**HOW TO ORDER FROM TUCKSHOP**

Clearly write the child’s name and items ordered on separate brown paper bags – one for 1st Break and one for 2nd Break.

Include correct change if possible (if not, please total the items and write amount of change required on each bag).

Please **do not use staples or sticky tape** – just fold bags down at the top.

Paper bags can be purchased in all supermarkets. Tuckshop has a limited supply for 10c each if you run out unexpectedly.

Please do not leave bag orders at Tuckshop unattended. The tuckshop opens at 8.30am each morning.

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**What is Smart Choices?**

Smart Choices is a strategy introduced by Education Queensland and Queensland Health, which aims to reduce excess weight gain in children by fostering healthy eating patterns. Smart Choices uses a “traffic light” system to categorise food items. Please be mindful that by choosing a variety of foods, avoiding large serving sizes and being generally active, excess weight gain can be avoided.

**Choose plenty of GREEN foods** – these are excellent sources of important nutrients; are low in saturated fat and/or added sugar and/or salt; and help to avoid an intake of excess energy (kilojoules), eg, air-popped popcorn, high fibre breads, salads and plain water.

**Carefully select small serves of AMBER foods** – these have some nutritional value; have moderate amounts of saturated fat and/or added sugar and/or salt; and can contribute to excess energy (kilojoules) in large quantities, eg, full-fat dairy products, lasagne, chicken burgers, ham and low-fat muffins.

**RED foods are occasional items** – These items lack adequate nutritional value; are high in saturated fat and/or sugar and/or salt; and contribute excess energy (kilojoules), eg, soft drinks, energy drinks, sports drinks, lollies, deep fried foods, chips, croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices and medium/large serves of cakes/muffins.