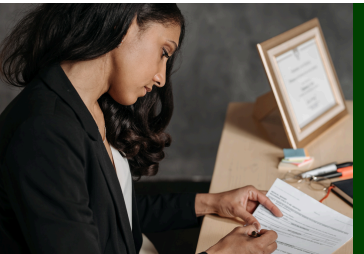


Service level

Nominated Supervisor/Director



Described below are examples of how Munch & Move can be implemented on a service level with support from the Nominated Supervisor/Director.



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

- Policy checklist
- Policies reviewed from Good for Kids team



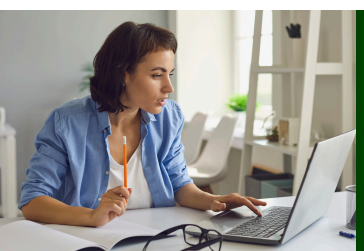
Monitor and report on healthy eating and physical activity as part of self-assessment

- Action plan template



Provide health information to families

- Social media snippets



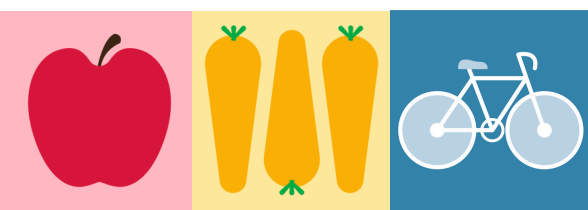
Professional development for directors/nominated supervisors and educators

- Small Bites for Big Steps training
- Lunch and Learn webinars



Communicate about lunchboxes to families in line with the Australian Dietary Guidelines

- Balancing the lunchbox



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

Good for kids
Good for life

