

Munch & Move 2025



Munch & Move webpage
For educators, cooks, parents and carers, access resources, join our mailing list and register for training

Early Childcare Menu Support webpage
Access resources, submit menus for review, register for training and join a supportive community

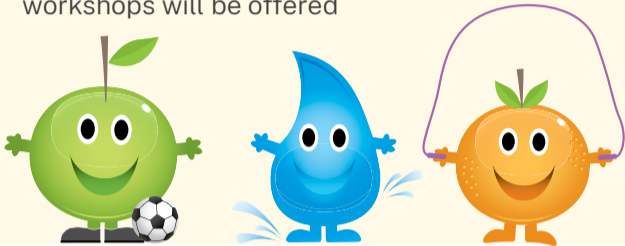


JANUARY

PROFESSIONAL DEVELOPMENT PLANNING FOR 2025

Scan the Munch & Move website QR code above to access, **Munch & Move eLearning** and **Small Bites for Big Steps** – practical information for families and carers

Keep an eye on your emails to find out when workshops will be offered



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

24th COOKS NETWORK MEETING

Scan the Early Childcare Menu Support QR code to register

Register your service for Vegie month and be **“Be A Veg Explorer”** 10th March – 4th April



MARCH

5th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to centralcoasteducators@gmail.com

10th MAR – 4th APR VEGIE MONTH

“Be a Veg Explorer”



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

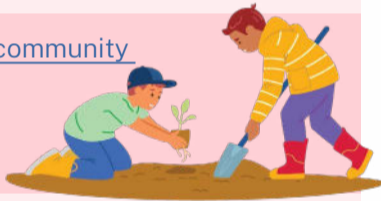
APRIL

2nd – 13th NATURE PLAY WEEK

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

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

Share photos of your garden with us!



Check your emails for workshops and training opportunities

MAY

5th – 11th SCREEN FREE WEEK

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



21st COOKS NETWORK MEETING

Scan the Early Childcare Menu Support QR code to register

28th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to centralcoasteducators@gmail.com

JUNE

5th WORLD ENVIRONMENT DAY



21st 5 LANDS WALK

Central Coast Community Festival

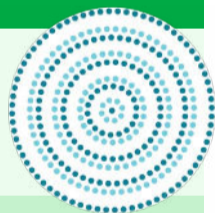


The Transition to School resource order form will be emailed soon. Resources will be delivered in Term 3

JULY

6th – 13th NAIDOC WEEK

Central Coast events will be shared closer to the date



PROFESSIONAL DEVELOPMENT

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Keep an eye on your emails to find out when workshops will be offered

AUGUST

1st – 7th WORLD BREASTFEEDING WEEK

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

7th – 13th DENTAL HEALTH WEEK

20th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to centralcoasteducators@gmail.com



TBC COOKS NETWORK MEETING

Scan the Early Childcare Menu Support QR code to register

SEPTEMBER

1st – 7th SUPERHERO WEEK

What FMS skill is your superpower?



3rd EARLY EDUCATORS' DAY

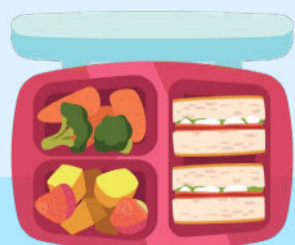
Thank you for the great work that you do every day to promote the health and wellbeing of the children in your care



OCTOBER

20th – 26th NATIONAL NUTRITION WEEK

Access the [Healthy Lunchbox Builder](#)



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

NOVEMBER

12th CENTRAL COAST EARLY CHILDHOOD EDUCATORS NETWORK MEETING

RSVP to centralcoasteducators@gmail.com

TBC COOKS NETWORK MEETING

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DECEMBER

1st DAY OF SUMMER



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

Graduation

