

Today we're celebrating 10 years of New South Wales Health *Munch & Move* here at Braidwood Preschool.

Braidwood Preschool's proud to have participated in the *Munch & Move* program. Most of our educators have been through the training program, which is fantastic. We have implemented the key messages through activities with the children and with parents.

Healthy vegetables from our vegetable garden, lots of games and songs and we're very happy to be able to implement those things with our children.