Early childhood education and care (ECEC) services are an ideal setting to promote healthy lunchboxes which can often be challenging for some families.

The *Munch & Move* Lunchbox Cards can help families to pack a healthy lunchbox for their child. The back of the cards are blank, so that images of healthy food options can be included (for families with low English literacy levels) and/or to write a personal message to each family as needed.

Information about the lunchbox cards (how they will be used, links to the National Quality Standard and service nutrition policy) should be given to families **before** using them in the service. Information can be included in the service newsletter, website, social media page and/or orientation packs so that families are aware of them and have the opportunity to discuss the cards further with the director, nominated supervisor or room leader.

This resource gives educators ideas about how to use the award cards in their service. Please note that the lunchbox cards may not be practical for some services. Educators should consider if the award cards are suitable for the children and families of their service, as educators will know their needs best.

**Feedback card**

- If ‘sometimes’ food and drink items are consistently packed in a child’s lunchbox, educators should first personally approach families, to discuss strategies for healthier ‘everyday’ choices.
- The feedback card can be used to further highlight specific food or drink items that do not fit within the service nutrition policy. Educators should have a good understanding of foods that are/are not permitted in the policy to ensure that these cards are not given out unnecessarily.
- Educators should also consider the following information before using the feedback cards:
  - Some parents may feel offended if they receive this card
  - There could be particular reasons why families have packed a particular food or drink on that day
  - Families and educators may differ in their nutrition knowledge which could result in conflicting views

**Improvement cards**

- Improvement cards can be given to families as a reminder to pack healthy ‘everyday’ snacks and drinks in lunchboxes. If families need ideas for ‘everyday’ snacks the *Munch & Move* Healthy Lunchbox fact sheet or Healthy Lunchbox Snacks poster could be provided.
- Create a lunchbox display at the service that includes the award and improvement cards along with photos of lunchboxes containing ‘everyday’ snacks and drinks.
Award cards

- Provide the award cards to families or include in children’s lunchboxes when fruit, vegetables, healthy snacks, water, and/or nude (non-packaged) foods are packed in the lunchbox.
- Set a ‘healthy lunchbox challenge’ and offer the award cards as incentives.
- Use a chart to monitor which award cards have been given to each child and aim for all five award cards to be given over time. The chart could be displayed for children and families to check their progress (if they are comfortable with this) and provide encouragement to work towards receiving all award cards.
- For children who have received all five award cards, a personal note or email could be sent to the parent or carer to acknowledge their efforts.

Links to the National Quality Standard

Promotion of healthy lunchboxes in ECEC services is part of meeting the National Quality Standard (NQS) and specifically relates to Quality Area 2 as shown below:

Regarding lunchboxes, Quality Area 2 - Standard 2.1 - Element 2.1.3 states that:

- Assessors may discuss (where food is brought from home) how the service encourages families to provide food that is consistent with the:
  - Australian Government guidelines Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood, and/or
  - Australian Dietary Guidelines
- Assessors may sight resources for families on healthy eating and where to go to get further information.

When used in family discussions, the Munch & Move Lunchbox Cards can assist services to meet the NQS to encourage healthier food and drink choices in children’s lunchboxes.

If your service would like more ideas on using the Lunchbox Cards, please contact your Munch & Move Support Officer.
Fruit Award

Thank you for including fresh fruit in your child’s lunchbox today!

SHPN (CPH) 170285 © NSW Health
Vegetable Award

Thank you for including vegetables in your child's lunchbox today!

NSW Government Health
MAKE HEALTHY NORMAL
munch & move

SHPN (CPH) 170285 © NSW Health
Thank you for packing healthy snacks in your child's lunchbox today!
Thank you for including foods without packaging in your child's lunchbox today.

Nude Food Award

Thank you for including foods without packaging in your child's lunchbox today.
Thank you for filling your child's water bottle with tap water only today.
Providing healthy snacks will help ensure your child’s daily nutritional needs are met. We encourage you to pack fruit, vegetables, dairy or wholegrains snacks in your child’s lunchbox.
Healthy Drinks

Tap water and age appropriate milk are the best drinks for young children. Please include water or plain milk in your child's lunchbox.
Let’s work together to make it easier for children to make healthy choices!

There were lots of great choices in lunchbox today however ____________ do not fit with our service’s Nutrition Policy.

For some healthier lunchbox ideas, ask an educator, or visit the Healthy Kids website www.healthykids.nsw.gov.au

SHPN (CPH) 170285 © NSW Health

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