



Whole of service approach

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

Nursery



- Provide a supportive breastfeeding environment
- Create positive mealtime environments
- Role model healthy eating
- Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours
- Create a supportive environment for physical activity, both indoors and outdoors
- No screen time

Toddler



- Offer intentional healthy eating learning experiences 2-4 times per week
- Create positive mealtime environments
- Role model healthy eating
- Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours
- Create a supportive environment for physical activity, both indoors and outdoors
- Limited screen time for children >2 years

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



- Display breastfeeding support sticker
- Policies/procedures/guidelines:
 - Nutrition and breastfeeding
 - Physical activity and screen time
- Report in Quality Improvement Plan
- Provide health information to families annually

Cook



- Menu assessed against Menu Planning Guides
- Complete training in preparing nutritious meals and snacks

