

**Supported Playgroups**  
Resource Order Form for LHD Key Contacts



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

LHD		Ph:
Your name and position		
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	SKU	QUANTITY REQUIRED
White folders (each)	FOLDER	
A4 plastic sleeves (box of 100)	SLEEVE	
Folder inserts (Set - front, back and spine)	INSERTS	
Folder tabs (set of 14)	SPTABS	
<b>HEALTHY EATING RESOURCES</b>		
<b>Organisation/Playgroup Guidelines, Checklist and Poster</b>		
5 Simple steps to developing Healthy Eating Guidelines	EY5HEG	
Guidelines for healthy eating for organisations	EYGHOG	
Guidelines for healthy eating for a group session or service	EYGHGG	
Checklist for planning healthy snacks and drinks for morning or afternoon tea at a group session or service – A2 poster	EYCHP	
Checklist for planning healthy snacks and drinks for morning or afternoon tea at a group session or service – A4 poster	EYCHC	
State Level Recommendations for Healthy Supported Playgroups	EYSTATE	
<b>Facilitator Activity Resources</b>		
Books Books Books	EYBBBA	
Cultural exploration	EYCEA	
Eat a rainbow	EYERA	
Fruit and vegetable heads	EYCFVA	
Fruit and vegetable matching game	EYFVMA	
Fruit tree	EYFTA	
Make Your Own Books	EYMOBA	
Memory Game	EYMGA	
<b>Facilitator Cooking Demonstrations, Recipes for Parents and Healthy Snack Activities</b>		
Cooking demonstration notes – Banana Smoothie	EYCDB	
Parent recipe handout – Banana Smoothie	EYCRB	
Cooking demonstration notes – Cheesy rissoles	EYCDC	
Parent recipe handout - Cheesy rissoles	EYCRC	
Cooking demonstration notes – Pikelets	EYCDP	
Parent recipe handout - Pikelets	EYCRP	
Cooking demonstration notes – Vegetable sticks with hummus dip	EYCDV	
Parent recipe handout - Vegetable sticks with dip	EYCRV	
Set of cooking demonstrations and recipes – activities and parent handouts (set of 8)	EYCRSET	
Cooking demonstration template	EYCDT	
Healthy Snack Activity - Banana split	EYHSBSA	

Healthy Snack Activity - Fruit and vegetable kebabs	EYHSFVA	
<b>ACTIVE PLAY RESOURCES</b>		
<b>Organisation/Playgroup Guidelines</b>		
5 Simple steps to developing Active Play Guidelines	EY5APG	
Guidelines for active play and small screen recreation for organisations	EYGAPOG	
Guidelines for active play and small screen recreation for a group session or service	EYGAPGG	
<b>Facilitator Activity Resources</b>		
Active Play for Toddlers 12-24 months	EYAPAR	
Active Play Activities (recommended for children 3-5 years)	EYAPA	
Newborn Moves Facilitator Information	EYNMAR	
Early Moves Facilitator Information	EYEMAR	
New Moves Activity Facilitator Information	EYNEAR	
Infant Moves Facilitator Information	EYIMAR	
<b>INFORMATION FOR FAMILIES</b>		
<b>Parent/carer Healthy Eating and Physical Activity Guidelines</b>		
Healthy eating for children aged 0-5 years - guidelines	EYHEC	
Physical activity, small screen recreation and sedentary behaviour for children aged 0-5 years - guidelines	EYPHG	
<b>Healthy Eating Handouts</b>		
Checklist for planning healthy snacks and drinks for morning or afternoon tea at a group session or service	EYCHPH	
<b>Active Play Handouts</b>		
Active Play at Home	EYAPPH	
Active Kids are Happy Kids	EYAKPH	
Be Active Together	EYBAPH	
Get Active Each Day	EYGAPH	
Newborn Moves	EYNMPH	
Early Moves	EYEMPH	
New Moves	EYNEPH	
Infant Moves	EYIMPH	
<b>Healthy Eating &amp; Physical Activity – General Activity Resources</b>		
Healthy Eating and Physical Activity Learning Experiences for Early Childhood and Parent/Carers - Activity Resource	EYHEAPE	
<b>ADDITIONAL RESOURCES</b>		
Healthy eating for children brochure	N55f	
Starting Family Foods brochure	140271	
Healthy Mouths for kids under 5 brochure	130186	
Teach baby to drink from a cup brochure	110267	