

Munch & Move Best Practices for Promoting Children's Healthy Eating and Physical Activity

Key:



Achieved



Working Towards – Not yet achieved, but our service has steps in place to progress towards achievement



Not a current focus – Our service has not achieved and is not a focus as yet

For each practice tick the appropriate symbol in the table to record your service progress:



Our service has a written policy, procedure or guideline for:

Nutrition

Physical activity

Small screen recreation

Breastfeeding

*refer to page 4 for the recommended elements to be included in each policy





Services that do not provide food:

Our service observes children's lunchboxes every day to ensure they are consistent with [Australian Dietary Guidelines](#)

Our service provides feedback to families if lunchboxes are not consistent with Australian Dietary Guidelines





Services that provide food:

A two week menu has been assessed by the Good for Kids team as meeting [Caring for Children Guidelines](#)




Our service cook has completed training in providing nutritious meals and snacks








Services with children aged 0-12 months:

Our service displays the [Get Up and Grow](#) "Breastfeeding-friendly zone" sticker or the [Australian Breastfeeding Association](#) "Breastfeeding Welcome Here" sticker






Our service provides intentional learning experiences about healthy eating at least two times per week






Our Educators role model healthy eating and nutrition practices during meal times every day



Our service provides opportunities for physical activity for children ages 1-5 years for at least 30% of daily opening hours








Our service provides opportunities for outdoor and indoor active play

Our service has portable physical activity equipment to encourage active play



Our service provides daily activities that intentionally teach and develop the fundamental movement skills for children ages 3-5 years



Our service use of small screen recreation is only for physical activity and/or educational purposes





Children aged under 2 years do not spend any time watching small screen devices



Within the past 12 months our service has provided information to families on:

Healthy eating for children

Physical activity for children

Small screen recreation for children

Breastfeeding





Our service has at least 50% of Educators that have attended professional development in nutrition and physical activity in the last 5 years ([link to free Munch & Move e-learning training](#))



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Quality Improvement Plan:

Standard / Element	What outcome or goal do we seek?	Priority L,M,H	How will we get this outcome (Steps)
Standard 2.3 Healthy eating and physical activity are embedded in the program for children	<input type="checkbox"/> Our service monitors children's lunchboxes each day. <input type="checkbox"/> Our service monitors lunchboxes every day against national guidelines regarding food and drinks brought from home.		
Element 2.4 Healthy eating and physical activity are embedded in the program and food and drink provided by the service are nutritious and appropriate for each child.	<input type="checkbox"/> Our service provides breakfast to families each time children bring in foods and drinks that are inconsistent with our national guidelines. <input type="checkbox"/> If applicable, Our service provides fruit and...		

Our service monitors and reports on healthy eating and physical activity achievements annually as part of continuous quality improvement processes



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Recommended elements to be included in each policy, procedure or guideline:

1. Nutrition policy, procedure or guideline

- Food provided by the service is consistent with the [Australian Dietary Guidelines](#) (services that provide food only)
- Strategies are in place to ensure that food provided by families in lunchboxes is consistent with the [Australian Dietary Guidelines](#) (services that do not provide food only)
- Strategies are in place to ensure food isn't used as a reward or incentive for children
- Educators role model healthy food and drink choices

2. Physical activity policy, procedure or guideline

- Reference to the [Australian 24-Hour Movement Guidelines for the Early Years \(birth to 5 years\)](#)
- Physical activity is embedded in the daily program through spontaneous and intentionally planned active play that is both child initiated and educator led
- Educators actively role model to children appropriate physical activity behaviours

3. Small screen recreation policy, procedure or guideline

- Reference to the [Australian 24-Hour Movement Guidelines for the Early Years \(birth to 5 years\)](#)
- Not using screen time as a reward or to manage challenging behaviours
- Educators are encouraged to role model appropriate screen behaviours to the children

4. Breastfeeding policy, procedure or guideline (services with children aged 0-12 months)

- Families are informed that the service and Educators support breastfeeding when the families first make contact with the service (or during orientation)
- Families are asked about breastfeeding at the time of enrolment
- Services develop a documented feeding plan for breastfed infants
- Services provide a supportive physical environment for mothers who want to breastfeed

For free downloadable resources and template policies go to:

<https://healthykids.nsw.gov.au/>

To register for the free Munch & Move e-learning training program go to:

<https://munchandmove.com.au/>

If you have any questions or would like support with the any of the practices in this checklist please contact the Good for Kids team at:

Email: HNELHD-goodforkids@health.nsw.gov.au

Ph: (02) 49246499



Artwork: 'The Heart of a Child'
By Worimi Artist Lara Went