Canteen Newsletter
Term 1, 2017

St Mary’s Canteen operates using the NSW Fresh Tastes at School Policy introduced in 2005. Foods and drinks are rated on a traffic light system as in the picture below – Green (G) being healthy fresh fruit, vegetables and grains, Amber (A) representing food to be selected carefully and Red (R) occasional foods having little nutritional value.

The Amber products include things such as pies, sausage rolls, pizza’s, chicken wedges, pretzels, chips, etc. While the Amber products may seem the same as those bought elsewhere, they are manufactured to meet the authorised nutrition guidelines set out in the Fresh Tastes at School Policy concerning KJ’s, fat, sugar, salt, and serving sizes for school canteens.

This year the Canteen Pricelist will display either a (G) or (A) for each food to give parents/carers a clear indication of the nutritional rating of each food. Adding salad items to the Amber (A) products helps to increase their healthy nutritional value. I hope this information can help when you are making decisions about lunch orders and snacks for your children.

If anyone has any questions about the food stocked in the canteen or would like more information please feel free to pop in and see me at any time

Donna

Helpful information for parents/carers

The following websites have some very informative and useful ideas to help make preparing school lunch boxes easier, more affordable and interesting for the kids.

http://www.healthykids.nsw.gov.au
http://www.heartfoundation.org.au

In the hot weather, always remember to pack lots of water and a cold/frozen ice brick in children’s lunch boxes.

Please remember to include 10c for a lunch bag if you need one and check the current pricelist for changes in menu items and cost.

For those families new to our school I would like to let parents/carers know that due to food hygiene standards and OH&S concerns, the canteen does not reheat student’s food brought from home or prepare 2 minute noodles for students.

Being Allergy Aware!

It’s up to all of us.

With food allergies on the increase and particularly with children in our school having severe nut and/or egg allergies, it is worthwhile checking pre-packaged food labels to see what can be potentially harmful and being mindful of homemade food containing eggs and/or nuts being brought into school, eg., some muesli bars, Nutella mayonnaise, etc. Eggs have been removed from the canteen menu this year, but we will continue to offer pikelets and mini muffins made with egg replacement.

A severe allergic reaction can occur not just through eating food containing nuts or eggs but also through contact contamination. Being considerate of the safety and wellbeing of those children with potentially life threatening allergies means not sending food containing nuts or made primarily of egg to school. It is important to teach our children that it is important to wash their hands after eating, at home in the morning, as well as at school, to prevent any cross contamination by contact.

It is appropriate to remind our children that sharing food can be potentially hazardous to other students. They should only eat what you have packed in their own lunch box and not share food with others.
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Procedure for ordering lunches -

1. Write the order on a paper lunch bag - **don’t forget your child’s name and class.** If you don’t have lunch bags please write the order on an envelope, with the money enclosed - **add 10 cents for each lunch bag to be provided.**
2. If ordering a drink, please include a second bag (with name and class) - this way we can separate the hot and the cold food.
3. Write the prices of the food and the total cost.
4. Write on the bag how much money you have enclosed for payment. (Small amounts of change will be taped to the front of the child’s lunch order bag - large amounts of change will be given to the class teacher to hold until the end of the school day)
5. Send the order with your child in the morning.
6. Children will be reminded when they go into class to put any lunch orders in the class lunch crate.
7. Two students will bring the class lunch crate to the canteen in the morning and then collect it five minutes before lunch.

For our new parents, especially the first time Kinders -

Don’t worry about your child forgetting to put their lunch order in - just like most things at big school this is new to them and something they have to learn. The teachers will remind them in the morning and they will be checking that the students have lunch to eat. If anyone forgets, and there are always a few, we will sort it out for them and make sure they are fed, we just don’t want to make a habit of it.

Example of lunch order bag -

<table>
<thead>
<tr>
<th></th>
<th>K- Gold</th>
<th>Drink Bag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Roll</td>
<td>$2.20</td>
<td>Chocolate Milk</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>30c</td>
<td></td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$4.10</strong></td>
<td><strong>$4.10 Enclosed</strong></td>
</tr>
</tbody>
</table>

The canteen only takes orders for lunch. At recess the children line up to be served and buy what they want - for the first few weeks the Year 6 Buddies will help the Kinders with this.

Ice blocks and Slushies **CANNOT** be pre-ordered. Children have to line up at lunchtime to buy these.

If you will be giving your child money to buy a snack at recess or lunch it is always a good idea to sit down with them and the canteen pricelist and go over what they can buy with their money. Knowing how to ask for products and developing an awareness of money and what they can use it for are great skills your child will have the opportunity to develop, in a friendly, controlled environment at the school canteen.