

I'm Leslie from Wattle Glen Children's Centre.

Here at Wattle Glen Children's Centre we believe in embedding physical activity and healthy eating with the children. So we have found the New South Wales *Munch & Move* program and its key messages very easy to incorporate within our service's curriculum.

Educators feel very strongly about the *Munch & Move* program. We currently have two *Munch & Move* champions. We have a physical activity champion and a healthy eating champion who attend training. They bring information back from the training and share at a staff meeting, and together we come up with creative and innovative ways that we can incorporate within into our action plan.

Our service aims to build connections with families by providing them with information and resources that they can take home.

So we've currently implemented bake and share kits and *Munch & Move* bags that they can take home to share with their families.

So we understand that families are busy so we have sent home a monthly newsletter discussing healthy facts and tips for *Munch & Move*. It's also a great opportunity for us to share with what we're doing to promote healthy lifestyles within our service.

Hi my name is Kelly and I'm an educator at Wattle Glen Children's Centre.

The Service's cook has introduced more vegetables at our afternoon tea. The children are really enjoying this. We encourage the children verbally and then by role modelling, tasting the vegetables.

Hi I'm Tracy I'm the cook at Wattle Glen Children's Centre. To form the menus here at Wattle Glen we refer to the *Caring for Children* book, using the *Menu Cycle Planning Tool* to make sure the children receive everything they need each day and we're following the dietary guidelines.

Our meals at Wattle Glen are freshly prepared each day. We use lean meats, as many wholegrain products as we can and seasonal fruit and vegetables.

We were finding at lunch time that the children weren't enjoying the salads. They were getting a bit overwhelmed by them and not wanting to try the different vegetables, so what I started to do was to separate out the different vegetables and so the children could see the individual ones, and we found that the children will actually pick out the ones they like. Their peers, if they're eating other vegetables, sometimes we can get them to try a new vegetable and it's been quite successful.

Adding the vegetables to afternoon tea has been the easiest way to go about it. The children seem to be very open to trying new vegetables. There's been a lot of discussion created from the children in what they're trying and so far it's been quite successful.