

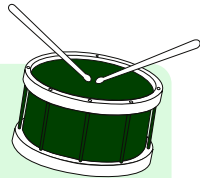
Whole of service approach



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

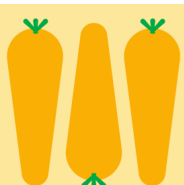
Preschool

- Offer intentional healthy eating learning experiences 2 to 4 times per week
- Create positive and supportive mealtime environments
- Role model healthy eating and physical activity behaviours
- 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

- Communicate about lunchboxes to families in line with the Australian Dietary Guidelines
- Policies/procedures/guidelines:
 - nutrition
 - physical activity and screen time
- Report in quality improvement plan
- Provide health information to families annually
- Support educators to access professional development in healthy eating and physical activity.



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

Good for kids
Good for life

