

NATIONAL
NUDE
FOOD
DAY™

Nutrition
Australia

NATIONAL NUDE FOOD DAY WEDNESDAY

19 OCTOBER 2011

A PART OF NUTRITION WEEK REGISTER NOW!

1. Register at nudefoodday.com to help support Nutrition Australia and for the chance to win great prizes for you and your school!
 2. Pack a healthy 'nude food' lunch on Nude Food Day
- SIGN UP NOW AND HELP MAKE A DIFFERENCE!**



Purchase a
**Nude Food
Movers product**
in September and October
to help support
Nutrition Australia's
healthy schools
program.



National Nude Food Day supported by Nude Food Movers in partnership with Nutrition Australia creates and nationally recognised day in which we can all come together and rally our support behind healthy eating and waste reduction.

Last year's launch event saw over half a million Australians take part in Nude Food Day... this year, it's time to spread the nude food word even further!

WHAT IS NUDE FOOD?

Nude Food refers to packing healthy nutritious meals without the use of any disposable packaging that contributes to landfill.

WHY NUDE FOOD DAY?

Many workplaces and schools have been hosting their own Nude Food or Rubbish Free Days... now it's time to come together and celebrate a national day where we can all raise awareness and build a greater understanding of the connection between food choices and good health, and the effects of rubbish on the health of our planet.

IT'S YOUR FUTURE!

NUDE FOOD = A HEALTHY BODY + HEALTHY PLANET

nudefoodday.com

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