



# Whole of service approach

Described below are examples of how Munch & Move can be implemented in each area of a long day care service where families provide meals for their child in a lunchbox. This resource can help deliver a 'whole of service' approach to implementing the program.

## Nursery



- Provide a supportive breastfeeding environment
- Create positive mealtime environments
- Role model healthy eating
- Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours
- Create a supportive environment for physical activity, both indoors and outdoors
- No screen time

## Toddler



- Offer intentional healthy eating learning experiences 2-4 times per week
- Create positive mealtime environments
- Role model healthy eating
- Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours
- Create a supportive environment for physical activity, both indoors and outdoors
- No screen time if < 2 years and limited if older than 2

## Preschool

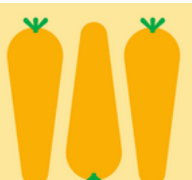


- Offer intentional healthy eating learning experiences 2-4 times per week
- Create positive mealtime environments
- Role model healthy eating
- Teach fundamental movement skills daily
- Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours
- Supportive environment for physical activity, both indoors and outdoors
- Limit screen time use to promoting physical activity or educational purposes

## Director/Nominated Supervisor



- Display breastfeeding support sticker
- Communicate about lunchboxes to families in line with the Australian Dietary Guidelines
- Policies/procedures/guidelines:
  - Nutrition and breastfeeding
  - Physical activity and screen time
- Report in Quality Improvement Plan
- Provide health information to families annually



'The heart of a child'  
by Worimi Artist  
Lara Went

Good for kids  
Good for life

