



Guide to the FFPS Canteen

FFPS Canteen Philosophy

Frenchs Forest Public School Canteen provides fresh, healthy food choices at reasonable prices.

The Role of the FFPS Canteen

The role of the Canteen is significant as it can provide a substantial proportion of a child's daily nutritional intake. It is important that the Canteen promotes healthy food choices that are appealing and affordable.

We operate under the requirements of the [NSW Healthy School Canteens Strategy](#), an outcome of the NSW Government Childhood Obesity Summit held in 2002.

At FFPS, we work with teachers and students to implement programs that fit well in the school curriculum including:

- ✓ Playing a role in educating the school community through special food promotions, programs and information.
- ✓ Highlighting and concentrating on specific health issues, aiming to improve our students' eating habits.
- ✓ Encouraging students to broaden their horizons and make their own healthy food choices.
- ✓ Giving younger children the opportunity to use and understand the value of money in a safe, controlled environment.
- ✓ Making the Canteen available to the school community as a social meeting place and for fundraising activities.

Working in the Canteen

The Canteen operates with a paid supervisor, Canteen Committee, and volunteers. The Canteen supervisor directs and guides the volunteers.

The Committee works alongside the supervisor to facilitate special events, communicate Canteen news, address any issues in relation to the Canteen and manage the volunteer roster system.

The Canteen relies on volunteers

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 **Canteen Volunteer Registration form**.

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 **Canteen Volunteer Registration Form** or email

ffpspandcanteenroster@gmail.com.

Canteen Opening Times

- ✓ The Canteen is open Wednesdays, Thursdays and Fridays.
- ✓ Opening times for student purchases are:
 - recess 11:10am - 11.50am and
 - lunch 1:10pm - 1:50pm.
- ✓ Students may purchase over the counter items during these times.

Healthy Food Policy

The **NSW Healthy School Canteens Strategy** divides food into two categories: **Everyday** foods and **Occasional** foods.

Everyday foods have the highest nutritional value and should dominate the Canteen Menu. **Occasional** 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 **Everyday** items. We are continually promoting healthy eating habits with ongoing activities that encourage our students to buy **Everyday** items. Refer to the **Canteen Menu** for a full list of food and drink items.

Examples of foods in each category are:

Everyday 'Fill the Menu'	Occasional 'Select Carefully'	Red 'School's discretion'
Breads Vegetables Fruit Legumes Lean poultry Eggs Rice Water Reduced-fat dairy products	Full-fat dairy products Savoury commercial products Mayonnaise Savoury biscuits Fruit based ice blocks Popcorn	Sweet pastries Larger muffins

Communicating Canteen Events

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

Ordering from the Canteen

- ✓ Hot food and sandwiches for lunch **must be pre-ordered**.
- ✓ 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, **students must bring their paper bag back to the Canteen** to claim that item.

School24 Online Ordering

- ✓ 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 [School24](#)
 - If you're a first time user, select 'Register' then 'Create Account' and use the school ID **2517963**
 - If you've already registered, select 'Login'.

Frequently Asked Questions

How are orders delivered?

- ✓ Class lunch monitors (two) collect the baskets of orders from the Canteen.
- ✓ If frozen items such as frozos, moosies or juicies are ordered, **students must bring their paper bag back to the Canteen** to claim that item.

Where does my child line up to purchase items?

- ✓ There are two designated service windows: Kindergarten - Year 2 students and Year 3 – Year 6 students.
- ✓ Volunteers are available to help students.

What are over the counter sales?

- ✓ These are non-ordered items that include both freshly prepared foods and a range of packaged foods and drinks
 - **Recess over the counter items** can include cheesies, pizza muffins and seasonal fruit, which are available on a first come, first serve basis.
 - **Lunchtime over the counter items** include any frozen items and seasonal fruit.

What is a frozo?

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

Sometimes my children talk about items that aren't on the Menu. Why?

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