero' certificates can be awarded to children or classes that have done a great job at bringing a litter free lunch. Encourage a monthly competition and aim to run a Nude Lunch as a regular event (monthly or even weekly) until it becomes second nature for students. Follow on with the EnviroEd 'What a Waste' School Program. Contact Ipswich City Council's Environmental Education Officer for further information and advice on how to set up a waste management plan for your school. Ipswich Waste Services can hold waste audits for your school; for more information on booking a waste audit contact Ipswich City Council.

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Acknowledgements

This booklet was developed based on experiences establishing recycling programs as well as concepts in Tweed Shire Council
<http://www.tweed.nsw.gov.au/Education/Default.aspx>