

# Move Well Eat Well

## Getting started

### How to become an Award Service



#### 1. Become a Member

- [Send us an email](#) to receive a membership form.
- Attend an Orientation Session.
- Display your service's Member Certificate in a prominent place.



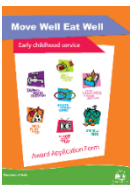
#### 2. Make a plan

- Decide on what needs some improving in practice and policy in relation to the Award criteria.
- Create a *Move Well Eat Well* action team. This may be Educators, the Cook, the Director.



#### 3. Work towards the Award criteria

- Share which health messages you are promoting with staff and families.
- Add progress stickers as your service meets Award criteria.
- Visit the *Move Well Eat Well* [website](#) for ideas and resources.
- Stay in touch with the *Move Well Eat Well* Team and share successes via email: [movewelleatwellEC@health.tas.gov.au](mailto:movewelleatwellEC@health.tas.gov.au) or phone: (03) 61660617.



#### 4. Apply to be an Award service

- [Send us an email](#) to receive an Award application form.
- Attach your service's policy that include the *Move Well Eat Well* criteria.
- Attach documentation that demonstrates the practice of healthy eating and active play at your service.
- The *Move Well Eat Well* Team will assess your application.



#### 5. Award Service status!

- Display your Award Sign!
- Share the news with your service's community.
- Be eligible for 'Award Service Only' incentives and offers.



#### 6. Renew your service's Award

- Every 2 years ensure that your practice and policy are still meeting the criteria by completing an Award Renewal Form ([email us to receive the form](#)) and attaching your service's current policy.