



Munch & Move for Family Day Care Service Providers

Munch & Move provides professional development and support to NSW family day care service providers (previously referred to as schemes).

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
- Eat more fruit and vegetables
- Choose water as a drink
- Get active each day
- Choose healthier snacks
- 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 family day care service providers with:

- **Free professional development** – access to the Munch & Move eLearning program training.
- Access to the Munch & Move **Staff Development Kit** to on-train your educators.
- **Practical resources** to support the implementation of the program key messages.
- **Fact sheets and brochures to communicate health information to families.**
- Local Health District (LHD) **health professional support** – such as policy advice.

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.

Family day care educators are welcome to complete the training, however ongoing program support is provided to the service provider.

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, service providers are encouraged to share the program with educators. This can be done by encouraging educators to complete the eLearning program training or completing the Munch & Move Staff Development Kit (SDK) with educators. The SDK consists of 7 modules (an introduction and 6 key message modules), which can be accessed in the order that best suits your training needs. The SDK promotes information sharing amongst colleagues and includes reflective practice activities to guide the development of the service providers 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 management, coordinators, educators, 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 provider encourages educators to support breastfeeding
2. Service provider ensures educators communicate with families when children’s lunchboxes are not consistent with the Australian Dietary Guidelines
3. Service provider ensures educators provide intentional learning experiences about healthy eating at least 2 times per week

Including Daily Physical Activity

4. Service provider ensures educators provide supervised floor-based play for babies 0–12 months of age every day
5. Service provider ensures educators have access to suitable physical activity equipment to encourage active play for 1–5 year olds
6. Service provider ensures educators provide daily opportunities for fundamental movement skills for children 3–5 years of age
7. Service provider ensures educators use of small screen recreation for all children is appropriate

Putting in Place Policies

8. Service provider has a written nutrition policy
9. Service provider has a written policy, procedure or guideline encouraging physical activity
10. Service provider has a written policy, procedure or guideline restricting small screen recreation

Educating & Monitoring

11. Service provider has at least 80% of educators trained using the *Munch & Move* Staff Development Kit
12. Service provider has provided health information to families within the past 12 months
13. Service provider 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.

