

# FAQ – Tuckshop

## What day is the Tuckshop Open?

In 2018 the Tuckshop will be Open Monday, Wednesday, Thursday & Friday for first break only from 7.30am to 11.45am. The first day of tuckshop is in Week 2 Term 1.

## What time do students eat lunch?

Since first break is quite late in the day at 11am majority of the students treat this break as their lunch time, with second break being more like snack time at 1.45pm.

## What is the Portion Sizes of the food and drink items?

The Tuckshop follows the guidelines of the Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools, for a primary school.

Drinks – 250ml

Water – 600ml

Beef burger patties – 100g

Jelly Cups –  $\frac{3}{4}$  Cup

## What is the Traffic Light System?

The Food Traffic Light System is part of the Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools. It applies to any event or service run by the school or P&C. It is recommended that families follow a similar approach to lunch box content; however it is only a guideline for families.

Green “Have Plenty”. We encourage and promote these foods and drinks.

Amber “Select Carefully” Do not let these foods and drinks dominate your choices.

Red “Occasional” Limit the availability of these foods and drinks.

### The GREEN Category

Food type	Examples
Breads	White, multigrain, wholemeal, rye, hi-fibre breads or rolls including: burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin/fruit, tortillas and Turkish. Some corn crispbreads and rice cakes also fit into GREEN.
Cereal foods	Rice, pasta, noodles, polenta and burghul (often used in tabouleh salad).
Breakfast cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and sugar.
Vegetables	Fresh and frozen vegetables used in a variety of different ways.
Fruit	Washed fresh fruits, frozen, canned and dried fruits.
Legumes	All forms of prepared beans and peas – baked beans, red kidney beans, soy beans, mung beans, lentils, chick-peas, peas, bean curd, tofu and pappadums (made from legume flour).
Reduced-fat dairy products	Reduced-fat milk (plain and flavoured), yoghurt, cheese and custard.
Lean meat, fish, poultry and alternatives	Lean chicken, beef, lamb, pork, canned tuna and salmon, and eggs. Unsalted plain and mixed nuts.
Drinks	Water is the best drink and a great thirst quencher! Reduced fat milk and soy drinks also fit into the GREEN category.

## The AMBER Category

Food type	Examples
Full-fat dairy foods	Milk (plain and flavoured), yoghurt, frozen yoghurt, custard and cheese. Full-fat flavoured milks in large serve sizes can contribute excess energy (kilojoules).
Savoury commercial products	There are many savoury commercial food products in the marketplace. Check labels against the nutrient criteria (on page 15) to ensure products fit into AMBER and not into the RED category. Examples include savoury pastries, spring rolls and dim sims, pasta products such as lasagne, pizza, oven-baked potato products, sausages, frankfurters, meat patties (not crumbed), meat balls and chicken drumsticks. Choose foods from a registered product list.
Processed meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or salt. Examples include devon, ham, salami, bacon, chicken roll, corned beef and pastrami.
Margarine, mayonnaise and oil	Choose polyunsaturated or mono-unsaturated varieties and use sparingly. Make sure you can see the bread through the spread!
Spreads	Use sparingly. Choose reduced-salt varieties where available. Examples include peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads.
Sauces and gravy	Use sparingly. Choose reduced-salt varieties where available. Examples include tomato sauce, sweet chilli sauce and gravy. Some sauces (for example satay) also contain nut products which are a common allergen.
Snack food bars	Check the label against the nutrient criteria (on page 15). Examples include breakfast bars, cereal bars and fruit bars.
Savoury snack foods and biscuits	Check the label against the nutrient criteria (on page 15). Examples most likely to fit here include oven-baked snack biscuits, popcorn and some dry biscuits.
Cakes, muffins and sweet biscuits	Check the label against the nutrient criteria (on page 15). Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (for example reduced levels of fat and/or sugar and include fibre) may fit into the AMBER category.
Ice-creams	Ice-creams that are not coated in chocolate, premium or of a large serve size are likely to fall into the AMBER category, such as plain milk-based ice-creams and frozen yoghurts.
Ice blocks, fruit-based ice confection and slushees	Check the label against the nutrient criteria (on page 15). Watch the serve size and choose carefully.
Drinks	Stock fruit juice of no more than 250 ml, as in large amounts it can contribute excess kilojoules. Fruit drinks – choose those with greater than 50% fruit juice. These drinks contribute to tooth decay because of their high acidity level and should not be consumed frequently. Full-fat soy drinks also fit into the AMBER category.

## How do Red food days' work?

Red food days are limited to two occasions per term. This is normally in a way of a special event for example Disco, Cupcake day, Sausage sizzle etc

## All about Flexischools.

### How to Order food?

Our Tuckshop uses the Flexischools system. This means that you can order online at [www.flexischools.com](http://www.flexischools.com) before 8.30am the morning of your Tuckshop day.

You can order the night, day, week even months in advance.

You can also set up weekly orders for the whole term. The weekly orders are stopped at the end of a term and you will need to set up a new order at the beginning of each term.

### Can I cancel my order?

Yes, you can cancel your order before 8.30am by login back into Flexischools. After 8.30am you will have to ring the Tuckshop and asked for it to be cancelled. Once the order has been made we can no longer refund your money.

## Open Day

Each year during term 1 the tuckshop hosts an open day. This is a day were families are invited to come in, have a look around, taste test some of our menu items and chat with our convenor. It is the perfect opportunity to find out all the answers about allergies, portion sizes or just general processes of the tuckshop. Keep an eye in the school newsletters for the date of our next open day.

## Volunteering

Our tuckshop cannot survive without its dedicated team of volunteers. We are always seeking new people to come and join in. It's fun, easy and a great way to become a part of the school community. Plus nothing beats the look on your little ones face when they see mum or dad behind the counter. If you would like to help out for one day a month, please see the convenor or email [jhsstuckshop@gmail.com](mailto:jhsstuckshop@gmail.com)

## Allergies/Dietary Requirements

Our tuckshop strictly adheres to the schools NO nuts policy. We do served hard boiled eggs to teachers ONLY. We have a selection of gluten free and vegetarian items all marked on our menu. If you have any concerns or queries you are more than welcome to come in at any time and look at our menu, food prep, check ingredients on our packaged foods and discuss concerns with our convenor. You can also email our convenor [jhsstuckshop@gmail.com](mailto:jhsstuckshop@gmail.com) to request a time to catch up and discuss concerns.