



## Nude Food & Eco-Schools

Did you know Nude Food Day counts towards the international Eco-Schools accreditation?

*Eco-Schools Australia* have provided this factsheet to show you how!

The Eco-Schools program involves “7 Steps” that challenge schools in areas like getting the whole school community involved in your environmental projects (Step 6: “Inform & Involve”) or recording data to understand the results of your initiatives (Step 4: “Monitoring & Evaluation”). The 7 Steps are on Page 2.

To make it easier, there are resources in the Nude Food pack that help you complete the Eco-Schools steps, plus the Eco-Schools website [www.eco-schools.org.au](http://www.eco-schools.org.au) offers templates and guidelines for each step too.

## Nude Food = Healthy Body + Healthy Plane

A Nude Food themed campaign is a brilliant opportunity to explore interconnected health and environmental issues and to address the [cross curriculum priority of Sustainability](#):

- Packaging, waste, resource recovery e.g. recycling and composting
- “Food miles”, food security, sustainable production and consumption
- Litter and the direct impact of litter on our local environment including the cost to human society and the ecosystems and habitats that surround us in our world
- Health and nutrition



## Sign up to the Eco-Schools program

Eco-Schools is a program of The Foundation for Environmental Education based in Copenhagen, and since 1994, runs in 60 countries around the world. The program is supported by the UN (UNEP and UNESCO). Eco-Schools Australia is managed by Keep Australia Beautiful.

Any school can register with the Eco-Schools program at any time here:

[www.eco-schools.org.au/register](http://www.eco-schools.org.au/register)

You’ll be joining 46,000 schools worldwide in the biggest sustainable schools program on earth! It costs \$100 + GST per school, per year. You get all the certificates and flags, a welcome pack and lots of help and ideas, including help to organise VIP’s and media to come to school to celebrate your milestones, plus the opportunity to receive small grants towards your eco-team’s goals.



*The most eco-friendly Eco-Schools in the world fly the famous Foundation for Environmental Education (FEE) Green Flag.*

## Get Started: Use the Eco-Schools program to supercharge Nude Food Day

Expand Nude Food Day to incorporate all of the *Eco-Schools* “7 Steps” and you can achieve an Eco-Schools accreditation!



### Step 1

Eco-Committee

Have you got a team, club or committee that runs environmental projects or looks after the school grounds? Nude Food is an opportunity for this team to be leaders and to practice their organisational and team working skills by running the Nude Food project and getting the whole school on board. Organise a meeting to share ideas and make a plan. Use the opportunity to recruit new members if your team needs a boost!

### Step 2

Environmental Review

Do a review of the school to investigate how eco-friendly you are. The Eco-Schools review looks at a wide range of issues – litter, energy, biodiversity and more. You can use the survey to assess how well current eco-initiatives are working and record new ideas for improvements.

**Handy resource! *Eco-Schools Review Template***

### Step 3

Action Plan

Use the ideas from your eco-team meeting and from your environmental review to write down a plan of action. Include things like targets and timeframes. Don't forget to meet up again to discuss how the plan is going and make any adjustments.

**Handy resource! *Eco-Schools Action Plan Template***

### Step 4

Monitor & Evaluate

Collect information related to your action plan targets to understand the results of the project. You could record things like the volume or weight of the different types of waste produced at lunch time (organic scraps, plastic, paper), the number of items of litter in the playground or even the distances that items in our lunchboxes have travelled from their source (“food miles”).

**Handy resource! *Rubbish Graph***

### Step 5

Curriculum links

What teaching and learning outcomes can be completed during this project?

### Step 6

Inform & Involve

This step is about getting the whole school community involved.

**Handy resource! *Nude Food Resource Pack*** (Promotional Materials, Information for Parents and Getting the Media on-board sections)

### Step 7

Eco-Code

For Bronze level, Eco-Schools start to gather ideas for a school Eco-Code. This can be a code, motto, charter, policy or even a simple song, poem or slogan to represent your school's environmental values and practices.

### Awards and Celebration

Apply for an Eco-School award!

It's a simple online form at [www.eco-schools.org.au/awards/](http://www.eco-schools.org.au/awards/) and you can view a word version of the form at [www.eco-schools.org.au/program-materials/](http://www.eco-schools.org.au/program-materials/)