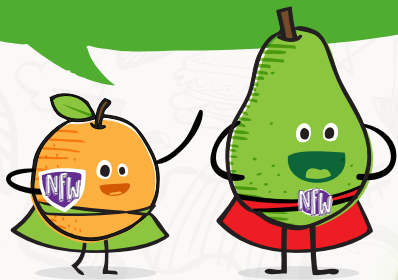


# HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!



## STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

## STEP 2

Select your fruit

Apple	Berries
Orange	Fruit Salad
Banana	Pear
Grapes	Mandarin
Watermelon	Kiwi Fruit

## STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

## STEP 4

Dont Forget Hydration!

Fill your favourite reusable drink bottle with filtered or tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!



Join the Nude Food  
**MOVEMENT**



Keep  
Australia  
Beautiful



# WHAT TO PACK MY NUDE FOOD LUNCH IN



Now you have your Nude Food Lunch planned you need to find something to pack it in.

## STEP 1

Will you be using an all in one lunchbox, or packing items separately?

Please see all in one lunchbox options below or if you're packing items separately skip to Step 2



Check out our Coolskins/Light Lunch Bags to effortlessly insulate your lunch!\*



Don't have a Rubbish Free Lunchbox? Don't despair! You can use smaller products in steps 2-4 to pack your lunch.

\*An insulated lunch box or bag is a great way to keep all your lunch items together

## STEP 2

Products to store your lunch!



## STEP 3

Products to keep your fruit in shape and fresh



## STEP 4

Buy your favorite Nude Food Snacks in bulk and send them to school using these handy containers



**SUCCESS!** You have packed a healthy, rubbish free lunch that will not only save you money but help save the planet!

\* You can find Nude Food Movers products at major supermarkets and retailers all around the world! Go to [www.nudefoodmovers.com.au](http://www.nudefoodmovers.com.au)



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