



## FIFTY CENT FOOD DAY

The Student Representative Council (SRC) run two “Fifty Cent Food Days” (FCFD) per term as a fundraising option. Each class is rostered to provide morning tea food options for the other students to purchase for fifty cents. The generous donation of food items by the families of the rostered class give the SRC 100% profit, allowing them to make donations to their chosen charities throughout the year and raise funds for the College focused goal that they set.

Students enjoy the ‘mini’ tuckshop twice a term, allowing them to experience handling money, making food choices and maybe trying a new food. The Student Representative Council serve the food from Banksia Kitchen at Morning Tea with staggered serving times for the junior primary classes first. The Money at School Procedure applies of FCFD’s.

***Please note due to the voluntary nature of the day sometimes the demand is greater than supply or the selections don’t suit your child so it is wise not to rely on this as the only source of food for Morning Tea.***

Cakes, slices and biscuits are welcome but we encourage parents to also consider the following options. What you donate to share is only limited by your creativity and imagination.




- Sandwiches- use a variety of bread types or rolls, or make sandwich stacks (three pieces of bread) - meat, egg, cheese and salad fillings
- Salad Bags - carrot, celery, snow peas, egg, cucumber, lettuce, cherry tomatoes
- Frozen fruit- oranges, pineapple, grapes, kiwi fruit, water melon
- Mini Pizzas - made on English Muffins or flat bread base
- Raisin or Fruit Bread (Plain or low fat cheese spread)
- Pikelets, pancakes - plain, fruit or savoury
- Scones - cheese, plain, fruit, pumpkin
- Yoghurts - fresh, frozen plain or fruit
- Muffins – Savoury and Sweet
- Pocket sandwiches (Pita Bread)
- Fruit Muffins
- Packets of dried fruit
- Wraps - meat and salad
- Fruit salad cups
- Fruit
- Fruit Jellies
- Finger buns – iced or plain
- Popcorn
- Rice cakes
- Rice crackers
- Pretzel bags
- Crackers and Cheese

Packaging food items in serving sizes makes it easy, efficient and hygienically appropriate for distribution.

**Strictly NO NUTS permitted.**



## Smart Choices Food and Drink Spectrum

<b>Green</b>		<p align="center"><b>‘Have plenty’</b></p> <p>Encourage and promote these foods and drinks                  These foods and drinks:</p> <ul style="list-style-type: none"> <li>• Are excellent sources of important nutrients</li> <li>• Are low in saturated fat and/or added sugar and/or salt</li> <li>• Help to avoid an intake of excess energy (kilojoules or calories).</li> </ul>
<b>Amber</b>		<p align="center"><b>‘Select carefully’</b></p> <p>Do not let these foods and drinks dominate the choices and avoid large serving sizes.                  These foods and drinks:</p> <ul style="list-style-type: none"> <li>• Have some nutritional value</li> <li>• Have moderate amounts of saturated fat and/or added sugar and/or salt</li> <li>• Can, in large serve sizes, contribute excess energy (kilojoules or calories).</li> </ul>
<b>Red</b>		<p align="center"><b>‘Occasionally’</b></p> <p>These foods and drinks are to be supplies on no more than two occasions per term.                  These foods and drinks:</p> <ul style="list-style-type: none"> <li>• Lack adequate nutritional value</li> <li>• Are high in saturated fat and/or sugar and/or salt</li> <li>• Can contribute excess energy (kilojoules or calories).</li> </ul>