



Good for Kids
Good for Life

'Heart of a child' by
Worimi Artist Lara
Went



Happy Nutrition Week

National Nutrition Week



National Nutrition Week is an annual awareness campaign celebrating the central role of food in connecting and nourishing people and communities. The focus of the 2024 campaign, running from 14-20 October, is ***'Inspiring a connected and nourished Australia'***.

For more resources head over to National Nutrition Week website: [National Nutrition Week | Nutrition Australia](#)

If you would have questions or would like more information, please reach out to your Health Promotion Officer or the Good for Kids team at HNELHD-GoodForKids@health.nsw.gov.au.

How to embrace Nutrition Week at your service

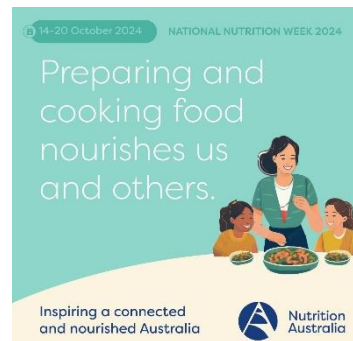
Here are some of the National Nutrition Week key messages and how your service can embrace this year's theme:

- **Mealtimes connect children, families, friends, work colleagues, and even strangers!** Services are encouraged to create supportive and positive mealtime environments for all children, facilitating conversations and relationship building. Mealtimes can provide children with the opportunity to be exposed to a variety of food choices. [Click here](#) for tips on how to provide a supportive mealtime environment.
- **Food connects us to our culture and is a celebration of diversity.** Services are encouraged to celebrate the diversity of children in a range of ways. Connect with families about what cultural events they celebrate and include these at your service through sharing traditional food.
- **Preparing and cooking food nourishes us and those we share it with.** Involve children in age-appropriate food preparation, e.g pouring, stirring, spreading, dipping and shaking. Children who are actively involved in food preparation are more likely to try those foods.
- **A positive relationship with food nourishes our mind and body.** Educators play an important role in empowering young children to develop a positive relationship with food. You can help build the foundations of this relationship and set kids up for life. The '*Body Blocks by Embrace Kids*', is a new program for early childhood educators that aims to prevent body image issues in young children. [Click here](#) for more information about this valuable program.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 5.1.1 Positive educator to child interactions



Lunchbox support in primary schools



Did you know that Good for Kids also has a team who support primary schools? Just like the Good for Kids Munch & Move team, the school's team consists of dedicated education and health professional who support children with healthy eating and physical activity programs in primary schools across the Hunter New England local health district.

In order to support parents to continue to pack healthy lunchboxes in primary schools, they developed the fantastic 'SWAP IT' lunchbox program. The program gives parents and carers ideas to SWAP what is packed in their child's lunchbox from sometimes foods to everyday foods. [Click here](#) for more information about the program.

Check out the Good for Kids primary school [Facebook page](#) to see what the team has been up to at schools in your local area.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.1.3 Families are supported

Healthy Kids for Professionals resources

Healthy habits for growing minds and bodies
1 to 2 years

Healthy eating gives your child energy to play, grow and learn.

Movement and sleep help a healthy brain and body.

- Offer a variety of foods from the 5 food groups. Introduce new foods gradually. Offer a variety of textures. Offer a variety of colors. Offer a variety of shapes. Offer a variety of sizes.
- Help your child learn to feed themselves with different types of foods. Encourage and praise your child's healthy eating habits.
- Set up mealtimes. Mealtimes are a great time to eat together. Mealtimes are a great time to talk. Mealtimes are a great time to play.
- You can continue to breastfeed for 12 months or more. If you are not breastfeeding, offer your child 1-2 cups of milk. After 12 months, they don't need as much milk.
- Think outdoor play first. Encourage your child to play outdoors. Encourage your child to play with other children. Encourage your child to play with toys.
- Block screens in the morning and before bed. Encourage your child to play outdoors. Encourage your child to play with other children. Encourage your child to play with toys.

For more healthy habits, scan the QR codes.

Healthy habits for the best start in life
0 to 12 months

Feeding habits to support healthy growth and development.

Movement and sleep help a healthy brain and body.

- Be available to all your needs for the first 6 months. If you are not available, use a baby sitter.
- Start solids around 6 months. Start with soft, easy-to-chew foods. Offer a variety of textures. Offer a variety of colors. Offer a variety of shapes. Offer a variety of sizes.
- Offer a variety of foods from the 5 food groups. Introduce new foods gradually. Offer a variety of textures. Offer a variety of colors. Offer a variety of shapes. Offer a variety of sizes.
- Offer 6-8 ounces of breast milk or formula. Offer 6-8 ounces of breast milk or formula. Offer 6-8 ounces of breast milk or formula.
- Set up mealtimes. Mealtimes are a great time to eat together. Mealtimes are a great time to talk. Mealtimes are a great time to play.
- Wash both sides of your baby's mouth. Encourage your child to play outdoors. Encourage your child to play with other children. Encourage your child to play with toys.

For more healthy habits, scan the QR codes.

Healthy habits for thriving kids
3 to 17 years

Healthy eating gives your child energy to play, grow and learn.

Movement and sleep help a healthy brain and body.

- Start conversations with a healthy diet. Talk to your child about healthy eating. Offer a variety of foods from the 5 food groups. Introduce new foods gradually. Offer a variety of textures. Offer a variety of colors. Offer a variety of shapes. Offer a variety of sizes.
- Offer a variety of foods from the 5 food groups. Introduce new foods gradually. Offer a variety of textures. Offer a variety of colors. Offer a variety of shapes. Offer a variety of sizes.
- Other healthy habits. Encourage your child to play outdoors. Encourage your child to play with other children. Encourage your child to play with toys.
- Set up mealtimes. Mealtimes are a great time to eat together. Mealtimes are a great time to talk. Mealtimes are a great time to play.
- Block screens in the morning and before bed. Encourage your child to play outdoors. Encourage your child to play with other children. Encourage your child to play with toys.

For more healthy habits, scan the QR codes.

The Healthy Kids for Professionals team have created some great resources for parents and carers with simple, actionable advice about healthy eating and physical activity to support their child's growth, development and wellbeing.

We encourage you to share these one-page fact sheets with families:

- [Healthy habits for the best start in life \(0 to 12 months\)](#)
- [Healthy habits for growing minds and bodies \(1 to 2 years\)](#)
- [Healthy habits for thriving kids \(3 to 17 years\)](#)

The above links can be used to share the information electronically with families. If you would like to access the printable versions of the fact sheets, please click here: [Resources - Healthy Kids for Professionals \(nsw.gov.au\)](#).

Link to NQS:

Element 6.1.3 Families are supported

Munch & Move Express ONLINE workshop



We are excited to announce that we are delivering an **ONLINE** version of our **Munch & Move Express** workshop on **Wednesday 23rd October 2024**.

This 1-hour workshop will provide an overview of Munch & Move, including practical strategies for embedding the fundamental movement skills into your program, healthy eating learning experiences and how to include Munch & Move in your QIP.

We will be delivering the session at **lunchtime (12 - 1pm)** and again in the **evening (6 – 7pm)** to accommodate different work schedules.

Please [click here](#) to register. All attendees will receive a certificate of attendance.

Link to NQS:

Element 7.2.3 Development of professionals

Where to get more information?



Good for Kids Early Childhood Education and Care on Facebook: [Facebook](#)

Munch & Move e-learning: [Click here to register](#)

Good for Kids Resources: [Resources | Good for Kids, Good for Life \(nsw.gov.au\)](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services | Good for Kids, Good for Life \(nsw.gov.au\)](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)