Two volunteers are required for the morning shift (9:10am-11:40am) and two volunteers for the afternoon shift (11:30am-2:00pm). Alternatively, volunteers can work a full day (9:10am-2:00pm). We welcome all volunteers, whether you would like to help regularly or just help for a single shift during the term.

In addition to the morning and afternoon shifts for the regular running of the Canteen, there are a number of other activities for which the Canteen relies on volunteer assistance, as outlined on the

Benefits of volunteering:

Get to know other parents across the school community

Be part of your child's school experience

If you would like to volunteer for a Canteen shift or help with any of the other Canteen activities, please complete a or email

ffpspandcanteenroster@gmail.com.

The Canteen is open Wednesdays, Thursdays and Fridays. Opening times for student purchases are:

> recess 11:10am - 11.50am and 1:10pm - 1:50pm. lunch

Students may purchase over the counter items during these times.

The foods and

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foods.

divides food into two categories:

foods have the highest nutritional value and should dominate the Canteen Menu. foods have some nutritional value and moderate levels of fat, sugar and salt and should be selected carefully. The Australian Dietary Guidelines and the national labeling system that provides Health Star ratings on the front of packaged food and drinks forms the basis of the minimum food and drink criteria for the revised Healthy School Canteen Strategy.

The FFPS Canteen menu includes a high proportion of items. We are continually promoting healthy eating habits with ongoing activities that encourage our students to buy items. Refer to the for a full list of food and drink items.

Examples of foods in each category are:

Canteen News and Events are primarily communicated in the Canteen News section of the Forest Focus and via school email.

Hot food and sandwiches for lunch

As the seasonal Canteen menu changes you will receive a new copy at the beginning of each term. The current menu and prices are also displayed on the FFPS website under About Our School – Canteen and as you order via School24.

If frozen items such as frozos, moosies or juicies are ordered,

to claim that item.

School 24 is an online ordering platform for schools that is a convenient method for families ordering lunches from the school Canteen.

Orders can be scheduled weeks or days in advance or made on the day required up to 8:30am.

To get started, visit <u>School24</u>

If you're a first time user, select 'Register' then 'Create Account' and use the school ID

If you've already registered, select 'Login'.

Class lunch monitors (two) collect the baskets of orders from the Canteen. If frozen items such as frozos, moosies or juicies are ordered, to claim that item.

There are two designated service windows: Kindergarten - Year 2 students and Year 3 – Year 6 students.

Volunteers are available to help students.

These are non-ordered items that include both freshly prepared foods and a range of packaged foods and drinks

can include cheesies, pizza muffins and seasonal fruit, which are available on a first come, first serve basis.

include any frozen items and seasonal fruit.

Frozen fruit juice in a cup on a paddle pop stick.

On a regular basis the Canteen will make available non-menu items to create variety.