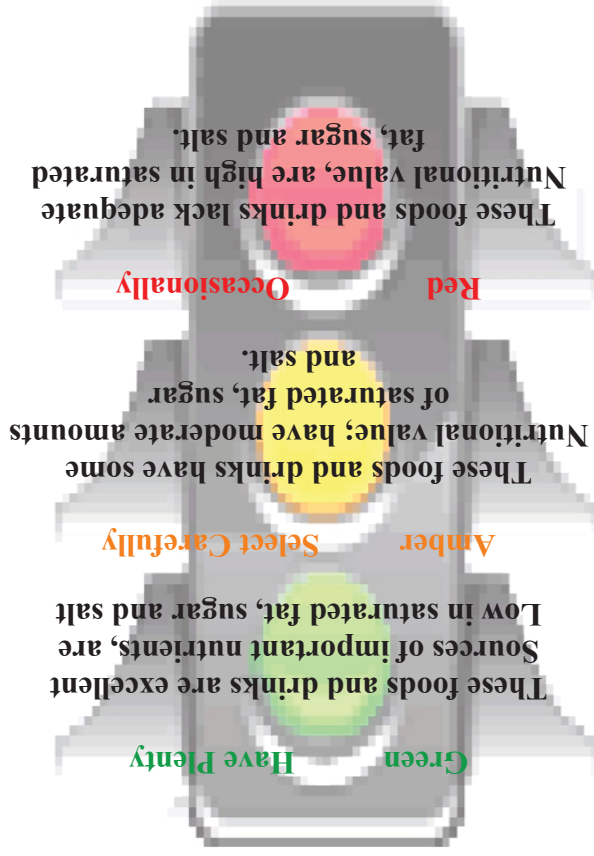


# Healthy Choices!

In a Statewide Program, the Queensland Government is trying to encourage our children to learn how to make healthy choices and develop healthy eating habits and lifestyles that will benefit them now and in their adult years, therefore we at the Allentown tuckshop only serve Green and Amber foods to help your children make smart food choices.



*"To eat is a necessity, but to eat intelligently is an art."*

## Tuckshop Tips

Tuckshop opens at 8:00am

Please PRINT child's NAME and CLASS on paper bags with money enclosed

1st Break (Main Lunch) 10.45am - 11.30am  
2nd Break (Small Lunch) 1.00pm - 1.30pm

Separate bags must be used for each order

Credit will not be given in accordance to School Policy

If insufficient funds are received, orders will be altered to accommodate for the Shortfall

A charge of 10c will be made if orders Are sent on envelopes or paper.

Any concerns or queries, please contact Vicki, Tuckshop Convenor on 49300104

## Volunteers Required

Volunteer help is always required to staff the tuckshop. Volunteers are needed for As little as one day per month, even if you Can only offer a couple of hours, all help Is very much appreciated.

# Allentown

## State School

## Smart Choices

## Tuckshop Menu



Tuesday to Friday  
8.00 - 1.15pm

"To eat is a necessity, but to eat intelligently is an art."