



Rito Level



Physical activity policy



Step 1	Find out if you have a physical activity policy	
Step 2	Review or develop a physical activity policy in consultation with staff and whānau	
Step 3	Ask staff and/or management to date the policy and include a future review date	
Step 4	Upload your finished physical activity policy	

Healthy eating policy

Step 1	Find out if you have a healthy eating policy	
Step 2	Review or develop a healthy eating policy in consultation with staff and whānau	
Step 3	Ask staff and/or management to date the policy and include a future review date	
Step 4	Upload your finished healthy eating policy	

Food provision

Food provided by early learning service

Step 1	Review your menu against the Healthy Heart Award menu checklist and make changes if needed	
Step 2	Display your menu to whānau	
Step 3	Upload your menu and evidence of your displayed menu	

Food provided by whānau

Lunch box centres who provide morning and afternoon tea should provide one week's menu which reflects the [Everyday and Sometimes food criteria](#).

Step 1	Provide lunchbox guidelines to whānau	
Step 2	Upload lunchbox guidelines and how they are shared with whānau	

Healthy eating learning and teaching

Step 1	Plan for and carry out healthy eating learning activities, ensuring there is staff collaboration	
Step 2	Document healthy eating learning activities in learning stories and include learning outcomes	
Step 3	Upload 6 learning stories spread out across the year that show learning outcomes	

Physical activity learning and teaching

Step 1	Plan for and carry out physical activity learning, ensuring there is staff collaboration	
Step 2	Document physical activity learning in learning stories and include learning outcomes	
Step 3	Upload 6 learning stories spread out across the year that show learning outcomes	

Collaboration

Step 1	Let your whānau know that you are on your Healthy Heart Award journey and the benefits for you and them	
Step 2	Upload your Healthy Heart Award journey announcement to whānau	

Professional development

Step 1	Gather healthy eating and physical activity resources for staff professional development	
Step 2	Upload Learn by Heart checklist of professional development resources	

When you have completed the Rito award, your service will have:

- ✓ Healthy eating and physical activity policies dated and with a future review date
- ✓ A 2-4 week cycle menu meeting the Heart Foundation menu checklist AND/OR healthy lunchbox guidelines for whānau
- ✓ Regular healthy eating education and daily, planned physical activity incorporated into the curriculum
- ✓ Communication with whānau about healthy eating, physical activity and the Healthy Heart Award
- ✓ A variety of nutrition and physical activity resources for staff