



Parkes Public School Canteen



A Healthy Schools Canteen



Parkes Public School Canteen is operated by the P&C. The aim of the Canteen is to provide balanced and nutritious food as a Healthy Schools Canteen. Any profits made are returned to our school for valuable resources and equipment.

What is Healthy Schools Canteen?

It is a NSW Department of Education initiative to increase the availability of healthy food and drink options in school canteens to make the **healthy choice, the easy choice.**

Our menu ensures it meets the standards set by the Department. Some of these standards include:

- Everyday food and drink must be at least $\frac{3}{4}$ of the menu
- Occasional food and drinks must have a Health Star Rating of 3.5 stars and above
- Portion limits for flavoured milk, juice and ready-to-eat meals
- Portion limits on all occasional food and drinks.

NEW UPDATED MENU

Our new updated menu will commence Term 1 2021.

It focuses on delivering the Healthy School Canteen choices. You will see more:

- healthy homemade choices,
- meal deals for recess and lunch,
- pack sizes for certain items (chicken sticks and party pies),
- changes to some of the items available to ensure they meet the standards. (e.g. Moozies replacing the long TNT)
- to meet the healthy standards, we have had to change some suppliers. This has meant that some prices have changed.



MEET THE TEAM

Canteen Manager: Tracey Glasson

Tracey has 3 children and has a depth of experience in creating delicious food. Joining us in Term 1 this year, Tracey has been trying new recipes and ideas to bring us healthier, homemade options in our Canteen.

Melissa Ashcroft

Mel, our Uniform Shop Manager, also helps in the Canteen.

Amanda Hamilton

Assists with the uniform shop and Canteen



Tracey Glasson and Melissa Ashcroft



Our Amazing Volunteers

We have a wonderful group of volunteers who give so generously of their time. Without their help we wouldn't be able to operate the canteen! If you have ever thought about helping out in the canteen, even for a hour or two once a fortnight, Tracey would love to hear from you. Please phone the school or pop into the canteen.

We love our grandparents who come and help – their grandchildren love it more!

FLEXISCHOOLS

www.flexischools.com.au

Flexischools provides you with online ordering 24 hours a day, 7 days a week.

This is our preferred ordering method.

Cash lunch orders via the lunch order bins and over the counter sales are still available.

FEEDBACK

Questions, comments, suggestions – we want to hear from you!



Parkes Public School P&C



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