# Nutrition Policy Insert

*Note*: *The following statement has been developed to assist early childhood education and care services in modifying their existing policy or create their own procedure/guideline that meets the Munch & Move policy recommendations. The statement can be edited, however, please ensure that all of the below elements recommended by Munch & Move are retained.*

## Statement for Nutrition (services who provide food)

The service is committed to implementing and embedding the healthy eating key messages outlined in the *Munch & Move* program into our curriculum,and to supporting the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the [*Get Up & Grow*](https://www1.health.gov.au/internet/main/publishing.nsf/Content/2CDB3A000FE57A4ECA257BF0001916EC/%24File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf)resources*.*

Our service is committed to ensuring the provision of healthy foods and drinks that meet the requirements for children according to the [*Australian Dietary Guidelines*](https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5)*,* the [*Australian Guide to Healthy Eating*](https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating),and to abide by the current national [*Infant Feeding Guidelines*](https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/170131_n56_infant_feeding_guidelines_summary.pdf).

Our service will:

* Provide a positive eating environment that is relaxed and social, and reflects cultural and family values.
* Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
* Never use food as a reward or incentive.

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## Statement for Nutrition (services who do not provide food)

Our service is committed to implementing and embedding the healthy eating key messages outlined in the *Munch & Move* program into our curriculum,and to supporting the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the [*Get Up & Grow*](https://www1.health.gov.au/internet/main/publishing.nsf/Content/2CDB3A000FE57A4ECA257BF0001916EC/%24File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf)resources*.*

Our service is committed to promoting healthy food and drinks based on the [*Australian Dietary Guidelines*](https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5), the [*Australian Guide to Healthy Eating*](https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating),and to abide by the current national [*Infant Feeding Guidelines*](https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/170131_n56_infant_feeding_guidelines_summary.pdf).

Our service will:

* Provide a positive eating environment that is relaxed and social, and reflects cultural and family values.
* Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
* Never use food as a reward or incentive.
* Implement strategies to ensure that food provided by families in lunchboxes is consistent with the Australian Dietary Guidelines