



Resources developed by
the Queensland Association
of School Tuckshops
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An initiative from the
**Logan Community Health
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School Tuckshops in Australia

A guide for new
students and
their families



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Food at School

In Australia, students have to take food to school or buy it at the school tuckshop.

Schools have two breaks between class.
Students can eat lunch and snacks in these breaks.

It's good to bring food and drinks from home.



Or you can buy from the school tuckshop.

The tuckshop is a place in the school that sells healthy food and drinks to students.

The food and drinks you would like to buy is called your 'order'.

It's OK if you don't know how to order food and drinks from the tuckshop.

It's OK to ask for help.
Teachers and tuckshop staff can help.

Primary Schools

How to order food and drinks from the tuckshop

1

Choose your child's order from the tuckshop menu

Menu			
Cold Meals			
	Ham and Salad Roll \$4.00		Roast Vegetable Wrap \$4.00 V, VG, Halal
	Salad Sub \$4.00 V, VG, Halal		Sushi \$4.00
Salads			
	Vegetable Noodle Salad \$4.00 V, VG, Halal		Mexican Chicken Salad \$5.00
Hot Meals			
	Vegetable Curry		Chicken Curry

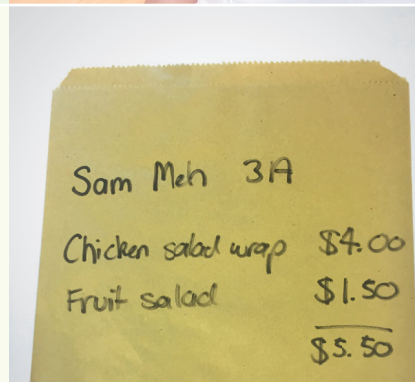
2

Write your child's name, class and order on a brown paper bag



3

Put money inside the bag to pay for the order



4

Give the brown paper bag to the tuckshop before school starts



5

Your child will receive their order at break time



Every school is different!

Ask your teacher or tuckshop staff how to buy food and drinks at your school.

High Schools

How to buy food and drinks from the tuckshop

1

At break time, line up at the counter



2

Look at the menu and choose what you would like



3

Ask the staff for the food and drinks you would like. *Remember to say please and thank you*



4

Use your money to pay for your food and drinks



5

At some schools you can pay with bank cards



Every school is different!

Check with your teacher or tuckshop staff what happens at your school.

For example, some schools let you choose food and drinks and pay before school starts. Then you just pick up your order at break time.