

# Linking Munch & Move to the National Quality Framework

Munch & Move is a free program offered to all NSW Early Childhood Education and Care (ECEC) services, which aims to promote and encourage children’s healthy eating and physical activity and limit screen time. Munch & Move aligns with the early childhood sector’s National Quality Framework (NQF). The following examples demonstrate how Munch & Move links with the National Quality Standards (NQS) which set the benchmark for the level of quality expected in ECECs. Achievement of these standards may assist your service to meet the NQF requirements.

## Quality Area 1: Educational Program and Practice

Munch & Move (M&M) supports ECECs to provide engaging and meaningful learning experiences related to healthy eating and fundamental movement skills. Intentional teaching is encouraged to guide and support children’s learning, while planning, assessment, and review will ensure the individual needs of children are being met.

**Implementing the following components of the Munch & Move program contributes to QA1:**

- Intentional teaching of healthy eating learning experiences two to four times a week
- Allow opportunities for spontaneous and intentionally taught fundamental movement skills
- Provide opportunities and plan for both indoor and outdoor physical activity
- Encourage appropriate use of small screen recreation for children 2-5 years

**Summary**

M&M encourages engaging and meaningful learning experiences which align with children’s individual needs and interests. This develops a strong foundation of skills and knowledge about health and wellbeing.



## Quality Area 3: Physical Environment

Munch & Move provides strategies for creating a physical environment that encourages active play and exploration, allowing children to develop motor skills and engage in movement. Educators can utilise outdoor and indoor spaces for active games, to promote physical activity in all weather conditions.

**Implementing the following components of the Munch & Move program contributes to QA3:**

- Access to age-appropriate portable physical activity equipment for children’s use
- Provide opportunities and plan for both indoor and outdoor physical activity



**Summary**

M&M encourages ECECs to create a physical environment that will maximise child physical activity and motor skill development.

## Quality Area 2: Children's Health and Safety

M&M supports ECECs to encourage healthy eating, physical activity, and appropriate use of screen time. Collectively these practices promote child health, wellbeing and safety.

**Implementing the following components of the Munch & Move program contributes to QA2:**

- Encourage and support breastfeeding
- Intentional teaching of healthy eating learning experiences at least twice a week for children
- Provide opportunities and plan for both indoor and outdoor physical activity
- Allow opportunities for spontaneous and intentionally taught fundamental movement skills
- Support families in providing a balanced lunchbox
- Develop a menu that has been reviewed in line with menu planning guidelines
- Encourage appropriate use of small screen recreation for children 2-5 years



**Summary**

M&M encourages an ECEC environment which aligns with national guidelines for healthy eating, physical activity and use of screens. Children are actively involved in learning how to make healthy choices regarding food and physical activity. Collectively this contributes to child health and safety.

## Quality Area 4: Staffing Arrangements

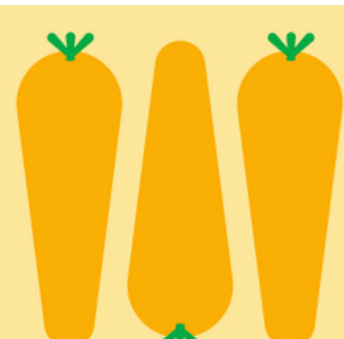
M&M encourages educators to undertake professional development in nutrition and physical activity and supports this process with links to free learning opportunities. The ACECQA Quality Improvement Process is also promoted by Munch & Move.

**Implementing the following components of the Munch & Move program contributes to QA4:**

- Educators create a supportive mealtime environment
- Provide opportunities and plan for both indoor and outdoor physical activity
- Reflecting on healthy eating and physical activity as part of their self-assessment

**Summary**

M&M promotes staff professional development, and ECEC quality improvement to enhance child health and wellbeing outcomes.



‘The heart of a child’  
by Worimi Artist  
Lara Went

Good for kids  
Good for life





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## Quality Area 5: Relationships with Children

M&M encourages respectful, positive and supportive relationships as educators promote, role model and encourage healthy behaviours with the children. Educators are engaged with the children in their care and provide positive support and guidance for healthy choices, and an environment of trust and respect.



### Implementing the following components of the Munch & Move program contributes to QA5:

- Provide positive feedback for trying new foods
- Engage in conversation with children at mealtimes
- Role model positive behaviours for healthy eating, physical activity and screentime
- Provide constructive and supportive feedback to children when teaching FMS

#### Summary

M&M promotes positive, respectful and supportive relationships so children feel supported to make healthy choices.

## Quality Area 6: Collaborative Partnerships with Families and Communities

M&M encourages collaborative partnerships with families through effective communication and by encouraging opportunities for family involvement. The diverse needs of families from differing cultures, values and background are also respected.

### Implementing the following components of the Munch & Move program contributes to QA6:

- Share health information with families in relation to healthy eating and physical activity
- Demonstrate services supports and encourages breastfeeding by displaying posters, stickers and communicating during orientation
- Supportive healthy eating conversations and supports families in providing a balanced lunchbox
- Celebrate culturally significant events such as NAIDOC, Diwali, Ramadan and Lunar New Year with healthy eating and physical activity experiences

#### Summary

M&M promotes positive, collaborative partnerships between ECECs and families to encourage a consistent approach that supports children's health and well-being.



## Quality Area 7: Governance and Leadership

M&M supports ECEC leaders in their governance strategy to promote health and wellbeing across the entire service. This includes embedding policies that support healthy eating and active living, and ensuring that staff are well-trained and supported in delivering the program

### Implementing the following components of the Munch & Move program contributes to QA7:

- Educators attend professional development in healthy eating and physical activity
- Service reflects on healthy eating and physical activity as part of their self-assessment
- Have written nutrition, physical activity, screentime and breastfeeding policies, procedures or guidelines
- Support educators in their role and implementation of Munch & Move.

#### Summary

M&M encourages governance and leadership that supports the implementation of the program, setting the foundation for a culture of health and wellbeing within the educational setting.



By linking M&M to the NQF, early childhood education services can ensure that they meet NQS requirements related to children's health, safety, and development while also promoting lifelong healthy habits in a structured, inclusive & community-focused manner.

## Munch & Move Practice Areas

- Practice 1:** Service encourages and supports breastfeeding.
- Practice 2:** Service communicates with families when children's lunchboxes are not consistent with the Australian Dietary Guidelines.
- Practice 3:** Service menu is consistent with NSW Health Menu Planning Guidelines.
- Practice 4:** Service provides intentional learning experiences about healthy eating, at least twice/week.
- Practice 5:** Staff create a positive healthy eating environment for children.
- Practice 6:** Service provides opportunities for physical activity at least 30% of opening time.
- Practice 7:** Service provides a supportive physical environment.
- Practice 8:** Service provides daily opportunities for FMS for children 3-5 yrs.

- Practice 9:** Service use of small screen recreation is appropriate.
- Practice 1 & 10-12:** Service has written policies regarding nutrition, physical activity, small screen recreation and breastfeeding.
- Practice 13:** Service has provided health information to families within the past 12 months.
- Practice 14:** At least 50% of educators have accessed professional development in nutrition and in physical activity.
- Practice 15:** Service cook has completed training in providing nutritious meals and snacks for children.
- Practice 16:** Service monitors and reports on healthy eating and physical activity objectives annually as part of their continuous quality improvement process.