

Whole of service approach



Described below are examples of how M&M can be implemented in each area of a preschool, where families provide meals for their child in a lunchbox. This resource can help deliver a 'whole of service' approach to implementing the program.

Preschool

- Offer intentional healthy eating learning experiences times per week
- Create positive and supportive mealtime environments
- Role model healthy eating and physical activity behaviours
- 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

- Communicate about lunchboxes to families inline with the Australian Dietary Guidelines
- Policies/procedures/guidelines:
 - Nutrition
 - Physical activity and screen time
- Report in Quality Improvement Plan
- Provide health information to families annually
- Support educators to access professional development in healthy eating and physical activity.



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

Good for kids
Good for life

