

What's coming up?

Veggie Month – 22/2 – 19/3 - We hope to make this year's Veggie Month and Big Veggie Crunch bigger and better than ever! (see page 2 for details)

Salt Awareness Week 8/3-14/3 – This year's theme is 'More Flavour, Less Salt!' Encourage families to consider lunchbox swaps to reduce their daily salt intake.

Ride to School Day 19/3 – Encourage families to walk or ride to preschool this week, or include some bike skills in outdoor play. Be sure to register your service.

Harmony Day 21/3 – Celebrate multiculturalism and cultural diversity by cooking and sharing foods from other countries or exploring sport and movement that kids growing up in other cultures participate in

Upcoming Events

Healthy Eating Active Play (HEAP) Online Conference

will be held on **11th March 2021**

This year's HEAP conference will provide online professional development opportunities focusing on areas of leadership including service management, having challenging conversations with families and programing age-appropriate active play experiences. Registrations are now open to one service leader per service.



Parent & Staff Sessions

For Staff

Supporting Children to Become Veg Lovers

Educators, cooks and other staff members are invited to join us for a 30-45 minute Zoom session outlining the theory behind our Be a Veg Explorer resource and sensory exploration of food.

- Monday 1st March at 3:45pm
- Tuesday 2nd March at 6:30pm
- Wednesday 3rd March at 10am

Register here: <http://bit.ly/VeggieExplorer>

For Parents

Veg it Up with your Family

Parents are invited to join us for a virtual session with Richard Ball, the Dietitian behind the PICNIC project.

- Tuesday 9th March at 1pm
- Thursday 11th March at 5pm

Register here: <http://bit.ly/VegitUp>

Balancing the Lunchbox

Parents are invited to join a 30min Zoom session to provide inspiration & tips on packing a balanced lunchbox.

- Tuesday 16th February at 5pm
- Thursday 18th February at 9:30am
- Wednesday 24th February at 12:30pm

Register here: <http://bit.ly/balancinglunchbox>



Vegie Month and The Big Veggie Crunch

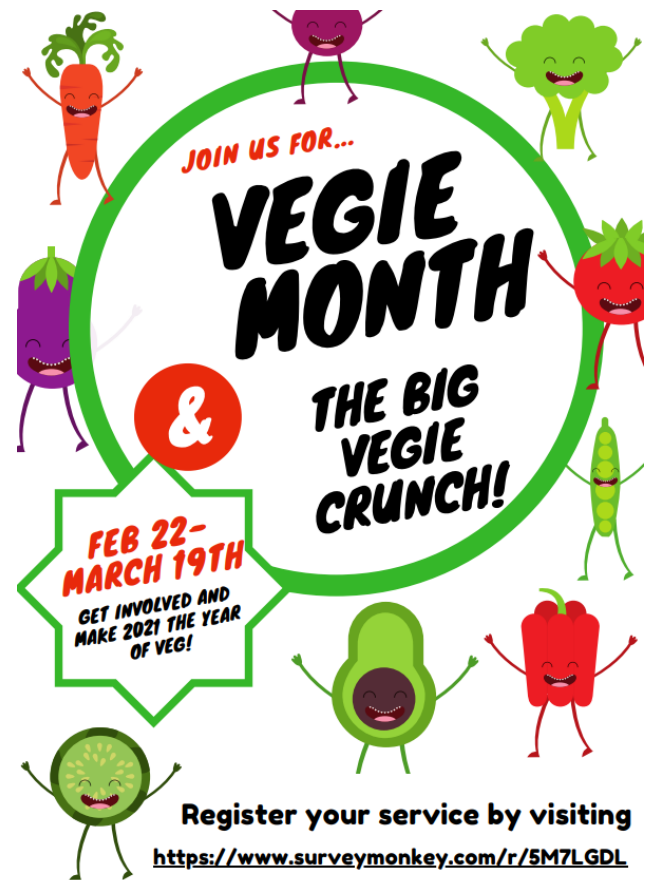
Vegie Month will run from **Monday 22nd February 2021 to Friday 19th March 2021.**

Did you know that less than 2% of Australian children aged 2-5 years eat enough vegetables each day? Vegetables are full of nutrients that growing kids need to reach their potential.

Vegie Month was developed to encourage you to integrate vegetables into your daily or weekly programs. This year it will also include the opportunity for staff and parents to join virtual workshops, as well as a Virtual Big Veggie Crunch.

An electronic resource pack full of ideas, activities, challenges and tips is provided to services that register. It includes **songs, books, nutrition learning experiences and recipes** along with **weekly challenges** for families. Everything is aimed at promoting vegies to kids. The resource pack will be emailed to you upon registration.

To register for Vegie Month email kate.collins@health.nsw.gov.au or go to <https://www.surveymonkey.com/r/5M7LGDL>



Register your service by visiting
<https://www.surveymonkey.com/r/5M7LGDL>

Early Childhood Oral Health eLearning

This training supports child care workers to identify, prevent and manage early childhood dental caries. Four online modules have been developed to increase confidence, knowledge & skills to help deliver better oral health outcomes for children.

The training takes only 45 minutes & covers:
Module 1- Prevalence of Early Childhood Caries,
Module 2- Dental Decay Process,
Module 3- The Role of Child Health Professionals,
Module 4- Preventive Advice

To access & register go to:
<https://oralhealthlearning.health.nsw.gov.au/>

Did you know that by the age of six around 50% of children entering Australian primary schools have tooth decay?

Early childhood is a time when most lifetime habits are established.

Munch & Move Playlist!

Have you used the Munch & Move playlist lately? The Playlist contains 15 catchy songs written by the Jingle Jams that reflect the Munch & Move key messages. The playlist is great for use within early childhood services, at home and in the car.

Children love to move and dance to many of the songs on the playlist, especially those that promote physical activity. Songs that promote healthy eating and drinking are great for playing at meal and snack times and for group sing-alongs.

On YouTube search 'Munch & Move Playlist' or follow the link [Munch and Move Playlist - YouTube](#). All songs include closed captions so that you can read, sing and dance along all at once!

Kids in the Kitchen - Recipe Ideas

These English muffin pizzas are one of our preschools most loved Kids in the Kitchen recipe. Children can add their own favourite toppings. Write their name on the baking paper before you place the pizza on top ready to bake. That way you can be sure each child gets to enjoy the pizza they made! Pita breads, wholemeal pocket breads/rolls or small wraps could also be used. Be creative and experiment with toppings!

Ingredients:

½ English muffin per pizza (or alternative base)

Toppings:

Tomato paste
Herbs such as oregano
Red or green capsicum
Mushrooms
Tomato
Onion
Pineapple pieces
Ham, chicken or tuna
Low fat cheese (grated)



Method:

1. Spread muffin with tomato paste and have each child top with their own favourite toppings
2. Bake at 180 degrees until cheese is melted and lightly browned.

Book Nook

This is a humorous look at fussy eating and a must-read for children who don't eat their greens! Marlene McKean loves all the colours of the rainbow except for one – she absolutely hates the colour green! Use some of the following ideas with the children to build and extend on the theme of eating green vegetables.

Discussion: Talk together about what might happen in the story. Who are the people on the front? Who might not like the colour green? How can you tell? What are some green things that she might dislike? Allow time to talk about the different foods as you read the story aloud. Ask, can you think of some other green foods? What are some green foods that you like?

Explore green fruits and vegetables: use all five senses. Look at size, shape, feel, smell and taste of a variety of green fruits and vegetables. Use the Veg Explorer resource for lots of ideas.

Go on a green hunt: How many shades of green can you find? Use paint colour sample strips, cut apart so there is only one shade on each piece. Using the strips, look around for matching colours. Are all greens the same? See if you can find different shades of green. Investigate shades of green further by providing some green, white and black paint to experiment with.

Could you drink the colour green?: Marlene doesn't eat the colour green, but perhaps she'll drink it. Make a spinach smoothie. Add a slice of lime, or a celery stalk.



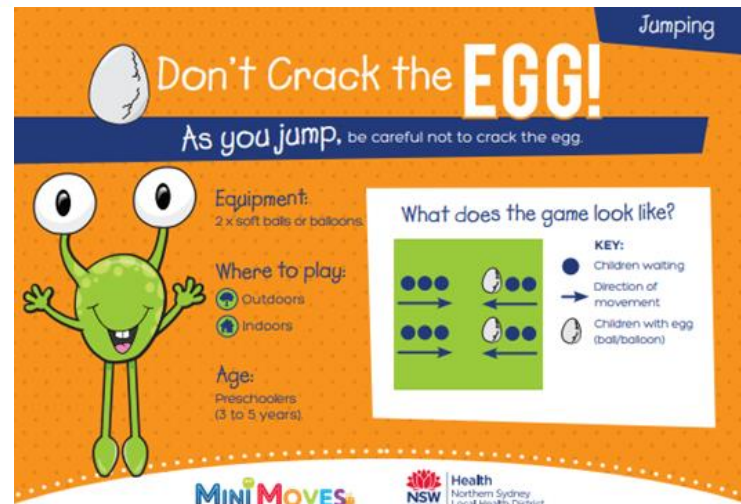
Mini Moves

Get moving with **MINI MOVES**

Don't Crack the Egg

Be careful not to crack the egg!

1. Divide children into 4 groups. Have 2 groups form lines opposite the other 2 groups (in relay format)
2. Begin at one end and ask the 2 children at the start to balance the ball between their legs, explaining that the ball is an egg
3. Instruct children to jump to the group opposite them, keeping the egg safe between their legs to avoid cracking
4. Once they reach the other team, they pass the egg to the next team member
5. Repeat until each child has had a turn jumping



Colour Jump

Listen for the colour, take aim and jump!

1. Draw a line for children to start on
2. From the start line, draw parallel lines along the ground every 15cm, using a different colour for each line like a rainbow
3. Take turns calling out different colours
4. When the colour is called children have to jump to that colour, turn around and jump back to the start line

TIP: Easier – each child chooses which colour to jump on.
Harder – children take turns to throw an object and the colour it lands on cannot be called out in that round.

Contact Us – we are here to help!

Contacting your local support officer

Remember to contact us if your service needs any support with implementing Munch & Move

Area	Support Officer	Phone	Email
Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
Ballina/Byron	Maxine Molyneux	6639 9142	maxine.molyneux@health.nsw.gov.au
Richmond Valley	Martina Pattinson	6620 7668	martina.pattinson@health.nsw.gov.au
	Britney McMullen	6620 7201	britney.mcmullen@health.nsw.gov.au
	Rachel Adam	6620 7455	rachel.adam@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au

Your Munch & Move team is on standby to help you with all things Munch & Move, don't hesitate to be in touch!