

NATIONAL
NUDE
FOOD
DAY™

NATIONAL NUDE FOOD DAY

WEDNESDAY 9 NOVEMBER 2011

1. Register at nudefoodday.co.nz for the chance to win great prizes for you and your school or workplace... the more registrations, the more chances to win!
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**
to transport your
Nude Food Day lunch
and you could
win great prizes!



This year marks the first annual New Zealand Nude Food Day, a nationally recognised day in which we can all come together and rally our support behind healthy eating and waste reduction. Nude Food Day, supported by Nude Food Movers, launched last year in Australia. However we received so much support from New Zealand schools and workplaces, we decided to make it even bigger and better in 2011.

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.

NUDE FOOD = A HEALTHY BODY + HEALTHY PLANET

nudefoodday.co.nz

**NUDE
FOOD
MOVERS™**
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