Federal State School Tuckshop

2014

At Federal State School we support healthy living and our new tuckshop menu will reflect this by following the guidelines from "Smart Choices – healthy food and drink strategy for QLD schools".

Our Winter Menu will be sent home next week. You will notice the new colour coded system to assist parents and students to easily identify healthier food options.

Annette & Alicson will be our new tuckshop co-ordinators and welcome any suggestions for further improving our menu. Please contact Annette on 0402477754 or Alicson on 0400968815.

Our tuckshop plays a very important role in raising funds to support our children. All profits made from tuckshop sales goes towards reducing costs for school camps and excursions and providing much needed resources to maintain a high level of education to give our children the best start in life.

How can you help? The tuckshop operates purely by the assistance of volunteers. There are many different ways you can help.

Working in the tuckshop – Tuckshop is open every Thursday. As a volunteer in the tuckshop you will be helping to put orders together, counter sales and general cleaning. You can volunteer as little or as much as you like. It’s a great way to get to know the other mums and students. If you are interested please feel free to either drop by for a look and chat or contact either Annette or Alicson.

Donating Pantry Items – By donating non-perishable pantry items you will be helping reduce the running costs of the Tuckshop. (ie: more money goes to the students) If you would like to help in this way please check the weekly newsletter for pantry items needed.

Become a Home Baker – It’s easy, all you need to do is let Annette or Alicson know how often you would like to provide home baked goodies. Then on your rostered day take a dozen healthy, freshly baked items to the tuckshop. We have a Homebaking Recipe Ideas Booklet to give you some inspiration.

Help with cooking in the tuckshop – In order to prepare the healthiest meals, most of our menu items are made on site with whole ingredients. If cooking is your thing and you and a friend would like to drop by the tuckshop for a cook up at any time during the week. Please contact Annette or Alicson to discuss further.