

Abstract Submission Form and Speaker Profile

Complete your details by typing in the **green** sections of the digital form below. If there are multiple presenters, please include their details where applicable (name, organisation, personal bio)
 Save your completed form in PDF format and submit via the [submission form on the website](#).

Title	Ms Miss	First Name	Neha Jo	Family Name	Lalchandani Hendrikx
Position/Role	PhD Candidate Resource Recovery - Wipe Out Waste Education Officer				
Organisation you will represent	The University of Adelaide KESAB environmental solutions				
Personal Bio Max. 100 words	<p>Neha Lalchandani has a background in Food Science and Nutrition and has studied for the Doctor of Philosophy (Public Health) at The University of Adelaide. Her research project explored the intersection of nutrition and waste in children's lunchboxes, to potentially improve schoolchildren's dietary habits while impacting the environment positively (through reduced waste and packaging). Neha is interested in the socio-ecological influences on food choices and pro-environmental behaviours, and the development and implementation of health promotion initiatives. She is also passionate about improving food environments and finding opportunities to converge public and planetary wellbeing in this context.</p> <p>Jo Hendrikx has been talking resources (NOT rubbish) for over 20 years! A perfect way to combine studies of both Environmental Science and Education, encouraging sustainable behaviour and resource recovery education with students, community and key stakeholders in this area. Jo enjoys facilitating practical learning in how to reduce our environmental footprint, particularly focussing on how to reduce and reuse with our current consumption habits, supported by corporate and government actions.</p>				
Title of Presentation	"So much package [...] will, you know, like ruin the earth and stuff": Unpacking lunchboxes with families				
Format of Presentation (please select)	<input checked="" type="checkbox"/> Oral Presentation (20 minutes) <input type="checkbox"/> Workshop - 60 minutes (eg interactive indoor session) <input type="checkbox"/> Workshop - 120 minutes (eg outdoor activity) Indicate your preferred presentation types (you may select more than one) NB: We may not be able to offer your preferred option				

Which theme would you prefer to present under? (please select)	<input checked="" type="checkbox"/> Theme 1: Listen <input type="checkbox"/> Theme 2: Learn <input type="checkbox"/> Theme 3: Transform
Introduction	This study investigated parent-child lunchbox packing perspectives and practices to uncover the external influencing and intrinsic motivating factors to pack both a nutritious and low-waste lunchbox.
Presentation Abstract: max. 300 words	<p>Parents' and children's perspectives on the environmental waste and sustainability of packed lunches have largely remained unexamined. This study explored the experiences of 16 South Australian families (mostly parent-child dyads), who took part in semi-structured interviews and shared their views on lunchbox preparation practices and food choices. Analysis of the interviews yielded three main themes; 1) Extrinsic factors and school environment structures; 2) Intrinsic factors and 'Hierarchy of Motivations'; 3) Location of responsibility for change. Parents are faced with multiple priorities, including catering to their children's food preferences, minimising waste, considering cost and time factors, and ensuring their children are consuming nutritionally adequate food. Ultimately, despite these competing priorities, meeting children's food preferences dominated within the 'Hierarchy of Motivations', health and nutrition came second, and then sustainability considerations were exhibited.</p> <p>A range of external factors influenced familial lunchbox packing practices. Particularly, school level policies driven by allergies and school eating timetables, presence or absence of a 'nude food' school expectation/encouragement (either explicit or implicit in the form of packaging to return home), presence or absence of bins on school grounds, and the right lunchbox architecture were key factors raised.</p> <p>Both parents and children were driven by competing personal factors dictating their lunchbox packing behaviours and if the chosen foods were devoid of packaging. Children's preferences for food that suited their palates and were convenient to eat was the most important priority. Health was also important, but it appeared that environmental considerations were not as high a priority as children's preferences and health.</p> <p>The pivoting responsibility of feeding children at a personal, familial, and school level were discussed, where opinions were mixed about children packing their own lunchboxes. Parents stressed the impact of school culture on children's consumption of school food, suggesting that 'nude food' could be modus operandi than voluntary.</p>
Key Message: A short summary of presentation	The study highlighted that the dimension of eco-friendliness adds another layer of complexity to the already challenging task of packing school lunchboxes. Therefore, assisting parents in meeting their priorities of nutrition and planetary health may be a way forward.

All abstracts must be received by 5pm **Friday 26 May 2023** (AEST).

AAEE Biennial Conference 2023

Listen, Learn, Transform

25-27 September 2023, University of Wollongong



We expect to notify speakers by mid June

Note: confirmed presenters will be required to register for the conference and pay the relevant registration fees.