

Packed school lunches will change big time when kids re-train their parents in a number of workshops.

Kids turn the tables at lunch break

Melbourne's primary school kids are turning the tables on their parents over school lunches.

Until recently mum and dad led the way by sealing up sandwiches, buns, fruit and treats in clear plastic wrap — the way they have seen food shops do it to preserve and protect it in the open air on countertops.

But packed school lunches will change big time when the kids re-train parents in a number of workshops.

The kids will show parents how to put sandwiches in re-usable wraps, inside re-usable boxes.

It's all part of a campaign to Australian schools — and could benefit even workplaces where a lunchbox gets packed — called Nude Food.

The ultimate vision is to have no throwaway wrapping at all, and to be able to replace the food rubbish bins with compost bins — all that would be needed for remaining scraps, seeds and skins.

Activities at schools are ramping up to a national Nude Food Day on Wednesday, October 19 — a highlight of national Nutrition Week, run by Nutrition Australia, a non-profit, non-government, community-based organisation.

"We have a meeting this week to talk about having a day where the kids are going to host workshops for parents on how to package lunches," said one school mother recently.

"I have just got a whole heap of education packs from Nude Food to go out to the classrooms."

There are no rules, other than use any kind of re-usable container and sub-container suitable for food. The major innovation is that a sandwich can go into a washable, wrap or pocket.

Each pocket can be wiped clean from day-to-day, and washed when needed in a dishwasher.

One, the 4MyEarth brand, is made of polyester, manufactured to ensure no

harmful substances are present. The coating is breathable, washable and durable.

Links: Schools can register via www.nudefoodday.com.au
See 4MyEarth sandwich wrap at www.enviroshop.com.au

WHY RE-USE? BEATS RECYCLING!

Will Iberg of pioneer green retailer EnviroShop explains: "We've seen a huge increase in the popularity of re-usable and non-toxic food wraps and containers."

Why? "We believe the more people are learning about non-compostable packaging, the more horrified they are.

"When people consider the intense environmental implications associated with both the manufacture and disposal of, say, single-use plastic sandwich wraps or bags, they realise a re-usable alternative makes sense, day after day.

"It's great that the kids are teaching the parents and we believe the Nude Food movement will spark a broader awareness of the 're-use' philosophy. There are so many options for re-use including.

- Re-using rechargeable batteries, rather than disposables.

Re-filling empty bottles with shampoo, conditioner, dishwashing detergent, laundry detergent and other green cleaners from a store like EnviroShop, rather than buying a new, fully packaged product.

Overall the benefit in re-use is three-fold:

- It prevents more harmful products like packaging making their way to landfill, where they can leach chemicals into the soil and leave a negative environmental legacy;
- It prevents a new product (eg. shampoo bottle) being manufactured to replace it;
- Finally, re-using generally saves you money."