



Welcome to our Good for Kids team newsletter, where we share all the latest on embedding healthy eating and physical activity at your service.

February 2026

National lunchbox week: 9th-15th February



Brought to us by Nutrition Australia, **National lunchbox week** is all about celebrating lunchboxes that reflect **diversity, enjoyment, and nourishment**.

Let's help families make lunchbox experiences fun and pressure-free, to support kids' wellbeing and build positive relationships with food. ❤️

Some great resources are available to share with your families:

- [Food Ideas for Under 5's](#)
- [Packing a lunchbox for under 5's](#)
- [Tips for the Preschool or School Transition](#)

For posters you can display at your service, which link families to more lunch box ideas click [here](#).

Link to NQS:
Element 2.1.2: Children's Healthy lifestyle
Element 6.1.3 Families are supported

Register for veggie month

Join hundreds of services across NSW to celebrate **Veggie Month**.

Veggie Month encourages services to integrate vegetables into daily programs. This includes food learning experiences like experiments, songs, stories, art, discussions or gardening.

The theme for 2026 is "Putting veg under the microscope".

Services who register receive an electronic resource pack including an educator manual, vegetable related science experiments, a recipe eBook and family and educator challenges.

Veggie Month is 2nd - 27th March.



[Register here](#)

Link to NQS:
Element 2.1.2: Children's Healthy lifestyle
Element 1.2.1 Intentional teaching

Healthy fundraising guide



[Download here](#)

Fundraising is a great way to raise money for equipment and activities at your service, while also bringing your community together to have fun.

The **Put the FUN into fundraising** resource offers loads of great ideas for your next fundraiser, all delivered with a **healthy twist**.

The suggested activities are based on successful, healthy fundraisers held by early childhood education and care services and schools.

Put the FUN into Fundraising was developed by the Illawarra Shoalhaven Local Health District.

Link to NQS:
Element 2.1.2: Children's Healthy lifestyle
Element 6.2.3 Community engagement.

Fundamental Movement Skill of the month: Catching

Our February fundamental movement skill is **CATCHING**.

Check out these Munch & Move videos:

- ▶▶ Tips on how to teach the skill: [Catch](#)
- ▶▶ Activity to practice: [Mini Moves - Catching](#)

Fundamental movement skills (FMS) are the building blocks of movement. Children do not naturally learn these skills as part of their normal growth and development, making it important FMS are intentionally taught. Educators should provide frequent opportunities for children to explore, practice and develop these skills, whilst keeping it fun.

As children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sport, boosting social skills and encouraging lifelong physical activity.

Link to NQS:
Element 1.2.1 & 1.2.2: Educational Program and Practice
Element 2.1.2: Children's Healthy lifestyle

FMS OF THE MONTH



Cooks corner



Trying new foods is an important part of early childhood development. Childcare services play a key role in helping children feel comfortable exploring new tastes, textures, and smells in a safe and supportive environment.

Young children often need many chances to see and taste a new food before they accept it. This is completely normal.

Vegetables can be one of the trickier food groups to introduce on the menu. You can make vegetables fun and interactive by including:

- ▶ **Veggie dippers:** serve vegetables with hummus, vegetable-based dip, or a ricotta or cottage cheese-based dip.
- ▶ **Build-your-own meals:** wraps or bowls with veggie choices to add,
- ▶ **Colour week:** feature green, orange, or red vegetables for the week.
- ▶ **Cooking experiences:** program hands on cooking activities that include vegetables.

Link to NQS:
Element 2.1.2: Health practices and procedures
Element 2.1.2: Children's Healthy lifestyle

January Munch & Move Express workshop

It was wonderful to see more than 135 ECEC staff attend the online Munch & Move Express Workshops last week.

Feedback from attendees was overwhelmingly positive, with many valuing the practical resources shared and gaining a clearer understanding of how Munch & Move aligns with the National Quality Framework and the Early Years Learning Framework.

We're pleased to share that this workshop will be offered again later in the year.

For more FREE professional development related to Munch & Move, check out the link on our website below:

[Click here](#)



Recipe of the month

Try these tasty spinach, corn, and cheese muffins – perfect for little tummies!

Easy to bake, freezer-friendly, and ideal for family meals, kids' lunchboxes, or your service morning or afternoon tea.

[Click here for the recipe](#)



Link to NQS:

Element 2.1.2: *Health practices and procedures*

Element 6.1.3: *Families are supported*

Where to get more information?

Munch & Move Hunter New England: [Early Childhood Services - Good for Kids](#)

Munch & Move Newsletters: [Munch & Move Newsletters | Good for Kids, Good for Life](#)

Munch & Move Resources: [Resources - Munch & Move](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

A Spotlight on Munch & Move training package: [Click here to register](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)

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The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.



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

Good for kids
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