

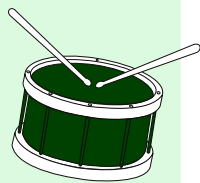
Whole of service approach



Below are examples of how Munch & Move can be applied across all areas of a preschool where the service provides food; for a whole of service approach.

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



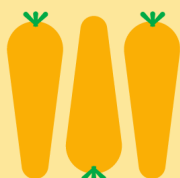
Director/Nominated Supervisor

- Policies/procedures/guidelines:
 - nutrition
 - physical activity and screen time
- Report on healthy eating and physical activity as part of quality improvement plan
- Provide health information to families annually
- Support educators to access professional development in healthy eating and physical activity



Cook

- Menu assessed against Menu Planning Guides
- Cook completed training in nutritious meals and snacks



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

Good for kids
Good for life

