



Nude food



Don't pack rubbish in your kids lunch box! Clingfilm, snap lock bags and snack food packaging is not recyclable and will end up as waste—or worse, litter! It's easy to pack a nutritious, tasty and waste free lunch box. Here are some tips and recipes to get you started.

Tips and Tricks

- Get lots of containers and sandwich/snack wraps of all shapes and sizes - opshops often have a good selection
- Bake with your kids on the weekend and freeze muffins/biscuits. Pop them in a container and they will be defrosted and ready to eat for recess
- Give your kids veggies like chopped up celery, snow peas etc, not just fruit. Remember 2 fruit, 5 veg
- Don't take your kids shopping!
- Give other kinds of treats (family movie night, eat out, exotic fruits, family excursions)

Where to shop

- Angry Almond, 71 Princess St, Nedlands
- Kakulas Brothers, 183 William Street, Northbridge
- Kakulas Sister, 29/31 Market St, Fremantle
- Loose Produce, 2 Hobbs Ave, Como
- Manna Wholefoods, 274 South Tce, Fremantle
- Sunnysdale Dairy, Carrington St, Nedlands and across Perth – dairy products
- Weigh n Pay, Woodvale Boulevard Shopping Centre, 923 Whitfords Avenue, Woodvale

Home Made Yoghurt by Jude Blereau

Ingredients

- 1 litre full cream milk
- 1 tablespoon yoghurt with live cultures

Method

Bring milk to 82C - just below the boil.
Remove from heat and cool the milk to 43C, or until it's cool enough for you to put your finger in it and keep it there.
Spoon the yoghurt into a clean jar and pour in a little of the warm milk.
Combine well, add remaining milk, stir and replace lid.
Wrap the jar and leave somewhere warm or use an EasiYo.
Leave for at least 12 hours. Keeps for approx 6 days.



Raw Bliss balls

Ingredients

- 1 cup dates, seeds removed
- 1 cup dried apricots
- 1 cup rolled oats
- 1 tablespoon tahini
- 2 teaspoons cocoa or cacao
- 1/4 cup desiccated coconut

Method

Throw all ingredients into your blender, process until it all comes together, shape into balls, roll in coconut and enjoy!
Try substituting different ingredients (eg seeds, coconut oil, honey, nuts)

