Dear Parents/Caregivers,  

At St Joseph’s School we are fortunate to have a Canteen, run by volunteers, that provides a great service to the school and students.

**THE CANTEEN COMMITTEE ANTICIPATES THE CANTEEN WILL BEGIN IN TERM 1, WEEK 7**  
(Those rostered at this time will be notified)

We **AIM** to:

- make the Canteen accessible to all families,
- ensure that facilities and equipment are maintained and upgraded, and
- ensure all volunteers are valued.

**HOW OUR PARENT’S SUPPORT THE CANTEEN’S RUNNING**

There are two ways families are able to support the Canteen service:

- Volunteer on either Thursday, Friday (or both), up to 2 times a year **OR**
- Pay a $40 levy (added to School fees during the year). The levy helps to pay for infrastructure required to run the canteen whilst clearly volunteers provide the labour.

**VOLUNTEER REQUIREMENTS**

- Thursday – generally required from 9:00am to approximately 10:30am.
- Friday – generally required to be available from 9:30am to approximately 1:30pm.

In order to compile the roster and offer the Canteen service by Week 7, we ask all parents please complete and return the attached form by **Friday the 24th of February**.

**ROSTERS**

Rosters are published in the fortnightly newsletters OR can be found on the school website: [http://www.stjoclar.catholic.edu.au/](http://www.stjoclar.catholic.edu.au/)

**ORDERING**

Orders are due **no later than 4pm the Wednesday before delivery** via [www.flexischools.com.au](http://www.flexischools.com.au) or 1300 361 769 (available 6:30am – 5:30pm 7 days a week). Instructions for registering with Flexischools are included. You can also place orders for future weeks at the same time. Once the canteen is up and running we plan to review this process.

**WHEN YOUR CHILD IS SICK OR AWAY**

If your child has a Canteen order and you know they will be absent before 4pm Wednesday, you are able to cancel the order from your Flexischools account. If you know later than this, a sibling or Parent may collect their food from the Canteen.

**PRICELIST**

Attached is this year’s pricelist which will run for the entire year. The overall price increase of the entire menu is 1.3%.

**PLEASE NOTE:**

- Salads will only be available in Terms 1 & 4 due to seasonality of fruit and vegetables.
Freshly baked party pies, quiches and cornflake biscuits are no longer available due to our new wholesaler, however some new Recess and Lunch items have been added.

Party pies will still be available however these will be ordered frozen not freshly baked and heated as per pizzas, pastas and rice.

‘RIGHT BITE HEALTHY EATING AND DRINKING’

We continue to use the ‘Right Bite Healthy Eating and Drinking’ program as a guide for our Canteen menu. Running the Canteen once a week means we can include foods which are considered “sometimes” foods. We also offer a variety of healthy alternatives. The Canteen Committee acknowledges that parents are the primary educators of their children when it comes to making healthy food choices.

FIRST ORDERS

First orders are due NO later than 4pm on Wednesday the 15th March. You can start placing orders from Week 5 for delivery on Friday the 17th March.

CANTEEN COMMITTEE – Are YOU interested in joining?

We all know that ‘Many hands make light work’!!

We would love you to come and join us on the Canteen Committee. There are many different roles, both short and/or long term.

Our first meeting will be held on Thursday, 2nd March at 7 pm in the Staff Room. We’d love to see you there!

Thank you for your ongoing support. We look forward to being able to provide a variety of delicious, freshly prepared food for your children.

The 2017 Canteen Coordinators,
Kylie Smith, Nicola McMurray and Leanne Lang

ONLINING ORDERING INSTRUCTIONS

Web address – https://www.flexischools.com.au
School name – St Joseph’s School Clare (if entered differently it may not show up)
Helpline/phone ordering – 1300 361 769 (available 6:30am – 5:30pm Adelaide time, 7 days a week)

All orders must be finalised no later than 4:00pm the Wednesday before delivery. Late orders cannot be processed. Please allow enough time to finalise all orders by this time. Food is delivered on Fridays.

How to use online ordering.
1. Register – Visit the website and click “register”. Enter your email address, check your email and click on the link provided. Enter the school name as “St Joseph’s School Clare”. Click “add student” then follow the steps, ensuring each child is added to the right year level and class teacher.
2. Add funds – click “top-up account”, select payment options and follow the steps.
3. Place recess and lunch orders – from your Flexischools home screen, click “online ordering”, select the recess or lunch for the date you wish to order for. Each recess and lunch order is placed separately so you will need to pay for one from your account before placing the next. Do this for each of your children.
4. If you wish to add a second item to either recess or lunch, once you have selected the first item, from a computer, simply scroll down to see your next item. If ordering from a tablet or smart phone, click “category list” which you should see at the top left hand side of the screen. This will take you back to the list of items to allow you to select another item.
### 2017 ST. JOSEPH’S CANTEEN PRICELIST

Also available on the school website under > about us > canteen

<table>
<thead>
<tr>
<th><strong>RECESS</strong></th>
<th><strong>HOT FOOD</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>½ Finger bun</td>
<td>$1.20</td>
</tr>
<tr>
<td><em>NEW</em> M &amp; M cookie</td>
<td>$1.40</td>
</tr>
<tr>
<td>Finger bun</td>
<td>$1.90</td>
</tr>
<tr>
<td>Lamington</td>
<td>$2.10</td>
</tr>
<tr>
<td><em>NEW</em> Small choc. donut</td>
<td>$2.20</td>
</tr>
<tr>
<td><em>NEW</em> Small cinn. donut</td>
<td>$2.20</td>
</tr>
<tr>
<td>Large chocolate donut</td>
<td>$2.70</td>
</tr>
<tr>
<td>Large cinnamon donut</td>
<td>$2.70</td>
</tr>
<tr>
<td>Jaffa slice (gluten free)</td>
<td>$2.90</td>
</tr>
<tr>
<td>Custard tart</td>
<td>$3.20</td>
</tr>
</tbody>
</table>

### TOASTED SANDWICHES

| Cheese | $2.20 | Ham & cheese toasted croissant | $3.90 |
| Ham & cheese | $2.50 | Chicken pie | $4.20 |

### FRESH WRAPS

| ½ Chicken & salad | $3.50 | 4 piece – salmon & avocado | $4.70 |
| Chicken & salad | $5.70 | 4 piece – chicken & cucumber | $4.70 |

### FRESH SANDWICHES

| Salad | $5.70 | 8 piece – chicken & avocado | $7.70 |
| Beef & salad | $5.70 | 8 piece – chicken & red capsicum | $7.70 |
| Chicken & salad | $5.70 | 8 piece – salmon & avocado | $7.70 |

### POP TOPS (250mls)

| Apple juice | $1.60 | *NEW* Fruit salad – small (gluten free) | $3.20 |
| Orange juice | $1.60 | Fruit salad – large (gluten free) | $4.40 |
| Apple & blackcurrant juice | $1.60 | Salad plate (gluten free) | $3.20 |

### SALADS – Terms 1 & 4 only – Recess & lunch

| Salad plate with ham &/or cheese | $4.20 |

### BOTTLED DRINK (350mls)

| Apple juice | $2.40 |
| Orange juice | $2.40 |
| Apple & blackcurrant juice | $2.40 |

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**Our local suppliers:** Clare Rise Bakery, Wild Saffron, The Main Street Bake-House and BJ’s Fruit Barrow.

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**Right Bite standards for food “colours”:**

**Choose plenty.** Encourage and promote these foods. They:
- are excellent sources of important nutrients
- are low in saturated fats and/or sugar and/or salt and
- help to avoid an intake of excess energy (kilojoules or calories).

**Select carefully.** These should not dominate your everyday eating. Avoid large servings. They:
- have some nutritional value and
- may contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)

**Offer occasionally.** They:
- lack adequate nutritional value and
- are high in saturated fat and/or sugar and/or salt.
VOLUNTEERING IN THE CANTEEN IN 2017

Please return to the front office no later than Friday, 24th February (Week 4)

We anticipate volunteers will be needed no more than twice throughout the year.

PLEASE NOTE: If you do not wish to volunteer, or are unable to, there is a $40 levy - in lieu of your time - that will be charged to your school account. This money will be used to upgrade facilities.

YES, I CAN VOLUNTEER

By completing this section, you are agreeing to work up to 2 days in the canteen in 2017

Please provide as much detail as possible to be placed in the most relevant role/level of experience.

<table>
<thead>
<tr>
<th>Parent full name</th>
<th>Child/ren’s surname</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobile number</td>
<td>Number can be displayed on the roster</td>
</tr>
</tbody>
</table>

I can volunteer on (please circle one or both):  

<table>
<thead>
<tr>
<th>St. Joseph’s School Canteen experience (please circle one for each day you can volunteer):</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday</strong></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
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PLEASE FILL IN RELEVANT INFORMATION BELOW

I am able to be an emergency contact (to volunteer at short notice)  

(Please circle)  

YES  

NO

I am unable to assist on: (please provide dates, odd/even weeks, terms, specific dates)

NO, I CAN’T VOLUNTEER

(Please tick box)

By completing this section, you are agreeing to pay the $40 levy in lieu of your time.

Signed: ____________________