

Whole of service approach



Below are examples of how Munch & Move can be applied across all areas of a long day care service that provides food; 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



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



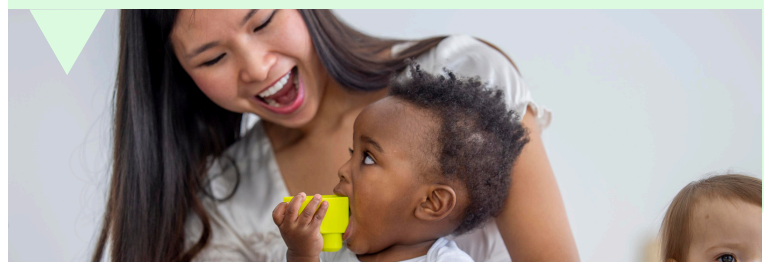
Toddler

- 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
- Limited screen time for children over 2 years



Director/Nominated Supervisor

- Display breastfeeding support sticker
- Policies/procedures/guidelines:
 - nutrition and breastfeeding
 - physical activity and screen time
- Report in quality improvement plan
- Provide health information to families annually



Cook

- Menu assessed against menu planning guidelines
- Complete training in preparing nutritious meals and snacks



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

Good for kids
Good for life

