

# QAST membership is the key to running a successful tuckshop.

QAST inspires and enables school communities, helping children make healthy food and drink choices for life through a comprehensive range of member services.

**tuckshops**  
Queensland Association of School Tuckshops Inc.

## WHO WE ARE

The Queensland Association of School Tuckshops (QAST) is a not-for-profit membership association working with Queensland school communities to build capacity in tuckshops and improve health outcomes for children.

With a vision of "Healthy tuckshops, healthy schools, healthy children", QAST exists to support Queensland tuckshops to serve sustainable, affordable, nutritious and safe food choices.

## WHAT WE DO

QAST provides services to empower you as a member, and help you make your tuckshop a place of pride in the school community.

Member schools are able to access a range of essential services for convenors, parent body representatives and business managers.

*See details over page.*

## THE INVESTMENT


SCHOOL SIZE	COST/YEAR
Less than 100 students	\$50
100 to 999 students	\$280
More than 1,000 students	\$320

## HOW TO JOIN

Get in touch to discuss your tuckshop needs.

 [admin@qast.org.au](mailto:admin@qast.org.au)

 [www.qast.org.au](http://www.qast.org.au)

 (07) 3324 1511



 @tuckshops  @qldtuckshops  @QTuckshops

 @qld-association-of-school-tuckshops

  
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# OUR SERVICES



## CONNECT WITH US

Phone support to answer tuckshop queries.



## MENU HEALTH CHECKS

Check the health of your tuckshop menu



## FINANCIAL ADVICE

Struggling to make a profit? We can help you.



## RECIPES

Access healthy recipes developed with tuckshops top of mind.



## TUCKSHOP TUNEUP

Comprehensive on-site review service. (Fees apply)



## TRAINING

Tuckshop courses to get you skilled up.



## REGULAR EMAILS

News, events, resources and recipes delivered to your inbox.



## TUCKSHOP RESOURCES

Tools designed to help you run a profitable, safe and healthy tuckshop.



## TRUST & EXPERTISE

Discuss your tuckshop enquiries with industry experts.



## RECIPE OF THE YEAR

Get recognition for your best recipes.



## EVENTS

Meet and network with other tuckshops.



## GET SOCIAL

Stay up-to-date on our social channels.

# MEMBERSHIP INCLUSIONS

QAST SERVICE	MEMBERS	NON-MEMBERS
Book-a-Chat	✓	✗
Phone support	✓	LIMITED
Menu Health Check	✓	✗
Financial Advisory Service	✓	✗
Tuckshop Tune-Up	\$1,500	✗
Smart Choices advice	✓	✗
Convenor training course	\$200	✗
Pathway to Profit training course	\$200	✗
Food Safety Supervisor course	\$275	\$350
Food Safety Supervisor refresher course	\$150	✗
Food Handlers Course	✓	✓
Networking events	✓	✓
Online resources	✓	LIMITED
Talking Tuckshops newsletter	✓	✗
Social media connections	✓	✓
Recipes	✓	✓
Recipe of the Year competition	✓	✓
An independent voice for tuckshops	✓	✓