



Dear Parents,

Our School is aiming to participate in a regular '**Wednesday Nude Food Day**' to encourage healthy food choices that are less processed and packaged. Our Nude Food Day will be held every Wednesday. On this day, we encourage you to send in healthy food for your children with as little processing and packaging as you can.

Highly processed and packaged foods can have a significant negative impact on our health and the health of the environment. Food processing can result in removing nutrients from and adding kilojoules to the foods we eat. These processes may use large amounts of energy and water, thereby contributing to global warming and air pollution. In addition, packaging if not recycled is contributing to landfill and polluting our planet.

Choosing whole fresh food with little processing and packaging is good for the environment and is also the best choice for our health.

Some ideas for foods with no packaging are: bananas, kiwi fruit, orange, boiled egg, apple, carrot, beans, snow peas and apples

Some food ideas that can be packed in small reusable containers: yoghurt, fruit salad, cheese cubes, vegetable sticks with dip, sandwiches, salads, wholegrain crackers with cheese slices, scones or pikelets, fruit muffins, pasta or rice dishes, soup in a thermos.

Ngunnawal is committed to ensuring good health for our children and for our planet. We hope our 'Wednesday Nude Food Day' encourages a sustained healthy and environmentally friendly change to our children's lunches and for their future. We appreciate your support and involvement on this day. If you have any questions or require any further information, please contact Larry.

Kind regards,

Larry Stackpoole

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Tips for parents

<https://www.youtube.com/watch?v=mN4pdCINsdM>

Nude Food Recipes

Why not try making your own healthy and easy alternatives to snacks? This makes a great weekend/ rainy day activity to the your kids involved and learning about the kitchen!

(All nut free. Almond meal has been substituted with flour in these recipes)

Apricot Oat Bars

Ingredients

- 200g chopped dried apricots
- 250ml apricot nectar or apple juice
- 2 tablespoons butter
- 2 cups rolled oats
- ½ cup desiccated coconut
- 1 cup plain flour
- 1 egg lightly beaten
- 1 cup milk

Directions

1. Preheat oven to 180°C. Prepare a brownie tin by greasing and lining with baking paper
2. Place the dried apricots, juice and butter in microwave proof dish and microwave on high for 2 minutes, mix well
3. Combine oats, coconut and flour in a medium sized mixing bowl and create a well in the centre
4. Add in the egg and the milk and mix well
5. Add in the warmed apricot and juice mixture and stir until well combined. Pour the batter and spread evenly into tin
6. Bake for 30 minutes
7. Allow to completely cool in the tin before moving to a wire rack or slicing

TIP: Bars can be frozen if needed and thaw well in the lunch box.

Banana Bread

Ingredients

- 300g ripe banana, mashed
- 3 eggs
- 60g honey
- 1 teaspoon vanilla essence
- 60g olive oil
- ½ tsp ground cinnamon
- ½ baking soda
- 1 tablespoon lemon juice
- 2 cups plain flour
- 25g chia seeds (optional)

Directions

1. Preheat oven to 160°C
2. Combine mashed banana, honey, oil, cinnamon, vanilla essence, eggs, bicarb and lemon in a large bowl
3. Add the flour and chia seeds and mix well
4. Lightly oil a loaf tin then coat liberally with desiccated coconut – this will prevent the cake from sticking.
5. Spoon batter into the tin and bake for 45 minutes to 1 hour (a skewer inserted into the centre should come out dry)
6. Remove from the oven and allow to cool before removing the loaf from the tin

Makes 12

TIP: keep in the fridge covered for up to 1 week.