

Whole of service approach



Described below are examples of how Munch & Move can be implemented in each area of a preschool, where the service provides food. This resource can help deliver a 'whole of service' approach to implementing the program.

Preschool

- Offer intentional healthy eating learning experiences 2-4 times per week
- Create positive mealtime environments
- Role model healthy eating
- Teach fundamental movement skills daily
- Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours
- Supportive environment for physical activity, both indoors and outdoors
- Limit screen time use to promoting physical activity or educational purposes



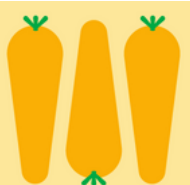
Director/Nominated Supervisor

- Policies/procedures/guidelines:
 - Nutrition
 - Physical activity and screen time
- Report Quality Improvement Plan
- Provide health information to families annually
- Support educators to access professional development in healthy eating and physical activity.



Cook

- Menu assessed against Menu Planning Guides
- Cook completed training in nutritious meals and snacks



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

