**(Insert service name)**

**Nutrition Service Specific Guideline – (insert service name)**

***Note:*** *This guideline template is a 1-2 page document designed to complement your service policies by providing written documentation of the policy/procedure/guideline elements recommended as best practice by Munch & Move. The Good for Kids team acknowledges Western Sydney LHD as the original creator of this guideline template.*

*To use this template, insert your service name where highlighted yellow, and add a statement of how your service is following each guideline element (example statements written in green).*

(Insert service name) recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

In addition to our Nutrition Policy, (insert service name) also commits to the following statements, aligned with NSW Health *Munch & Move* program:

* Food provided by the service is consistent with the *Australian Dietary Guidelines* **(SERVICES WHERE MEALS ARE PROVIDED)**
  + *e.g. We have our menu reviewed annually by the Good for Kids team to ensure our menu is in line with the Caring for Children and Australian Dietary Guidelines*

**OR**

Strategies are in place to ensure that food provided by families in lunchboxes is consistent with the *Australian Dietary Guidelines*

**(SERVICES WHERE FOOD IS NOT PROVIDED)**

* *e.g. Our lunchboxes are checked regularly against the Australian Dietary Guidelines “Australian Guide to Healthy Eating” to determine whether the food provided is appropriate*
* Strategies are in place to ensure food isn’t used as a reward or incentive for children
  + *e.g. If an incentive or reward for a particular achievement is required, our service uses alternatives to food such as stickers, active games or dress-up items*
* Educators role model healthy food and drink choices
  + *e.g. Educators at our service are required to follow the same food guidelines as families when bringing their own lunch, and are encouraged to eat with the children at mealtimes*

Revised: (insert date)