

# Health Promotion Evaluation Snapshot

Caring For Children Menu Checklist Webinar, August 2020

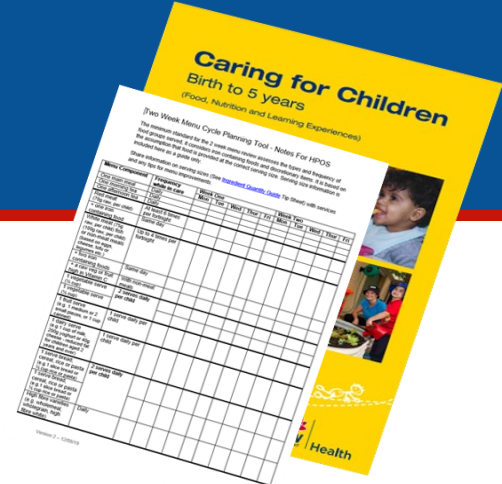
**Health Promotion** aims to make healthy choices easy choices through environments that support healthy living.

**We work with Schools, Early Learning Services and Communities** to achieve the best health for all



**Munch & Move** is NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time.

“The interactive nature of the Caring for Children Menu Checklist webinar really assisted me as a director of a Childcare to have a much clearer understanding how to EASILY incorporate the food groups that a developing child requires into our menu planning.” -Amy Ryan Goodstart Young



## What & How?

**An interactive webinar was developed and facilitated by Health Promotion Staff.**

- The webinar provided tools and education for Service's to assess their menus using the Caring for Children menu

## Why?

**70.8% of Childcare Service's in MLHD who provide meals, were not meeting the Caring for Children Guidelines.**

- Zoom was used for the webinar due to face to face visit restrictions.

## Who?

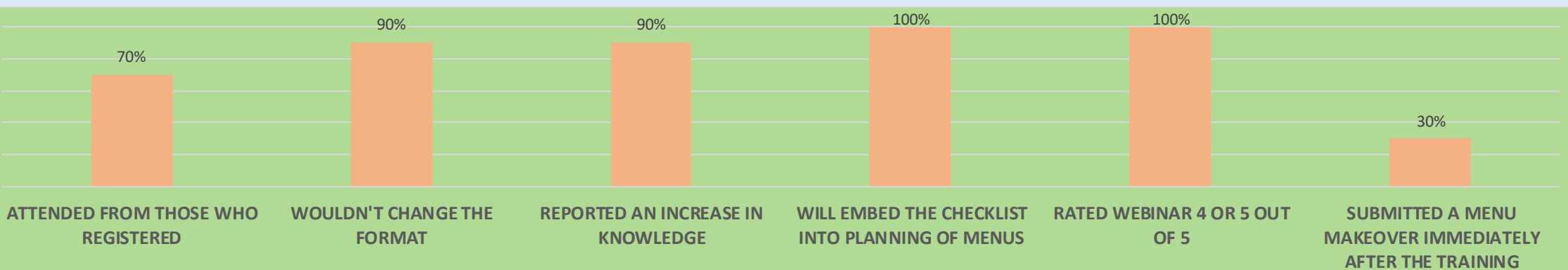
**MLHD Early Childhood Centre's who provide meals at their service were invited to attend the Webinar.**

- Cooks and Directors attended.

## Results

**100% of participants reported that they will now embed the checklist into their planning process.**

- Attendees completed a survey and the results are in the graph below.



More Information?

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**Health**  
Murrumbidgee  
Local Health District