

# Munch & Move 2026



## Munch & Move webpage

For Directors, educators, cooks, parents and carers, access resources, join our mailing list and register for training

### JANUARY

#### PROFESSIONAL DEVELOPMENT PLANNING FOR 2026

Scan the Munch & Move website QR code above to access, **2026 Calendar Resources** including **Small Bites for Big Steps**, Fundamental Movement Skills (FMS) planner and Food and Activity Planner, Reflective Calendar



### FEBRUARY

#### 9th–15th HEALTHY LUNCHBOXES WEEK

The Healthy Lunchboxes Week Factsheets 1, 2 and 3 can be shared with families by scanning the Munch & Move webpage QR code above

#### 25th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

Email [centralcoasteducators@gmail.com](mailto:centralcoasteducators@gmail.com) to find out more and RSVP



#### 26th COOKS NETWORK MEETING

For cooks and menu planners. Scan the Early Childhood Menu Support QR code to register

## Early Childhood Menu Support webpage

Access resources, submit menus for review, register for training and join a supportive community



### MARCH



#### MUNCH & MOVE WORKSHOP

Keep an eye on your emails for the scheduled date



### MAR – APR VEGIE MONTH

Vegie Month registration details and activities will be emailed to your service

### APRIL

#### NATURE PLAY WEEK

What FMS games and healthy eating learning experiences will you play to connect with nature?



Scan the Early Childhood Menu Support QR code or [click](#) to submit your service menu for review

### MAY

#### 4th – 10th SCREEN FREE WEEK

Scan the **Munch & Move resources** QR code above or click on the link below for [Jack's Fantastic Day](#)



#### 20th COOKS NETWORK MEETING

For cooks and menu planners. Scan the Early Childhood Menu Support QR code to register

#### 20th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to [centralcoasteducators@gmail.com](mailto:centralcoasteducators@gmail.com)

### JUNE



#### MUNCH & MOVE WORKSHOP

Keep an eye on your emails for the scheduled date



#### 20th 5 LANDS WALK

Central Coast Community Festival

The Transition to School resource order form will be emailed soon. Resources will be delivered in Term 3

### JULY

#### 5th – 12th NAIDOC WEEK

Central Coast events will be shared closer to the date



#### Move like a Mariner

[Register](#) for Move like a Mariner\*

\*Register any time

### AUGUST

#### 1st–7th WORLD BREASTFEEDING WEEK

Breastfeeding resources for your service are available on the Munch & Move webpage



#### 2nd–8th DENTAL HEALTH WEEK

#### 13th COOKS NETWORK MEETING

For cooks and menu planners. Scan the Early Childhood Menu Support QR code to register

#### 19th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to [centralcoasteducators@gmail.com](mailto:centralcoasteducators@gmail.com)

### SEPTEMBER



#### MUNCH & MOVE WORKSHOP

Keep an eye on your emails for the scheduled date



#### 2nd EARLY CHILDHOOD EDUCATORS' DAY

Thank you for the great work that you do every day to promote the health and wellbeing of the children in your care!

### OCTOBER

#### 12th – 18th NATIONAL NUTRITION WEEK



#### PROFESSIONAL DEVELOPMENT

Scan the Munch & Move QR code above to access PD opportunities, including Small Bites for Big Steps PD courses for Educators and practical bite-sized videos for families and carers

Scan the Early Childhood Menu Support QR code or [click](#) to submit your service menu for review

### NOVEMBER

#### 5th OUTDOOR CLASSROOM

Find a [Central Coast community garden](#) near you



#### 9th COOKS NETWORK MEETING

For cooks and menu planners. Scan the Early Childhood Menu Support QR code to register



#### 12th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to [centralcoasteducators@gmail.com](mailto:centralcoasteducators@gmail.com)

### DECEMBER

#### 1st DAY OF SUMMER



Slip, Slop, Slap, Seek and Slide for educators  
[Sunsmart NSW](#)



Healthy celebration ideas