



Munch & Move

Munch & Move is a NSW Health program that supports the healthy development of children from birth to 5 years in early childhood education and care settings.

Making healthy changes at home

The guides below provide tips and advice for you and your family on healthy food and drinks for kids, how to drink more water, fun ways to stay active, and easy ideas for packing a healthy lunchbox.

Healthy food grows strong kids



Packing a healthy lunchbox



Water – the best drink for healthy kids



Active kids are healthy kids



For more ideas go to healthyliving.nsw.gov.au

 Healthy Eating Active Living NSW

 @healthyeatingactivelivingsnw

