



## Munch & Move Resources Order Form for Preschools and Long Day Care Services

Email to: [MOH-PopulationHealthResources@health.nsw.gov.au](mailto:MOH-PopulationHealthResources@health.nsw.gov.au)

Service name:		Ph:	
Your name:			
Street number:		Street name:	
Suburb:		Postcode:	
Email address <i>(required for confirmation of order placement):</i>			
<b>Note: Delivery address cannot be a PO Box. Allow 3 weeks for order to be despatched</b>			

RESOURCE	SHPN	Quantity
<b>Munch &amp; Move Poster- Key Messages (Maximum 1 per service)</b>	170283	
<b>FMS cards <u>with</u> lanyard (1 set per service)</b>	FMS-CARDS/LAN	
Lanyard	MMLAN	
<b>FACT SHEETS FOR FAMILIES</b>	<b>SHPN</b>	<b>(MAXIMUM 100)</b>
Choose water as a drink	170618	
Select healthier snacks	170624	
Eat more fruit and vegetables	170619	
Get active each day	110301	
Reducing young children's screen time	180092	
Healthy lunchboxes	180572	
Encouraging children to try new foods and managing fussy eaters	180685	
Dairy for young children	150017	
Encourage and support breastfeeding	170481	
Encouraging healthy sleep habits in young children	180094	
<b>Munch &amp; Move key messages fact sheet</b>	170482	
<b>FACT SHEETS FOR ABORIGINAL FAMILIES</b>	<b>SHPN</b>	<b>(MAXIMUM 100)</b>
Water – the best drink for healthy kids	180601	
Active kids are healthy kids	180602	
Healthy food grows strong kids	180603	
<b>BROCHURES FOR FAMILIES</b>	<b>SHPN</b>	<b>(MAXIMUM 100)</b>
Healthy mouths for kids under 5	130186	
Teach baby to drink from a cup	110267	
Healthy eating for children	N55f	
Australian 24 Hour Movement Guidelines for the Early Years	24HRMM	
<b>Munch &amp; Move Music Playlist</b> Stream now on Youtube: <a href="https://www.youtube.com/playlist?list=PLpXDJ5In7QhRygkcwvxSzpDu6uJ_Bjnd3">https://www.youtube.com/playlist?list=PLpXDJ5In7QhRygkcwvxSzpDu6uJ_Bjnd3</a> Download the playlist, individual songs and Munch & Move Song Book at: <a href="https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources/music.aspx">https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources/music.aspx</a>	<b>Stream or Download only</b>	

To access electronic versions and 'download only' Munch & Move resources please visit:  
[www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources](https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources)

**Please note:** Hard copies of resources are ONLY available to services located in NSW participating in the Munch & Move program.