

Resource 5

Nude Food Day

Country

Australia

Source

Miranda Mason (teacher)

Age group

6-12 years old

Time

1 day

Introduction

During one day at your school, a huge amount of food including plastic and paper is thrown away. Hold a 'Nude Food Day' and reduce the amount of rubbish at the school, as well as raising awareness of the issue. You can also run this activity in a workplace or community organisation - it is very effective in awakening people to the waste they create.

What you need

Materials for making posters.

What to do

- 1) Choose a date for your Nude Food Day.
- 2) Hold a rubbish audit day, count how many pieces of rubbish in different categories are thrown out.
- 3) Tell everyone how much rubbish there is in ONE DAY at school.
- 4) Create a poster to show everyone Nude Food Lunches - (Lunches which create no waste.)
- 5) Write newsletter articles.
- 6) Visit all the school classes and tell them about the Day.
- 7) Count the rubbish on the official 'Nude Food' Day and see if you've made a difference!
- 8) Let the community know, write articles for the paper, post it online, or make a video. Spread the word.
- 9) Start a worm farm to compost the organic waste. You could sell the compost to gardeners when it is ready.

