



Munch & Move for centre-based early childhood education and care services

Children who develop healthy eating and physical activity habits from a young age are more likely to continue these healthy habits into adulthood.

Throughout NSW children spend significant amounts of time in early childhood education and care (ECEC) services, hence these services provide ideal settings to promote appropriate healthy eating and physical activity habits to these children and also to their families.

What is Munch & Move?

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.

Munch & Move is based on six health promoting key messages:

- Encourage and support breastfeeding
- Choose water as a drink
- Choose healthier snacks
- Eat more fruit and vegetables
- Get active each day
- Turn off the screen and get active

The *Munch & Move* program has strong alignment to the National Quality Framework (NQF) with links to all 7 Quality Areas of the National Quality Standard (NQS), the 5 Outcomes of the Early Years Learning Framework (EYLF) and the *Get Up & Grow* healthy eating guidelines and physical activity recommendations.

What does Munch & Move offer?

Munch & Move offers early childhood educators a great opportunity to encourage children's healthy eating and physical activity using a range of fun play-based learning experiences. All centre-based ECEC services across NSW can access:

- **Free professional development training** via a 'live' webinar series.
- **Practical resources** to support the development and implementation of policies and practices promoting healthy eating and physical activity and limiting small screen time - such as a resource manual, music CD, movement DVD, policy templates and more.
- Local Health District (LHD) **health professional support** - such as policy advice and menu guidance and assessment.
- **Fact sheets and brochures to communicate with families** - practical tips and ideas to engage children in healthy eating, active play and limiting small screen time.

The *Munch & Move* webinar series calendar for NSW centre-based ECEC services is available on the Healthy Kids website at www.healthykids.nsw.gov.au/campaigns-programs/munch-move-long-day-care-and-preschool-training/training-dates-times.aspx. Follow the link on this webpage to register your expression of interest to participate.

The Healthy Kids website is the main platform for *Munch & Move* information and resources. The website pages can be accessed through www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx.

Free copies of the fact sheets, posters, FMS video clips and music can be downloaded and/or ordered via the *Munch & Move* order form.

Staff Development Kit for educator on-training'

After completing the *Munch & Move* webinar series training, educators are given access to the new *Munch & Move* Staff Development Kit (SDK) to provide on-training to their colleagues. The SDK consists of 7 modules (an introduction and 6 key message modules), which can be accessed in the order that best suits your service's training needs. The SDK promotes information sharing amongst colleagues and includes activities such as a reflective practice tool to guide reflection on current practice to help guide the development of the service's Quality Improvement Plan.



Program Adoption Indicators (Practices)

For *Munch & Move* to be effectively implemented in services we recommend a 'whole-of-service' health promotion approach. This means bringing together directors, management, educators, staff, children and families to promote healthy eating and physical activity.

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. A set of enhanced practices have been developed to strengthen program implementation within services.

Encouraging Healthy Eating	
1.	Service encourages and supports breastfeeding
2.	Service communicates with families when children's lunchboxes are not consistent with the <i>Australian Dietary Guidelines</i>
3.	Service menu has been assessed against the <i>Caring for Children</i> guidelines
4.	Service provides intentional learning experiences about healthy eating at least 2 times per week
5.	Staff create a positive healthy eating environment for children
Including Daily Physical Activity	
6.	Service provides opportunities for physical activity for 1-5 year olds at least 30% of the daily opening hours
7.	Service provides a supportive physical activity environment
8.	Service provides daily opportunities for fundamental movement skills for children 3-5 years of age
9.	Service use of small screen recreation for all children is appropriate
Putting in Place Policies	
10.	Service has a written nutrition policy
11.	Service has a written policy, procedure or guideline encouraging physical activity
12.	Service has a written policy, procedure or guideline restricting small screen recreation
Educating & Monitoring	
13.	Service has provided health information to families within the past 12 months
14.	Service has at least 50% of primary contact educators that have accessed professional development in nutrition and at least 50% that have accessed professional development in physical activity
15.	Service cook has completed training in providing nutritious meals and snacks for children
16.	Service monitors and reports on healthy eating and physical activity objectives annually as part of their continuous quality improvement process



Privacy

The NSW Ministry of Health will maintain the confidentiality of information your service provides while participating in the *Munch & Move* program. Your information will not be shared in a public domain without your permission. However, we may disclose information to Local Health Districts for the purpose of providing support, or use non-identifying information for reporting, research or evaluation purposes.