This sample action plan has been developed as a tool for your service to identify and plan the steps involved to successfully embed the *Munch & Move* program key messages into service operations.

How will you know when you have reached this goal?

Where this practice links to the NQF for your QIP

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| --- | --- | --- | --- | --- | --- | --- | --- |
| *Munch & Move*  *Key Message* | *****NQS/EYLF - Standard/ Element***** | *****What outcome or goal do we seek?***** | *****Priority (Low /Medium /High)***** | *****How will we get this outcome? (Steps)***** | *****Success measure***** | *****By when?***** | *****Progress notes***** |
| *EXAMPLE* | | | | | | | |
| Choose Healthier Snacks | Standard 2.1 Element 2.1.3 | Healthy eating is consistently and actively promoted and embedded in the everyday program. |  | * Songs and books used to promote Munch messages. * Healthy food based learning experiences are used, e.g. food preparation and cooking sessions with children that use fruit and vegetables and/or healthy snacks. |  |  |  |
| Get Active Each Day | Standard 2.1 Element 2.1.3 | Physical activity that builds on children’s interests and development is embedded in all aspects of the program. |  | * Educators include physical activity in free play, such as encouraging games using FMS and supporting/encouraging less active children to be active. |  |  |  |

Activities or actions needed to meet your goal.

These should come from reflective practice and team discussion.

Action points which outline what should be happening in your service to adopt this key message

How are you going with this action/activity?

**Service Name: Date:**

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| *Munch & Move Key Message* | *****NQS/EYLF - Standard/ Element***** | *****What outcome or goal do we seek?***** | *****Priority (L/M/H)***** | *****How will we get this outcome? (Steps)***** | *****Success measure***** | *****By when?***** | *****Progress notes***** |
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