

Service level

Nominated Supervisor/Director



Described below are examples of how Munch & Move can be implemented on a service level with support from the nominated supervisor or director.



Service encourage and supports breastfeeding

- Display breastfeeding support sticker or poster



Policies/procedures/guidelines on healthy eating (including breastfeeding, physical activity and screen time)

- Policy checklist
- Policies reviewed from Good for Kids team



Monitor and report on healthy eating and physical activity as part of self-assessment

- Action plan template



Provide health information to families

- Social media snippets



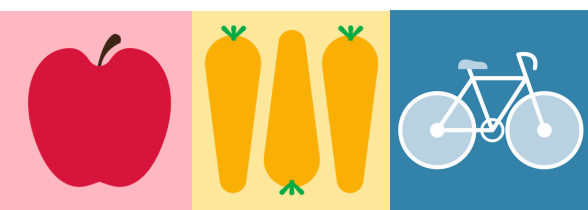
Professional development for directors/nominated supervisors, educators, and cooks

- Small bites for big steps training
- Lunch and learn webinars



Cook completed training in menu planning and menu assessed against Menu Planning Guidelines

- Healthy menu planning workshop
- Menu reviewed by Good for Kids team



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

Good for kids
Good for life

