



Dear Parent(s) and Carer(s),

Your child's Long Day Care Centre is to be congratulated for taking part in a state-wide children's health program called 'Munch & Move'.

As a Munch & Move centre, staff will be trained and promoting:

- ★ Healthy eating (eating more fruit and vegetables, eating fewer snacks)
- ★ Physical activity (active play)
- ★ Fun games to improve movement skills such as throwing, catching, hopping and jumping,
- ★ Limiting the use of TV/DVD computer and small screen activities
- ★ Selecting water as a drink

These issues have been identified as being very important for optimal growth and development. They also contribute to the prevention of overweight and obesity in children.

Staff will provide you with information about the centre's Munch & Move activities and advise you of policy changes. To assist the preschool and to strengthen the benefits of Munch & Move for your child, you will be offered ideas & information on the benefits of healthy eating, playing actively with your children, regular physical activity & limiting TV/DVD and computer games at home.

Fact sheets will be made available to parents and more information is available online at [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au) and [www.healthpromotion.com.au](http://www.healthpromotion.com.au)

We hope you and your child/ren enjoy Munch and Move, a program funded by NSW Health and supported by your local Health Promotion teams. Should you have any queries, please contact your Long Day Care Centre or Nicole Reece on the Munch and Move Coordinator on 9976 9876

Sincerely,

The Munch & Move Team  
Northern Sydney Local Health District



Health  
Northern Sydney  
Local Health District