

Tuckshop

The Bohlevale State School Tuckshop operates daily from 8.00am to 1.30pm. "Drinks Only" are able to be purchased from 8.00am. If you ever have ½ an hour to spend and you would like to volunteer your help in the tuckshop, it would be greatly appreciated. Feel free to drop in anytime.

In emergency situations where a child has forgotten his/her lunch or for other reasons, we can provide what we call a "Survival Pack" to get them through the day for one break or for both, this contains a vegemite or cheese sandwich and a piece of fruit. The same would be given for both breaks, at a cost of \$2.50 to the parent/caregiver. This can then be paid at the tuckshop the next day.

The current TUCKSHOP MENU has been designed using the Queensland Government's Smart Choices guidelines for food offered in school tuckshops. To give a brief explanation of these guidelines they use a traffic light system:

GREEN FOOD

You can eat plenty of these. Sandwiches, milk, fruit

AMBER FOOD

Eat sparingly. Sausage rolls, ice blocks, chips

RED FOOD

Twice per term. Lollies, doughnuts

The MENU is only made up of approved products under Smart Choices guidelines and fall into the green or amber categories. Hopefully, this will make choosing a healthy tuckshop lunch a little easier for parent/caregivers and of course the students.

Sports Shirts \$28.50 and Sports Hats \$11.00 are also available for purchase from the tuckshop between 8.00am and 1.30pm daily. Cash only, no EFTPOS.

What to do if you want to order tuckshop.

Tuckshop orders need to be in by 8.30am at the tuckshop with correct money enclosed, if possible. It is too easy to lose change and saves any dispute. Place your order on a brown paper bag. Doing the order at home is ideal, however, the tuckshop does have a supply of bags, at a cost of 5c each, if you don't have any. Bags need to be clearly marked for both breaks (each break to have its own bag) as per the example below:

1st Break

John Smith 2SPL

1 Sausage Roll \$1.80

2nd Break

John Smith 2SPL

1 Zing \$0.50

If you have any questions or you need assistance with any of the above please do not hesitate to contact me.

Julie Vickery
Tuckshop Convenor

****Please do not ask for Credit, as refusal may offend****