



Whole of service approach

Munch & Move aims to promote and encourage positive healthy eating and physical activity habits in young children aged birth to 5 years in ECEC services.

For Munch & Move to be effectively implemented, a **whole of service** health promotion approach is recommended. This means bringing together directors, management, educators, staff, children and families to promote healthy eating and physical activity; and foster a holistic and consistent impact on child health and wellbeing.

A **whole of service** approach requires coordinated action across 4 areas – encouraging healthy eating, including daily physical activity, putting in place policies and educating and monitoring. The following practice areas provide an indication of a service’s ability to implement the Munch & Move program:

Practice areas for implementation



Encouraging healthy eating

1. Encourages and support breastfeeding.
2. Communicate with families when children’s lunchboxes are not consistent with the Australian Dietary Guidelines.
3. Menu has been assessed against the NSW Health Menu Planning Guidelines.
4. Provide intentional healthy eating learning experiences at least twice per week.
5. Staff create a positive healthy eating environment including role modelling healthy eating.

Including daily physical activity

6. Provide opportunities for 1-5 year olds to participate in physical activity for at least 30% of centres opening hours.
7. Create a supportive environment for physical activity, both indoor and outdoor.
8. Teach fundamental movement skills daily for children aged 3-5 years.
9. Provide appropriate use of small screen recreation for all children.

Putting in place policies

- 10-12. Have a written policy, procedure or guideline regarding nutrition, physical activity, screen time and breastfeeding (if applicable).

Education & Monitoring

13. Provide health information to families within the past 12 months.
14. At least 50% of primary contact educators have accessed professional development in nutrition and at least 50% in physical activity.
15. Cook has completed training in providing nutritious meals and snacks for children
16. Monitor and report on healthy eating and physical activity objectives annually as part of their quality improvement process.



‘The heart of a child’
by Worimi Artist
Lara Went

Good for kids
Good for life

