



## Healthy food and drink choices in WA schools

### Fill the menu

Green food and drinks

- at least 60% of the menu
- form the basis of a healthy diet
- good source of nutrients
- should be promoted

### Select carefully

Amber food and drinks

- no more than 40% of the menu
- have some nutritional value
- should be selected carefully

### Off the menu

Red food and drinks

- off the menu
- lack nutritional value
- can contribute excess energy



## Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



## Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

## Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

## Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

# Rivergums Primary School Canteen

## A Brochure for Parents



1 Avoca Chase  
Baldivis WA 6171

Email  
rivergumcanteen@hotmail.com

## **CANTEEN** **INFORMATION**

**The Canteen is open 8.15am to 1.30pm on Tuesday, Wednesday, Thursday, and Friday.**

**All orders must be placed via our QKR app or by cash before 8.45am on day of order.**

**Our EAs collect lunch & recess orders for Kindy and Pre-Primary.**

**Two students per class collect lunch orders for years 1-6 and teachers hand out.**

**Our menu exceeds the standards for the provision of healthy food and drink choices in public schools by using the Traffic Light system of a minimum 60% green menu and maximum 40% amber choices.**

**Everything on our menu is prepared and cooked in our school kitchen (with the exception of drinks, yoghurts, bread, icy poles, ice creams, meat pie & sausage rolls).**

**Our canteen is a non-profit organisation operated by the P&C Committee. It is located at the Undercover Assembly area.**

**We have been open since 2018. Our Canteen Manager is Lorraine Brown and Canteen Assistant is Stacey Wilson.**



## **Canteen Staff**



**Hi, my name is Lorraine Brown and I have managed the Canteen since 2018. I have 3 children who started at RPS when it first opened in 2016. I have had one child graduate RPS. I enjoy working for our community and providing a service for our students & teachers. Look out for our red canteen tops, if you ever need any assistance, we will be more than happy to help.**



**Hi, my name is Stacey Wilson. Since the schools opening in 2015, I have had one child graduate from RPS year 6 and another complete year 11 and 12 work placement. My youngest still attends. I started out as a volunteer in the canteen and have since been employed. I really enjoy being a part of the school community and meeting new people.**