

About Munch & Move

Munch & Move is an evidence-based program available to all early childhood education and care services (ECECs) in NSW. Services receive free information, tools and support to help children be more active and eat well while in care.



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Supporting ECECs

Munch & Move is a fun, play-based program that supports the healthy growth and development of children and sets up healthy eating and activity habits for life. The program is free and available to all ECECs in NSW, including Family Day Care services.

Local Health Districts work closely with ECECs to embed evidence-based actions that help children be more active and eat healthily while in care.

Benefits for ECECs

Munch & Move supports ECECs to:

- meet **National Quality Standards**
(<https://www.acecqa.gov.au/nqf/national-quality-standard>)
and the **Early Years Learning Framework**
(<https://www.acecqa.gov.au/belonging-being-becoming-early-years-learning-framework>)
- plan healthy menus aligned with state and national nutrition standards
- model and teach healthy eating and physical activity to children
- create an environment that helps children to be more active and eat healthily while in care
- provide training to enhance staff knowledge and skills
- promote healthy eating and staying active to families.

Get started with Munch & Move by contacting your **local Munch & Move support officer**
([/health/healthy-living/munch-and-move/contact](#))

Benefits for young children

ECECs are an ideal setting for supporting children's health and physical development. This is because children spend a lot of time in this setting during an important development period.

Healthy eating is vital for young children as it gives them the essential nutrients to grow, learn and play. Being active, reducing screen and sitting time and learning key movement skills gets children ready to be able to participate in activities like sports, games and energetic free play as they grow.

Eating well and being active keeps children healthy now and creates good habits for the future.

The Munch & Move program supports ECECs to include evidence-based actions to meet the nutrition and physical activity needs of children.

Success stories

Learn how services like yours have used Munch & Move to help children and their service thrive.

Case study 1 – Fit Kidz Learning Centre





Fit Kidz - Munch & Move

[Read transcript](#)

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Case study 2 – Care A Lot Childcare Centre





Munch & Move: Celebrating 10 years

[Read transcript](#)

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How to get started

Explore the Munch & Move resources for:

- [staff training](#)
[\(/health-and-wellbeing/healthy-living/munch-and-move/training-and-support\)](#)
- [physical activity](#)
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- [healthy eating](#)
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For more support, [contact your local Munch & Move support officer](#)

[\(/sandbox-and-archive/contacts-and-support\)](#)

Program alignment with standards and

guidelines

The Munch & Move program includes a set of actions for services to implement that have shown to increase physical activity¹ and improve nutrition².

The program aligns to the following national guidelines and regulations:

- **National Quality Standard**
(<https://www.acecqa.gov.au/nqf/national-quality-standard>)
- **Early Years Learning Framework**
(<https://www.acecqa.gov.au/belonging-being-becoming-early-years-learning-framework>)
- **Australian Infant Feeding Guidelines (PDF, 3.2MB)**
(https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf)
- **Australian Dietary Guidelines**
(<https://www.eatforhealth.gov.au/guidelines/guidelines>)
- **Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)**
(<https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-infants-toddlers-and-preschoolers-birth-to-5-years>)
- **Education and Care Services National Regulations**
(<https://legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653>)

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Contacts and support



ECECs receive ongoing support from local Munch & Move support officers – a health professional from your Local Health District.

Find your local Munch & Move support officer
(<https://nsw.gov.au/node/93670>)

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