



## Bethany-Kate - Nude food Wednesdays reduce waste

### What was your goal and what did you achieve?

I wanted kids in our school and mainly around the area to use less waste. I've implemented nude food on Wednesdays. Some of the kids, if they would like to, they bring in nude food and at the end of the term the class with the most points gets a prize. I've promoted it since week five of Term 3.

### Who did you work with?

I worked by myself but I did get a lot of encouragement by the teachers.

### Your biggest success so far?

Mainly how many people have actually done it and they enjoy using less waste.

### Next steps?

I would like my school to continue it once I've gone to high school because I've got one of my friends which I'm helping like train up too so then he can do it next year.

### What did you enjoy most?

I've really enjoyed everything because I know we've saved quite a lot of waste and we've saved cans from going into landfill, and banana peels and organic waste from going in the bins as well.

### Your advice to other students?

It is tricky at the beginning, but if you keep going and you really tell the parents it's not about taking out plastic, it's about mainly making your own food to make it healthy as well.

It doesn't matter if people are like; "Oh, why you're doing this?" and trying to get you to stop, just keep persisting and then eventually a lot of people do enjoy it where others don't.

*This case study was transcribed from an interview. These are Bethany-Kate's words and opinions.*