**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s Munch & Move Procedure:**

**Introduction**

Munch & Move is a NSW Government health promotion program with 5 key messages:

* Encourage and Support Breastfeeding - Eat More Fruit and Vegetables
* Get Active Each Day - Select Healthier Snacks
* Turn off the Screens and Get Active

**Our Service will:**

**1. Encourage and support breastfeeding**

1. Provide a quiet and private place to breastfeed or express breastmilk
2. Develop a documented breastfeeding support plan for each breastfed infant, in consultation with the family (template available on [healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au))
3. Inform families that the centre supports breastfeeding when they first make contact and during orientation
4. Ask about breastfeeding during enrolment

**2. Provide a positive eating environment and promote healthy food choices**

1. Strategies are in place to ensure that families provide food which is consistent with the Australian Dietary Guidelines and five food groups. This may include observing lunchboxes with reference to these guidelines and providing tips to families, such as recipes and snack swaps.
2. Sit with children at meal times and encourage them to try new foods but not force or pressure them to eat
3. Food will not be used as a reward, bribe or punishment

**3. Promote children’s participation in various forms of Physical Activity**

1. Embed Physical Activity in the program through a variety of opportunities, such as a mix of planned and spontaneous experiences in a mix of outdoor and indoor settings
2. Foster children’s development of the 13 Fundamental Movement by practising these skills daily, and provide positive instruction to help children refine their skills and develop confidence
3. Reflect the Australian 24-Hour Movement Guidelines for the Early Years (0-5)
4. Children should spend at least 3 hours being physically active, including energetic play, spread throughout the day
5. Children 0-5 should not be sedentary or restrained for more than 1 hour at a time

**4. Monitor and limit screen-use**

1. Reflect the Australian 24-Hour Movement Guidelines for the Early Years (0-5)
2. Children 0-2 years are not recommended to have any sedentary screen time
3. Children 2-5 years, sedentary screen time should be no more than 1hr; less is better
4. Limit experiences involving screens (television, DVDs, computers, tablets, etc.) to those which have an educational component or facilitate movement or an activity
5. Screens will not be used as a reward, or to manage challenging behaviours

**5. Ensure Educators role model healthy behaviours**

1. Educators will role model appropriate nutrition choices at meal times, use screens appropriately, and participate in physical activity experiences with children.

**6. Provide health information to families**

1. We will provide health information to families such as via word of mouth, brochures, pamphlets, newsletters, emails, on the following:
2. Breastfeeding – benefits and support options
3. Healthy Eating
4. Increasing physical activity
5. Reducing screen use

**7. Embed Munch & Move through programming and staff orientation**

1. Provide children with a range of learning experiences and discussion opportunities about nutrition, physical activity and limiting screen use
2. Orientation for new staff includes familiarising them with Munch & Move practices and procedures, resources, and how to teach the Fundamental Movement Skills

**Signed (Centre Manager/Director): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

