Commitment to Munch & Move Policy Practices

for Nutrition

Our service, <insert name of service> is committed to implementing the key elements of relevant Munch & Move policies. These key elements are considered best practice in supporting healthy heating, physical activity and limiting the use of screen time. Our commitment to best practices Munch & Move relating specifically to nutrition is as follows:

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| Nutrition  |
| Our service commits to:* Provide food that is consistent with the [Australian Dietary Guidelines](https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55a_australian_dietary_guidelines_summary_131014_1.pdf). <Delete if families pack lunchboxes>
* Have strategies in place to ensure that food provided by families in lunchboxes is consistent with the [Australian Dietary Guidelines](https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55a_australian_dietary_guidelines_summary_131014_1.pdf). <Delete if your service provides food>
* Have strategies in place to ensure food isn’t used as a reward or incentive for children.
* Ensure that educator’s role model healthy food and drink choices.
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| Our service demonstrates commitment to these key elements by:<Please outline the steps/actions you take to implement the above policy elements> |
| In the next 12 months, our service will focus on the following nutrition goals:<List any goals that the service has in relation to nutrition> |

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| Developed by: <insert name> | Date: <insert date developed> |
| Role in service: <insert role of person above> | Review date: <insert date 12 months from above> |