

How to use the policy kits

The policy kits are designed to help your service update your policies in line with *Munch & Move* recommendations.

The team at *Good For Kids* are happy to review your policy and provide feedback! Email us at:

HNELHD-GoodForKids@health.nsw.gov.au

01

Do you already have the policy?

Yes

Use the **policy checklist** to review your policy and check if it contains the *Munch & Move* recommended elements.

No

Use the **policy templates** to develop the policy. Instructions for use are included within the document.

If you are unable to implement a new policy or edit an existing policy, can you develop a procedural document or guideline instead? The **policy insert** can be used for this.

02

I have reviewed my policy. What do I do next ?

Does your policy include all of the *Munch & Move* recommended elements?

Yes

Congratulations! Your service's policy meets the *Munch & Move* recommendations!

No

Try placing the **policy insert** into your existing policy. Instructions for use are included within the document.

03

The policy meets *Munch & Move* best-practice!

Congratulations! You have achieved one of the *Munch & Move* program practices!

Please send your completed policy checklist to your support officer or to *Good For Kids* (email address above) to let us know about your best-practice policy.

Certificate

In Term 4 2021 we will be issuing a certificate to services who have met *Munch & Move* recommendations for all 4* policies!

*Breastfeeding policy is only required for services with children under 12 months of age



Health
Hunter New England
Local Health District



Artwork: "Heart of a Child"
Worimi Artist Lara Went

Good for kids
good for life

