

Tuckshop

Food For Thought

TUCKSHOP

MENU

"We strive to provide Healthy Food at affordable prices."

Open Tuesday to Friday

Before School 8:30 – 8:45

First Break 11am - 11:40 am

Second Break 1:20 pm - 1:40 pm

Tuckshop Convenor Leslie

Ph: 3209 3931

VOLUNTEERS ARE ALWAYS NEEDED AND WELCOME

On behalf of yourselves, the parents of the Slacks Creek State School, the P&C Association thanks our Tuckshop volunteers for their efforts which allow us to provide a low cost service for your children.

DID YOU KNOW ?

- Lesley is a partly paid convenor and volunteers up to 15 hours per week of her own time in order to keep our prices low and maintain the viability of the Tuckshop.
- By far the busiest time of day for the Tuckshop is before 1st break. If you drop your children to school, why not consider staying to help for a short while? Even 1 hour makes a great difference at this time of day. If you can stay longer, that would be greatly appreciated also.
- If you are too busy to volunteer your time, then you could probably benefit from a break from making school lunches. Using our service, say, at least once a week, is another great way to support us. Thanks to all our customers for your support.

Volunteering

A great way to meet people from your community and to learn about your school.

SMART CHOICES

Foods served in the canteen are now categorised according to their fat, sugar and salt content as either

Green – a healthy choice that can be eaten all the time.

Amber – a relatively healthy choice when balanced with green foods.

Red Foods – These are less healthy choices that should be reserved for special occasions only.

From this edition of the menu, we have added a column in the menu to indicated green or amber. We have no red foods as part of our regular menu.

To get the best advantage from the new menu, try to order more green foods than amber.

The menu continues to develop, if you have menu ideas for affordable, healthy menu items that are simple to prepare or can be pre-prepared – please let Leslie know.

Thanks for your ongoing support

HOW TO ORDER

Please use a plain white or brown paper bag. Write name and class towards bottom of bag, as above. Please do not staple or sticky tape money inside bag. Please write in blue or black pen. If change is required, please write on bag. If paying for more than 1 order, please total all orders on the bag with the money. Use a separate bag for each child and for each break.

Please add 5c per bag if you need them. Bundles of bags are available from the Tuckshop.

Bundle of 30 bags………………\$ 1.50

Child to place completed order bag(s) in the Tuckshop box in their classroom. All orders to be in by 9-00 am.

SUBSTITUTES - When an item is ordered and is unavailable or insufficient money is tendered, a substitute will be made.

If you do not wish a substitute, please state this on your order.

Please ask your child to come and see us straight away if their order is incorrect so that we can rectify any problems immediately.

YOUR FEED BACK IS WELCOME If you have any problems or ideas to improve our service, please drop a note into the P&C blue box. All return addressed correspondence will be answered.

Pricing

The Tuckshop is run on a break-even basis. We aim to make just enough profit in order to cover longer-term costs such as equipment replacement.

Donations

Donations of grocery items are most welcome. Check with Tuckshop for suitable items (ph Lesley on 3209 3931)

Tuckshop Menu