



[2016]

## WELCOME TO THE “KIDS KITCHEN”



## [AWARDS]

Queensland's Tuckshop of the Year 2010

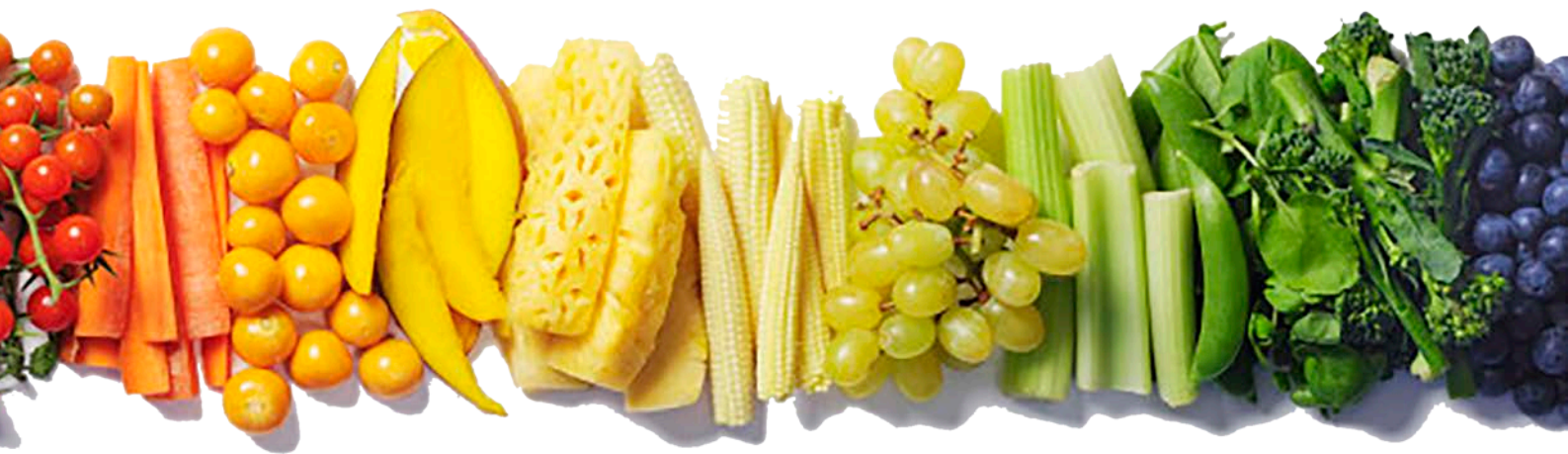
Top 10 Tuckshops Old  
2011, 2012, 2014 & 2015

School Partnerships Award Old 2011

Tuckshop Volunteer of the Year  
Special Commendation Old 2011

Tuckshop Volunteer of the Year Old 2012

Victory with Volunteers Award Old  
2012, 2014 & 2015



# [WELCOME]

The Payne Road State School – Kids Kitchen is run and funded by the PRSS P&C to provide healthy meals for Payne Road students. All profits from the Kids Kitchen go back to the tuckshop and the school. The tuckshop needs and relies on wonderful volunteers for its continuing success.

The kitchen is managed by our resident convener and dietitian, Elizabeth McRuvie with a focus on providing homemade healthy meals that kids love.

## Tuckshop Opening Times

<b>Tuckshop Days</b>	<b>Tuesday and Thursday</b>
<b>Meal Deal and Treat Time</b>	<b>Nominated Fridays</b>

## What's on the Menu?

A new seasonal Tuckshop Menu is created each term. The Menu can be viewed online at [www.flexischools.com.au](http://www.flexischools.com.au) or spare printed copies are available at the office or the Tuckshop. Vegetarian and gluten free options will be available each term. The menu is also nut free.

## What is Meal Deal and Treat Time?

**“Meal Deal”** is:

- A special set menu offered at a set price, e.g. Morning Tea - “Hot Cinnamon Scroll and Milk”; Lunch - “Chicken Noodle Box and Fruit Punch Ice Block”.
- Available on nominated Fridays throughout the year.
- A Meal Deal order form and instruction on how to order will be sent home the week prior to the Meal Deal.

**“Treat Time”** is:

- A social event, with treat times advertised in the newsletter throughout the year.
- Treat times are held on a Friday afternoon from approximately 2.50pm until 3.30pm.
- Ice blocks and other tuckshop treats will be available to buy.

# How Do I Order?

## Option 1 (preferred) – Online using Flexischools.

Go to [www.flexischools.com.au](http://www.flexischools.com.au) to register your name, class and payment details and order away! Instructions on how to use the system can be found on the Flexischools website or contact our friendly convener.

## Option 2 – Brown Paper Bags (if not ordering online).

Please complete bag orders as per the example and instructions below:



MORNING TEA		
<b>Name</b>	John Smith	<b>Class 1A</b>
<b>Item</b>	Blueberry Muffin	\$1.50
	Fruit Punch Jelly	\$1.50
<b>Total</b>		<b>\$3.00</b>
	Amt Enclosed	\$4.00
	Change required	\$0 .30

LUNCH		
<b>Name</b>	John Smith	<b>Class 1A</b>
<b>Item:</b>	Hawaiian Pizza	\$3.50
	Milo Cup	\$1.50
	Quelch	\$0.40
<b>Total</b>		<b>\$5.40</b>
	Amt Enclosed	<u>\$5.40</u>

- Please use a **SEPARATE BAG** for each child's morning tea and lunch order. If you don't supply your own bag, one will be provided at a cost of 10c;
- Please print neatly your **CHILD'S NAME, CLASS, MEAL (MORNING TEA OR LUNCH) AND ORDER;**
- Please **DO NOT USE STICKY TAPE OR STAPLES** on the paper bags. Simply fold the top twice to ensure money does not fall out;
- All orders, with payment, must be **PLACED IN THE CLASSROOM TUCKSHOP BOX BY 8.50AM;**
- Late orders need to be presented directly at the tuckshop as soon as possible;
- Correct money is preferred, but small amounts of change will be taped to the outside of the bag and given to your child with their filled order;
- If incorrect payment is received a payment owed note will be sent home.

## Ice blocks

Pre-ordered Ice blocks (i.e. ordered through flexischools or brown bags):

We will place a sticker on the child's tuckshop bag.

The child must present their tuckshop bag with the sticker attached to receive their ice block.

Buying over the counter:

We also sell ice blocks over the counter. These will be available for sale 10mins after the morning tea and lunch breaks have started.

## What if my child has Special Dietary Needs?

- If your child has any food allergies, please contact the Tuckshop Convener so this can be recorded.
- If your child has food intolerances, please contact the Tuckshop Convener to discuss options.
- Where possible, we will try to accommodate these. However, please note that we may not be able to cater to all dietary needs, so it is important that you discuss your child's needs with the Tuckshop Convener as early as possible.

**Please Note:** The PRSS Kids Kitchen is a nut free tuckshop.

## What happens if my child forgets to take their lunch?

If my child forgets their lunchbox, they are requested to speak to their teacher or the office staff who will try to contact a parent. If authorised, our Tuckshop will supply morning tea &/or lunch and send home an invoice listing the food items purchased, prices and the total amount owed. Please ensure this invoice is returned with monies owing on the next day the Tuckshop is open. This will include charges for paper bags @10c/ bag.

## Birthdays

No time to prepare a cake for your child to take to class in celebration of their birthday? Let the Tuckshop help! With notice, we can supply ice blocks of your choice for the whole class.





## Can you help or Want to be more involved?

The success of the tuckshop is dependent on our wonderful volunteer staff. We are always looking for and needing people to help in the Kids Kitchen.

There are a number of ways you can help.

### Shift Teams:

- Shift teams work from 9am until 1.30pm on Tuesday or Thursday once a month.
- Shift teams prepare made to order items such as sandwiches and serve over the counter items.

### Prep Teams:

- Prep teams pre-make and prepare menu items. Hours are flexible.
- No skills/experience required.

### Home Bakers:

- Home Bake is for those parents not able to work IN the kitchen.
- Home Bakers will be provided a list of recipes will be provided and rostered to bake once a month.

### Donate a Coles Gift Card:

For those unable to volunteer or bake, the donation of Coles Gift Cards are greatly appreciated. The Convener will use the gift card to purchase items such as Alfoil, Glad Wrap, Chux etc, when they are needed and it helps us put profits back into improving the tuckshop and school.

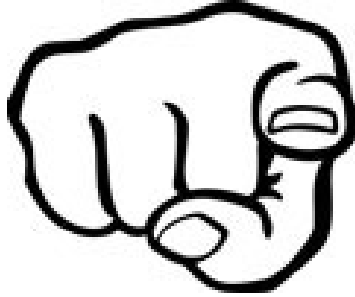
### How do I volunteer?

Please complete the attached form and return it to the office or drop it into the Tuckshop Convener. If you volunteer with friends we will try and roster you on the same day. If you have any questions, please contact our Tuckshop Convener.

## TUCKSHOP DATES FOR 2016

Term	First Day of Tuckshop	Last Day of Tuckshop
<b>Term 1</b>	2 <sup>nd</sup> February	24 <sup>th</sup> March
<b>Term 2</b>	12 <sup>th</sup> April	23 <sup>rd</sup> June
<b>Term 3</b>	12 <sup>th</sup> July	15 <sup>th</sup> September
<b>Term 4</b>	4 <sup>th</sup> October	1 <sup>st</sup> December

# THE KIDS KITCHEN NEEDS YOU!



## ONLY ONCE A MONTH!

**WHEN:** TUESDAYS, THURSDAYS OR MEAL DEAL FRIDAYS

ANYTIME BETWEEN 9AM & 1.30PM

OR

HOMEBAKE

**IF YOU CAN HELP PLEASE RETURN THE SLIP BELOW TO THE OFFICE**

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### I CAN HELP (PLEASE CIRCLE)

PREP TEAM

SHIFT TEAM

HOME BAKE

GIFT CARD

NAME \_\_\_\_\_

NAME OF YOUNGEST CHILD AT SCHOOL \_\_\_\_\_

CLASS OF YOUNGEST CHILD \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_