

Connecting with school tuckshops



Pick of the Crop is a whole school healthy eating program, aimed at increasing the opportunities for primary school students in Queensland to learn about and eat more vegetables and fruit. Connecting with your school tuckshop is a great way to encourage staff and students to choose and eat more veggies and fruit during the school day.



The role of school tuckshops

Queensland tuckshops provide nutritious food and drink for students to purchase and eat during school breaks. They are located in the school and operated by a mixture of paid employees and volunteers.

There is no fixed model for school tuckshops, so its best to talk with the tuckshop manager or convenor to find out how they operate in your school.

Importance of school tuckshops

Providing freshly cooked and prepared meals to students is an important opportunity to promote positive eating behaviours in children.

By offering healthy food and drink options at the tuckshop, students have a chance at better health, improved learning and behaviour outcomes and optimising growth and development during a vital period of their lives.

Tuckshops often bring back memories for parents and carers of their education and youth, where

tuckshops were considered a special treat. This can still happen but in today's world, kids are widely exposed to many non-nutritious food and drinks outside of the school and home. This is why it has never been more important to limit the availability of these foods in the current school setting, including the tuckshop.

Guidance for schools and tuckshops is available in [Smart Choices Healthy Food and Drink Supply Strategy for Queensland Schools](#), which all schools should follow.

Connecting Pick of the Crop with your school tuckshop

You could do this by:

1. Checking the menu offers veggies or fruit – like veggie sticks as a snack option.
2. Considering supplying produce from your garden to boost menu items and reduce costs.
3. Challenging students to design a menu item based on veggies or fruit, such as seasonal produce or school garden produce.
4. Connecting with parents – ask them to volunteer so more on-site healthier options can be available.
5. Encouraging tuckshops to promote and market menu options that include veggies and fruit.

Where to find support

- Reach out to your tuckshop convenor
- Speak with your parent organisation or school
- Contact the [Queensland Association of School Tuckshops \(QAST\)](#), who can work with your tuckshop to offer healthy options.

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