



How to *go nude with food at work!*

Reducing food packaging and food waste is a challenge for us all. It's easier to manage at home, but how about at work? Here's some tips to help become a nude food hero at work and inspire your colleagues to do the same:

1

Bring in the leftovers

The great thing about bringing in last night's lasagne or stir-fry for lunch is it's cheap, there's no excess packaging and nothing goes to waste. So when you make meals, cook in bulk, freeze some meals for a 'too lazy to cook night' another day and bring the rest for lunch.



2

BYO bottles and cups

Water is free from the tap, so why buy it plastic bottles? By bringing your own water bottle and reusable cup to work every day soon adds up to hundreds of disposable cups and drink bottles from being disposed of each year. You could even go one step further and bring your own container when buying take-out!



3

Keep your own cutlery

Single use plastic such as straws and plastic knives and forks can have a big impact on waste going to landfill and litter that enters our waterways. Keep a set or cutlery, chop sticks and maybe a metal straw in your desk. You can then say NO to these items when offered if you do buy take out.

4

Packaging free

Could you challenge yourself and your co-workers to go food packaging free for a day, a week or maybe a month? Buying food in reusable bags and containers and refusing plastic packaging is a great exercise in learning how much packaging we actually buy without even thinking about it. You may find you create new purchasing habits that last a lifetime.



5

Pot luck lunch

In the spirit of reducing food waste and packaging, why not get the team together and host a 'Nude food' pot luck lunch. Each team member brings in homemade food in a reusable container to share with everyone else. This could turn into a regular event and is a great chance to socialise and get some new recipes.



6

Collect food organics

Is it possible to get your food waste collected at work for composting? Food waste can take up to 40% of the space in a general rubbish bin, this could be avoided if your company could implement a separate food waste collection.



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