***Munch & Move* Policy Review**



Does your service have the following policies? Do the policies contain the following elements recommended by Munch & Move?   
Please tick the checkboxes relevant to your service and for the elements that are present in your policies.

**Service Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Breastfeeding policy**  [Services with children aged 0-12 months only] | Yes  No | Families are informed that the service provider and educators support breastfeeding when the families first make contact with the service provider (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. |
| **Nutrition policy** | Yes    No | Strategies are in place to ensure that food provided by families in lunchboxes is consistent with the *Australian Dietary Guidelines* [Services who do not provide main meals only].  Food provided by the service is consistent with the *Australian Dietary Guidelines* [Services where food (meals/snacks) are provided 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. |
| **Physical activity policy** | Yes  No | 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. |
| **Small screen recreation policy** | Yes  No | Reference to the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) (Sedentary Behaviour Recommendations).*  Not using screen time as a reward or to manage challenging behaviours.  Educators are encouraged to role model appropriate screen behaviours to the children. |

Please return the checklist to your support officer or Good For Kids: [HNELHD-GoodforKids@health.nsw.gov.au](mailto:HNELHD-GoodforKids@health.nsw.gov.au)



Worimi Artist, Lara Went

“The heart of a child”