

NUDE FOOD LUNCHES

What is a Nude Food Lunch?

The perfect Nude Food lunch is free of all disposable packaging and produces no General Waste. Food items and any packaging must be recyclable, reusable or compostable.

Why does Mount Mee State School encourage Nude Food Lunches?

Nude food lunches make good sense. Most General Waste produced in a school, comes from student lunches. Nude food lunches are also cheaper in the long run. While it may be more expensive initially to ensure you have enough reusable containers, this cost is quickly overcome when you buy in bulk and purchase alternatives to highly processed foods. At Mount Mee State School we have been able to halve our school's weekly General Waste by encouraging recycling, composting and holding nude food days.

What are Nude Food Days?

Students are encouraged to bring Nude Food Lunches every day as a part of building their environmental responsibility. On certain days, our school runs competitions between our classes.

Consider

Packing lunch boxes is often a chore and it is easier when you have plenty of grab foods. While most people think of grab foods as packaged items, why not consider the following;

Great to eat
Really nutritious
Always a variety available
Best for your kids

Food safety in lunchboxes

In most cases, food is stored in lunch boxes for several hours, so the lunch box needs to stay cool. Food safety suggestions include:

- Choose an insulated lunch box or one with a freezer pack, or include a wrapped frozen water bottle to keep the lunch box cool.
- Follow hygienic food preparation methods. This is especially important when food will be stored in the lunch box for many hours before eating.
- When preparing lunches the night before, store in the fridge or freezer.
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool and eaten within about four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.



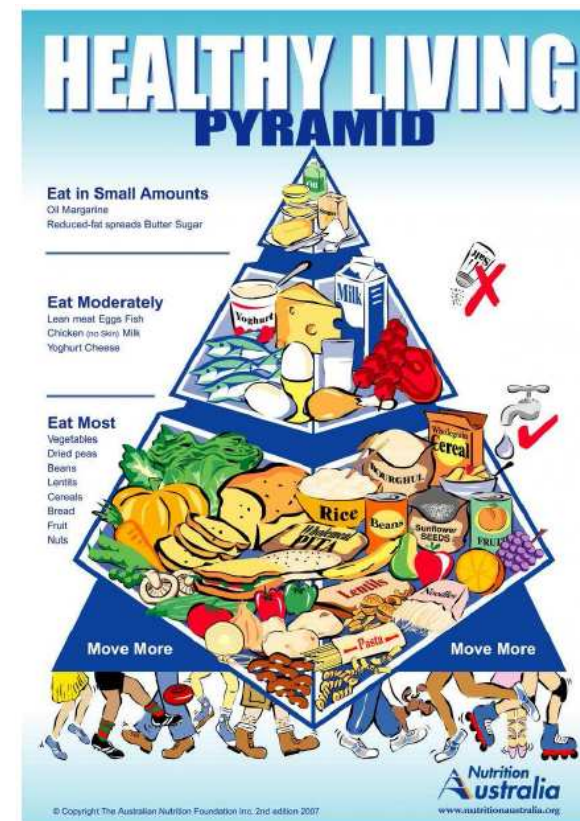
Mount Mee State School

Mount Mee State School
1368 Mount Mee Road
Mount Mee, 4521

Phone: 07 5433 5333
Fax: 07 5498 2327
E-mail: admin@mtmeess.eq.edu.au



HEALTHY LUNCHES GUIDE & NUDE FOOD LUNCHES



Information courtesy of:

Queensland & Victorian Health Departments and Nutrition Australia

STUDENT LUNCHES

Lunches and snacks play a big part in supplying your child with their daily nutritional needs. Good nutrition can help children to: build healthy bodies and minds stay alert in class and be energetic all day maintain a healthy weight fight infections. Breakfast is also essential for children. Some of the lunch and snack ideas in this brochure can be used for breakfast. Children have periods of fast growth and are generally very active. This means their nutritional needs are high. However, children don't always know what food is best for them – they need to be guided.

Queensland children are generally healthy, but most eat too many unhealthy 'extra' foods like chips, lollies and soft drink. Include important foods like fruit, vegetables and dairy products in lunchboxes. If children don't eat these foods at school, it can be difficult to offer enough at other meal times. Eating habits are generally formed in early childhood, so give your child the best start by packing a healthy lunch box. Being a good role model yourself will also send a powerful message to your children.



There are specific times for children to eat during the day, especially at school. Children may prefer to play with friends instead of eating. At Mount Mee State School we encourage all children to sit and eat before heading out to play, by having a set eating time, where all children sit together for fifteen minutes at first break and five minutes at second break.

What should I put in my child's lunchbox?

Healthy eating means choosing a wide variety of foods everyday from the five food groups in the Australian Guide to Healthy Eating. Include at least one item from each of the five food groups in your child's lunchbox for healthy growth and development.

Breads, cereals, rice, pasta, noodles

Fruit: Fresh or tinned in natural juice are the best choices followed by dried fruit.

Vegetables and legumes

Lean meat, fish, poultry, eggs, nuts

Milk, yoghurt, cheese: Low fat varieties are recommended for children aged over two years. Custard and flavoured milk are also dairy foods, but choose smaller serve sizes.

Food Allergies

Parents should be aware that there may be students who are allergic to certain foods. Each year this information is updated within the school and information is provided to parents about ways to reduce the student's risk of exposure to allergy causing foods.

Food suggestions for lunchboxes

There are lots of food choices available for lunch boxes. However, it can sometimes be difficult to decide which foods are healthy choices. Suggestions include:

- **Fruit** – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the lunch box are dried fruit bars and 'straps', which are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.
- **Vegetables** – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber. Chips and packets of crisps are best left for parties and special occasions.
- **Milk, yoghurt and custard** – include a small drink of milk (freeze overnight) wrapped in a cloth in the lunch box. Fruit yoghurts should be kept cool in an insulated lunch box. Best left out of the lunch box are 'dairy desserts' and flavoured milks, which are high in sugar.
- **Dips, cheese and biscuits** – pre-packaged or your own homemade versions of cheese and crackers are fine. Children enjoy mini packaged cheeses. Avoid sweet dips such as chocolate spreads. 'Oven-baked' savoury biscuits are just as high in salt and fat as chips and are best avoided.
- **Different breads add interest** – include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, fruit loaf or buns, focaccias, scones, pikelets, muffins, crumpets, crisp breads, rice cakes or corn thins.
- **Vary the fillings** – fillings can include vegemite or other yeast extract, peanut butter, cheese (try different types), tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like caviar (taramosalata), eggplant, chickpea (hommus), cucumber, yoghurt (tzatziki) or spinach also make good spreads. Avoid chocolate spreads, jams and honey, and fatty meats like salami and strasbourg.
- **Muffins and cakes** – try making your own muffins and cakes as a great way to include more fruit and vegetables. Examples include sultana, carrot, zucchini, banana or pumpkin. Donuts and creamy cakes are best offered at birthdays and special occasions instead of in lunch boxes.
- **Muesli and 'breakfast' bars** – almost all 'bars' are too high in sugar to include regularly, but cereal bars may be better for teeth than chewy sticky muesli bars. Try to avoid muesli bars and chocolate bars in lunch boxes. These are expensive and are usually stuck together with fats and sugars