

Coomera Springs State School TUCKSHOP

- Our Parents and Citizens Association operates a school Tuckshop. The tuckshop will open each Thursday and Friday unless it is a Public Holiday or Pupil Free Day.
- **Ordering Procedures:** All parents are requested to write each child's order on a paper bag (1 bag per lunch). Money must be placed inside the paper bag. If any change is owing, it will be sticky taped to the front of the bag and returned to you child. Plastic bags and envelopes are not acceptable.
- Reasonable replacements will be made when an item is unavailable.
- On the outside of the paper bag should be: Name of child, Year / Class, Big lunch or Little lunch, Order with price.
- Children are required to place their orders at the tuckshop on arrival at school. Orders will be distributed to all classrooms via the class baskets at the start of the lunch breaks.
- Tuckshop is staffed by parent volunteers. Please see the Tuckshop Convenor if you are able to assist.
- Foods and drinks have been classified into three categories according to their nutritional value: Green, Amber and Red.

GREEN 'Have plenty' Wholegrain breads, fruit and cereal products.

AMBER 'Select carefully' Full-fat dairy foods, processed meat (devon, ham, salami, bacon, chicken roll, corned beef and pastrami), snack food bars, cakes, muffins, sweet biscuits and ice-creams.

RED 'Occasional' Soft drinks, energy drinks, sports drinks, crisps, chips, croissants, doughnuts, cream-filled buns/cakes, sweet pastries and slices, confectionery and deep-fried foods.