



Central Coast
Local Health District

Munch & Move 2026



Munch & Move webpage

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

Early Childhood Menu Support webpage

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



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 centralcoasteceducators@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



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 centralcoasteceducators@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 centralcoasteceducators@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

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DECEMBER

1st DAY OF SUMMER



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

Healthy celebration ideas

