



# MUNCH & MOVE

## South Western Sydney



FEBRUARY 2026

### What's Happening:

#### National Lunchbox Week - 9 to 15 February



[MORE INFO](#)

You can help the children at your service learn about healthy eating during National Lunchbox Week.

Here are some ideas:

- Watch 'seven healthy lunchbox ideas and tips for a school day'. The video is from our friends in the School Years team. [Click here](#).
- Explore the Cancer Council's Lunchbox Builder, [here](#).
- Read the Magic Lunchbox with children. Download the book, game board and food game cards, [here](#).
- Find Food ideas for under 5s, [here](#).

#### Lunar New Year - 17 February

Celebrate the year of the fire horse, a time of energy, passion and new beginnings! Lunar New Year is a great time to teach children about other cultures, traditions, healthy eating and getting active. You can make paper lanterns, learn a cultural dance or cook dumplings. Families can join celebrations in Bankstown on 7 February ([here](#)) or Cabramatta on 28 February ([here](#)).

#### Ramadan - from 16 February

Wishing all educators, families and children observing Ramadan a blessed month of joy, peace and reflection.



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Ramadan is a time for gratitude, connection and kindness. People can join Liverpool's Most Blessed Nights food market in Macquarie Mall from 20 February, every Friday to Sunday from 6pm during Ramadan.





# FMS of the Month - jumping



Jumping helps children develop strength, balance and coordination. The skill is used in sports including gymnastics, basketball and volleyball.

Swing your arms back and bend the knees.



Reach for the stars!



Bend knees to land.

**Jumping can be divided into three parts:**

- **Taking off:** Stretch arms back like a superhero!
- **Flight:** Take off with both feet, swinging arms forward.
- **Landing:** Swing arms back and land with both feet.



**Games and activities to try:**

- **Frog jump:** Children jump like a frog onto lily pads, which are coloured chalk or carpet squares.
- **Bubble blowing:** Blow bubbles and tell children to jump and catch the bubbles with their hands.

For all FMS with Franky and Friends games, [click here.](#)

**Please share with the families at your service**



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## Small Bites for Big Steps

Parents and carers can get bite-sized tips to help them raise healthy kids using the Small Bites for Big Steps video series.

The videos are listed in three age groups:

- **0-18 months:** Topics include tummy time, settling an infant, safe sleep, rolling and walking.
- **18 months-3 years:** Learn about fuss-free mealtimes, oral health, strength and stability skills.
- **3-5 years:** Explore indoor active play, social skills, school readiness and more.





# Menu planning for babies



Services that provide food for babies aged 6 to 12 months can follow some simple tips to meet children's nutrition needs. It is important to provide food at the right texture. Increasing and varying food texture supports oral motor skills like speech, eating and swallowing. It can help babies accept different textures.

Following these tips:

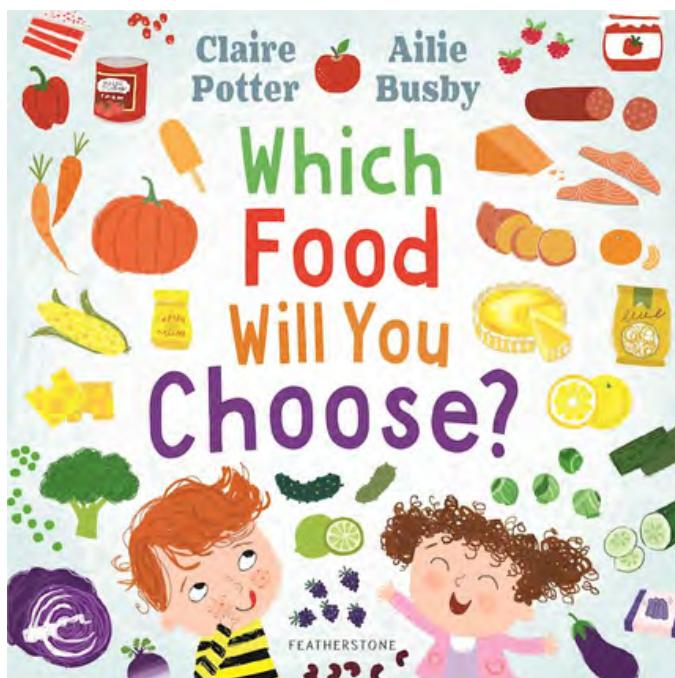
- **From around 6 months:** Offer coarsely pureed or mashed foods, progressing to lumpy and finely chopped options.



- **By 8 months:** Offer chopped and finger foods.
- **By 12 months:** Offer foods from the regular menu in child-size portions.

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## Reading adventures about healthy eating



Go on a reading adventure to teach children about healthy eating. Choose five books that share healthy eating messages. Read a book each day and plan a discussion to talk about the health messages from each story. You can pick books including *Which food will you choose?* by Claire Potter or *My food, Your Food* by Lisa Bullard. Educators can plan the activity during National Lunchbox Week from 9 to 15 February or at any time in the year.

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