

Our Service is a Munch & Move Service



WHAT IS MUNCH & MOVE?

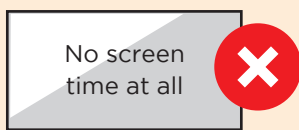
Munch & Move is a free program, funded by NSW Health and supports early childhood services with information for families, training opportunities and resources about healthy eating, physical activity and small screen time. The following recommendations are implemented in your service and can be followed at home too.

THERE ARE 6 KEY MESSAGES...

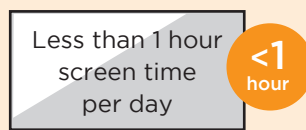
TURN OFF THE SCREEN AND GET ACTIVE

Infants, toddlers and preschoolers should not be sedentary, restrained or kept inactive for more than one hour at a time, with the exception of sleeping.

Children less than 2 years

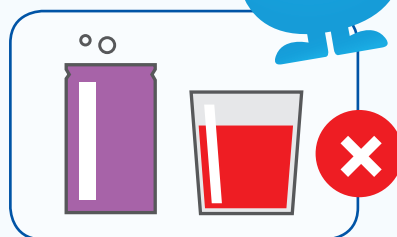


Children 2-5 years



CHOOSE WATER AS A DRINK

Water and plain milk are the best options for your child to drink.



How much water should your child have each day?



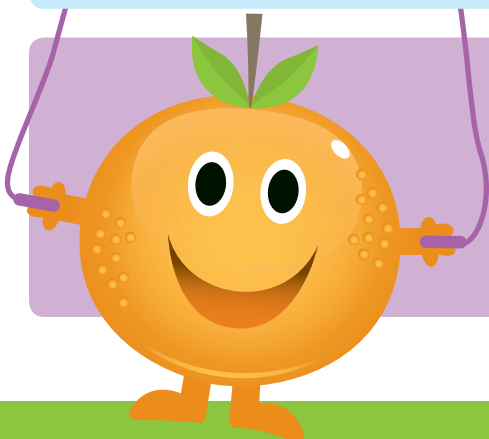
1-2 years
around 1 litre (5 glasses)



3-5 years
around 1.2 Litres (6 glasses)

GET ACTIVE EACH DAY

- Babies should be active from birth, through floor-based play in safe environments.
- 2-5 year olds should be physically active every day for at least 3 hours spread throughout the day.



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ENCOURAGE AND SUPPORT BREASTFEEDING

- Exclusive breastfeeding is recommended for babies up to six months.
- Continued breastfeeding for at least 12 months and longer, if the mother and baby wish.
- Talk to your service about how they can support you.



EAT MORE FRUIT AND VEGETABLES

Recommended daily serves:*

Children 2-3 years

 **2.5**
Vegetables

 **1**
Fruit

Children 4-8 years

 **4.5**
Vegetables

 **1.5**
Fruit

*Australian Dietary Guidelines, 2013

What is a serve?

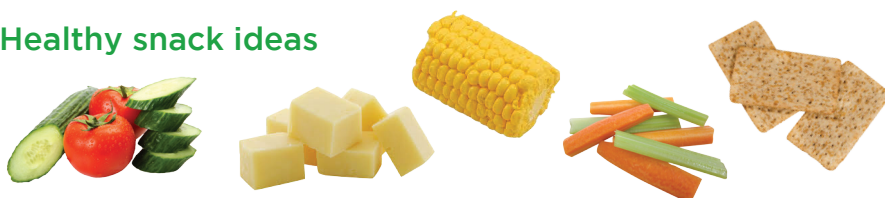


- At home, consider serving vegetables and fruit in a variety of ways to interest children.
- Add in vegetables to snacks, side dishes and main meals.
- Children may prefer them raw or cooked!

CHOOSE HEALTHIER SNACKS

- Snacks are as important as meals in meeting children's nutritional needs and maintaining their energy levels.
- Try and include more vegetables in snacks served at home.

Healthy snack ideas



Talk to your service about how they have introduced the Munch & Move program.

For more information www.healthykids.nsw.gov.au