

# Talking tuckshops

Queensland Association of School Tuckshops Inc.

Term 1, 2023

## SCHOOL VEGGIE GARDENS

Bringing the tuckshop into the fold

## IMPROVING RELATIONSHIPS

Opening the channels between the tuckshop, school and parent organisations

## MENU DESIGN

Tips and tricks for creating a winning and profitable tuckshop menu

## SUSTAINABLE TUCKSHOPS

Become a leader in the sustainability space



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## Plentiful crop for Loganholme Healthy Eats champs

***Thriving veggie gardens and a tuckshop menu that is delicious... and healthy, are just two of the exciting milestones achieved at Loganholme State School, one year after they adopted Life Ed Queensland's Healthy Eats program.***

The school joined the award-winning nutrition program last November after teachers noticed many student lunchboxes were not as healthy as they could be.

It was the start of an inspiring journey that has seen the whole school community – teachers, students and parents – enthusiastically embrace healthier eating choices that encourage children to eat more vegetables and fruit.

Life Ed Queensland nutritionist and community development officer, Jaclyn Coffey worked closely with the school to implement a range of innovative, fun and engaging activities as part of the Healthy Eats School Toolkit.



Jaclyn Coffey from Life Ed Queensland with Loganholme State School's tuckshop convenor

The school now has a healthy food and drink policy and an enthusiastic student leadership team.

The senior students encourage younger students to eat their two and five, distribute Woolworths fruit and vegetable donations before school, and support garden club activities and tuckshop tasting days.

Loganholme State School teachers, support staff and the leadership team took part in a Healthy Eats professional development session. The session outlined the evidence underpinning the program and the importance of role modelling good food choices during classroom brain breaks.

Program partner Bunnings donated gardening equipment and a range of vegetables and flowers, including snow peas, lettuce, tomatoes, carrots, silverbeet, rhubarb and herbs.

The veggie gardens have flourished in a short space of time.

In fact, Loganholme's healthy eating journey has been so successful, they've already achieved Healthy Eats accreditation, after working hard to implement ten core program initiatives.

In doing so, they became the first school in South East Queensland to reach this milestone.

"Loganholme is a great example of how Healthy Eats can change mindsets and habits," Ms Coffey said.

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*"It's been so exciting to empower the school community to embed activities that are making a big difference to children's health."*

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In collaboration with Healthy Eats and QAST, the school tuckshop convenors developed a new *Smart Choices*-consistent menu.

*Smart Choices* is the Department of Education's Healthy Food and Drink Supply Strategy for Queensland Schools. QAST uses the framework to help tuckshops make healthy changes to their menu.

After seeking input from parents and launching popular tuckshop tasting days and Healthy Eats 'Frankie Fresh' meal deals, the new menu was unveiled in Term 4. It was awarded a five-apple healthy food rating by QAST.

This is the highest rating and means it's 'an outstanding menu' that well exceeds the minimum requirements for consistency within the *Smart Choices* guidelines – featuring 75% or more green food items rated as healthy, and no red food items such as deep fried food and confectionary.

Compared to the previous menu health check rating of only one apple, this is a great achievement!



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*The tuckshop uses produce from the school veggie garden in lunchtime salads, and students are lining up for snacks like apple slinkies and frozen pineapple hula-hoops.*

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Year 6 student Maddison loves the new menu and says eating healthy fuels her passion for dance.

"Before, there were lots of unhealthy foods like hot dogs but now there are salads, and a lot more fruit. I like the frozen yoghurt bars," she said.

Year 5 student Krui enjoys watering, nurturing and picking the school's veggie crop, but has also turned into a green thumb at home.

"I'm growing my own garden now because the Healthy Eats program has inspired me to, and I'm eating healthier recipes. We are growing strawberries, carrots and bananas," he said.

Deputy principal Renee Child says Healthy Eats has had a positive impact on the whole school food environment and children's physical, social and emotional health.

"The teachers have noticed that there's been a lot more settled behaviour within the classrooms, which is great," Ms Child said.

"And obviously, the more settled students are, the more focused they are."

The school has plans to establish another veggie garden for senior students.

Well done Loganholme State School. You are amazing Healthy Eats role models!

***The Healthy Eats team is inviting eligible schools to join the program until the end of Term 1, 2023. [Learn more about the program and discover if your school is eligible.](#)***

