



Roebourne Primary School P&C ASSOC INC Canteen Committee
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Wayiba, Wanthiwa, Tharnardu, Hello.

Healthy Yirramagardu Nutrition Club.

The Nutrition Club was established many years ago so that families can take responsibility for making sure their child has healthy food for lunch. Just about all families in Roebourne receive some form of Centrelink payment for their child, so when the club was established the team felt that it was important that we provide a way to avoid the welfare mentality that is encouraged by providing 'freebies'.

Families pay \$40 per child per fortnight straight from their Centrelink payments. Any family not on Centrelink can do cash payments. Some families do fortnightly direct debits. Students on the club can order any food from the menu irrespective of price. Drinks, recess and slushies are not included. The days a student does not attend school, their credit is put on their cards. Currently nearly all students in the primary section buy their lunch each day. Lunch orders by high school students are increasing.

The forms to sign up are in the canteen. The parent only needs their centerlink number, date of birth and to sign the form. I lodge the forms.

Our canteen was a 4 Starcap canteen long before nutrition in schools became mandatory (Traffic Lights). Currently the canteen is providing about 90% green products when the legal requirement is 60%. We did this because of the extremely high incidence of diabetes (all lifestyle). At the time around 60% of the adult population of Roebourne was diabetic. Many of the funerals in Roebourne are a result of diabetes. We now have much younger people becoming diabetic. The very sad thing is that diabetes could be almost totally avoided by people eating the right food and being more active.

Please contact me or pop into the canteen if you want to know more.

Beth
0400 248 942
2nd February 2021

EFT Details

Bank Name: **Westpac**
Account Name: Roebourne Primary School P&C Association Inc Canteen
Account: BSB: **036 186** Account Number: **12-1859**
Reference: Students full name