



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

Munch & Move provides professional development and support to NSW early childhood education and care (ECEC) services including long day care, preschool and occasional care services.

What is Munch & Move?

Munch & Move is a fun, play-based program that aims to support young children's healthy eating and physical activity habits.

The program 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?

The *Munch & Move* program provides ECEC services with:

- **Free professional development** – access to the *Munch & Move* eLearning program training.
- **Practical resources** to support the implementation of the program key messages – 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.
- **Fact sheets and brochures to communicate health information with families** – practical tips and ideas to engage children in healthy eating, active play and limiting screen time.

The *Munch & Move* eLearning program training can be accessed on the *NSW Healthy Kids* website at www.healthykids.nsw.gov.au/campaigns-programs/munch-move-program-training/training-information.aspx. Follow the link on the webpage to register.

The *NSW 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.

Staff Development Kit for educator on-training and service planning

After completing the *Munch & Move* eLearning program training, centre-based services are encouraged to share the program with their colleagues. This can be done by encouraging your colleagues to complete the eLearning program training or completing the *Munch & Move* Staff Development Kit (SDK) with 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 reflective practice activities to guide the development of the service's Quality Improvement Plan.



Program Adoption Indicators (Practices)

For *Munch & Move* to be effectively implemented, 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.

Encouraging Healthy Eating

1. Service encourages and supports breastfeeding
2. Service communicates with families when children's lunchboxes are not consistent with the *Australian Dietary Guidelines*
3. Service menu has been assessed against the *Caring for Children* 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.