

# Whole of service approach



Below are examples of how Munch & Move can be applied across all areas of a long day care service where families provide meals for their child in a lunchbox; to support a whole-of-service approach.

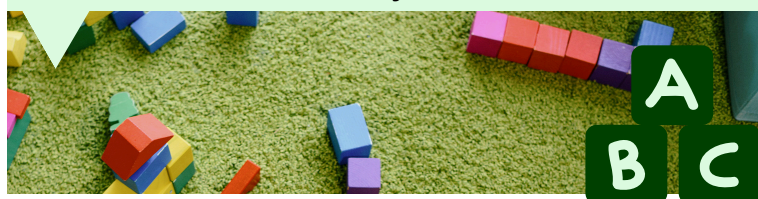
## Nursery

- 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 to 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 less than 2 years and limited if older than 2 years



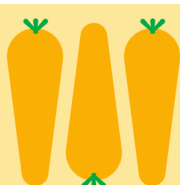
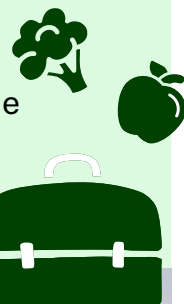
## Preschool

- Offer intentional healthy eating learning experiences 2 to 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

