

# Healthy Eating Practices



For each practice, tick the appropriate check box below the symbol to record your service progress.

Where there is more than one statement under the practice, please check that your service is meeting both statements.

**Key:**



**Achieved**



**Working towards** – Not yet achieved, but steps are in place to progress towards



**Not a current focus** – Our service has not achieved and is not a focus as yet

**Practice 1: Service encourages and supports breastfeeding**

- Does your service display a sticker or signage that indicates a supportive breastfeeding environment?
- Does your service have a breastfeeding policy that includes all the below elements?
  - a. Families are informed that the service supports breastfeeding when the families first make contact with the service (or during orientation)
  - b. Families are asked about breastfeeding at the time of enrolment
  - c. Services develop a documented feeding plan for breastfed infants
  - d. Services provide a supportive physical environment for mothers who want to breastfeed

**Practice 2: Service communicates with families when the children's lunchboxes are not consistent with the Australian Dietary Guidelines**

- Does your service observe children's lunchboxes to ensure they are consistent with the Australian Dietary Guidelines?
- Does your service provide feedback to families quarterly or more, on strategies to support healthy lunchboxes?

**Practice 3: Service menu is compliant with the Caring for Children Guidelines.**

- Has your service's menu been reviewed by a Hunter New England Health Good for Kids team member within the past 12 months?

**Practice 4: Service provides intentional learning experiences about healthy eating**

- Does your service provide healthy eating learning experiences for children aged 1-5 at least twice per week?

**Practice 5: Staff create a positive healthy eating environment for children**

- Do educators role model, reinforce and implement healthy eating and nutrition practices with children during mealtimes every day?



**Achieved**      **Working towards**      **Not a current focus**



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Lara Went

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# Physical Activity Practices

For each practice, tick the appropriate check box below the symbol to record your service progress.

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Key:



Achieved



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**Practice 6: Service provides opportunities for physical activity for 1-5 year olds at least 30% of opening time**

- Does your service provide 30% of the opening time for children to be physically active?



**Practice 7: Service provides a supportive physical environment**

- Does your service provide access to portable physical activity equipment for children to use?
- Does your service provide opportunities for both outdoor and indoor active play?















**Practice 8: Service provides daily opportunities for fundamental movement skills for children 3-5 years of age**

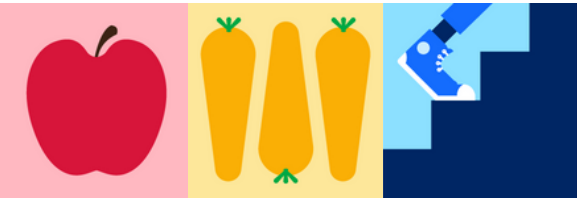
- Does your service provide a daily activity designed to intentionally teach and develop the various fundamental movement skills for children 3-5 years of age?



**Practice 9: Service use of small screen recreation for all children is appropriate**

- Children aged below 2 years do not use screens in your service?
- Do children aged 2-5 years have minimal screen time at your service and is it used to facilitate physical activity, extend children’s interest or develop a specific learning area?

Achieved	Working towards	Not a current focus
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# Policy Practices



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Key:

- Achieved**
- Working towards** – Not yet achieved, but steps are in place to progress towards
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**Practice 10: Service has a written nutrition policy**

- Does your nutrition policy contain the following elements?
  - Food provided by the service is consistent with the Australian Dietary Guidelines (*applicable only to services that provide meals*)
  - Strategies are in place to ensure that food provided by families in lunchboxes is consistent with the Australian Dietary Guidelines (*applicable only to services where food is bought in from home*)
  - Strategies are in place to ensure food isn't used as a reward or incentive for children
  - Educators role model healthy food and drink choices



**Practice 11: Service has a written physical activity policy, procedure or guideline?**

- Does your physical activity policy contain the following elements?
  - A reference to the Australian 24-hour movement guidelines for the Early Years (Birth to 5 years)
  - A statement that illustrates physical activity is embedded in the daily program through spontaneous and intentionally planned active play that is both child initiated, and educator led
  - A statement that illustrates that educators actively role model to children appropriate physical activity behaviours



**Practice 12: Service has a written small screen policy, procedure or guideline?**

- Does your physical activity policy contain the following elements?
  - A reference to the Australian 24-hour movement guidelines for the Early Years (Birth to 5 years)
  - A statement that illustrates physical activity is embedded in the daily program through spontaneous and intentionally planned active play that is both child initiated, and educator led
  - A statement that illustrates that educators actively role model appropriate screen behaviours



Achieved	Working towards	Not a current focus
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# Whole of Service Practices

For each practice, tick the appropriate check box below the symbol to record your service progress.

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**Key:**



**Achieved**



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**Not a current focus** – Our service has not achieved and is not a focus as yet

## Practice 13: Service has provided health information to families within the past 12 months

- Does your service share health information on:
  - Healthy eating
  - Physical activity
  - Screen time
  - Breastfeeding - *only applicable for services enrolling children under 12 months*

## Practice 14: Service has at least 50% of primary contact educators that have accessed professional development in healthy eating and physical activity













- Has 50% of the services primary contact educators completed professional development in healthy eating and physical activity?

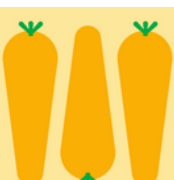
## Practice 15: Service cook has completed training in providing nutritious meals and snacks for children

- Has your service cook completed training in planning, preparing and serving nutritious meals (e.g. the Munch & Move Healthy Menu Planning Workshop)?

## Practice 16: Service monitors and reports on healthy eating and physical activity objectives annually as part of their continuous quality improvement process

- Does your service monitor and report annually, on its achievement of healthy eating and physical activity?

Achieved	Working towards	Not a current focus
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