

Munch & Move: Practice checklist

For each practice, tick the appropriate check box to record your service's progress.

Where there is more than one statement under the practice, please check your service is meeting **all** statements. When finished, discuss with your team and record your goals for the next 12 months on page 2.



Practice 1: Menu is consistent with the Menu Planning Guide criteria for the 5 core food groups and occasional foods (only for menu services)

- Has your service's menu been reviewed by the Good for Kids team in the last 12 months and meets the minimum food group and discretionary criteria?

Practice 2: Service provides intentional healthy food and/or drink learning experiences

- Are age appropriate, intentional healthy food and/or drink learning experiences implemented for all children at least twice a week?

Practice 3: Educators implement actions that support healthy eating

- Are mealtimes distraction free?
- Are foods talked about using neutral language?
- Are foods not used as a punishment or reward?
- Do educators allow children to have autonomy over, if they eat, what they eat and in which order they eat foods without pressure?

Practice 4: Service supports breastfeeding (only for services enrolling children under 12 months)

- Does your service have a clean and comfortable space for mothers to breastfeed or express if they choose to?
- Does your service actively promote itself as a breastfeeding friendly service by displaying signage and providing information to families at enquiry and/or enrolment?
- Does your service have a breastfeeding policy that includes procedures or guidelines on the safe storage, handling and preparation of breastmilk?

Practice 5: Service provides access to portable physical activity equipment

- Does your service provide access to portable physical activity equipment for all children to use during active play time every day of opening?

Practice 6: Service provides daily opportunities for physical activity

- Does your service provide opportunities for children aged 1 to 5 years to engage in at least 120 minutes of physical activity each day?
- Does your service provide opportunities for children aged 3 to 5 years to engage in at least 60 minutes of energetic play each day (included as part of the 120 minutes, not in addition to)?
- Does your service include tummy time as part of the daily routine for children under 1 year that are not yet mobile?

Achieved	Goal for 2027	Not a current focus
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
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☐	☐	☐

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Practice 7: Service provides activities that intentionally teach fundamental movement skills (FMS) for children aged 3 to 5 years

- Does your service provide activities that intentionally teach FMS for children 3 to 5 years of age every day of opening?

Achieved	Goal for 2027	Not a current focus
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Practice 8: Educators support children to be physically active

- Do educators engage children in physical activity?
- Do educators encourage expressive play?
- Is physical activity not used or withheld as punishment?
- Is physical activity used consistently and not given as a reward to some children and not others?

Practice 9: Service use of screen time is appropriate

- Do children aged 2 years or over have less than 30 minutes of sedentary screen time every day of opening?
- Do children aged under 2 years have no screen time?

Practice 10: Service provides opportunities for educator professional development on children's healthy eating and physical activity

- Does your service provide professional development opportunities for all educators on children's healthy eating and physical activity at least once per year?

Practice 11: Service provides healthy eating and physical activity information to families

- Does your service provide information/materials on healthy eating to families at least four times a year, and information/materials on physical activity at least four times a year?

My service's goals:



0 - 3 months

3 - 6 months

6 - 9 months

9 - 12 months