

Munch & Move

Update



NSW Health has updated the Munch & Move program

Munch & Move is a free, evidence-based NSW Health program available to all early childhood education and care services. It supports children from birth to five years to be physically active, eat well and spend less time on screens while in care.

The first 2,000 days of life are critical for establishing lifelong healthy habits. Being active, eating well and getting enough rest support children's wellbeing and their capacity to take part in learning.

Following a review of the latest evidence and consultation with sector experts, NSW Health has updated the Munch & Move program to ensure it remains relevant and continues to meet the needs of early childhood education and care services.

From 16 original practices, ten have been retained with updates to the minimum standards to align with evidence and one new practice has been added.

Alignment with the National Quality Framework

The updated Munch & Move program aligns with the National Quality Framework, including links across all seven Quality Areas of the National Quality Standard (NQS) and the Early Years Learning Framework (EYLF). Implementing the program supports services in meeting NQS and EYLF expectations through everyday practice.

Changes to program resources

As part of the program update, some resources previously available through the Munch & Move website have been removed as they no longer align with the revised program and current evidence base. Services are encouraged to use the updated resources and tools available through the program.

Further Information

Your Hunter New England Munch & Move Health Promotion Officers are available to assist services in:

- Understanding the recent program updates and their alignment with the NQS and EYLF.
- Implementing the updated Munch & Move program across the service.
- Developing action plans that support healthy eating and physical activity.
- Accessing current program resources, tools and implementation support.



Worimi Artist Lara Went
'The heart of a child'

Good for Kids.
Good for Life

