

Hi my name is Georgina. I'm the director at Care-a-Lot and I've been here for 15 years.

*Munch & Move*, we've been involved with them for 10 years. I was probably one of the first to do one of their workshops and most of our staff members have all been trained by *Munch & Move*.

*Munch & Move* is a healthy eating and active play program for New South Wales Early Childhood Education and Care services. The aim is to train and support early childhood educators to provide an environment that's supportive of children's development and wellbeing.

*Munch & Move* first started in 2008 so the program's been running now for 10 years. Over the 10 years 2 million children have participated in the *Munch & Move* program.

*Munch & Move* is now being implemented in over 3,300 services, which is 87 percent of New South Wales Early Childhood Education and Care Services. We're also in 92 Family Day Care service providers.

The greatest improvements we've seen with our *Munch & Move* services is the implementation of healthy menus. So that means that children are receiving enough fruit and vegetables whilst they're in care, as well as enough cereal and dairy.

We've also seen a great increase in active play that they're participating in, which will help them later on in life. People don't understand that little children don't naturally know how to run, jump, hop, skip. It's actually skills that are taught and practiced. We provide opportunities for children to practice those fundamentals movement skills, which gives them the confidence to attempt them in a variety of activities.

The biggest change since implementing *Munch & Move* ten years ago, I think families are understanding the importance of health and wellbeing for their children at an early age, that it just doesn't start at 10 years old. Just as important to start with it at two years old or even younger.

Families have been very supportive in the *Munch & Move* program because it takes a lot of the thought process away from them and also the stress of what to pack for lunch.

Ella comes home from Kindy and tells us about what is a sometimes food and what is an always food. I think the biggest benefits of *Munch & Move* is knowing that she's active all day. We know that the food that she's had has sustained her because she's a really high-energy child, which we love.

They give me healthy food.

Sometimes we make it, sometimes Pizza, some little vegetable from the garden.

This is one less thing for us to worry about as a parent. It's really important to set children up with a great start in life, so developing healthy eating habits and physical activity habits early on means that they will go on to lead a healthier lifestyle as they become primary school children and then on to adulthood. Fruits and vegetables are an all time food.

Leah came to Care-A-Lot in 2016. She was in the preschool room. She's now in year one of primary school. Leah did not have a very adventurous taste palate when she was younger but after seeing her friends at school eating a lot of vegetables she became a lot more adventurous, and that's translated into her primary years and she now has quite healthy lunch box that she gets very excited about.

The children are much more confident within themselves, healthier. *Munch & Move* is not just about physical health, it's also about the whole wellbeing of the child.