

# Planet Munch

a perfect puppet led road to health



A FAB for families £t under 5's  
fun programme  
[www.trimtots.com](http://www.trimtots.com)

**TrimTots**

# Planet Munch

Not making a Song and Dance  
of every mealtime!

Trim Tots CIC presents  
Planet Munch Healthy Lifestyle Programme  
*A creative approach to a healthier future.*

Featuring puppets, dance based music & movement, art & crafts, story telling & interactive nutrition sessions – This learning experience where adult & child learn together is fun for the whole family & supports healthy lifestyle choices.

Welcome to the World of beatboxing greens, hula hooping fruit and the colourful patrons at the Pulse Dance Studio and the Five-a Day Jazz Club. Featuring life-sized puppets and interactive music and movement sessions join us as we dance with Chick Pea and Groove in the Roots with Cousin Carrot. Planet Munch is a delicious blend of energetic playful music, hands on creative craft and inventive story telling with a healthy message of balanced nutrition at its core.

Planet Munch has been developed by leading health, movement and behaviour experts from the Institute of Child Health together with a team of community artists – fusing the Worlds of art and science to create an engaging programme for Under 5's and their grown-ups, Planet Munch is a nutritious and wonderfully fun treat for the whole family.

Recommended Age – Under 5	Number of Sessions - 24
Duration – 24 weeks	Session length – 2 hours
Extras – Healthy Snack Provided	Take Home kit - provided to each family to support continuance in the community to include: weekly art creation, skipping rope, pilates ball, hula hoop, ball, dance scarf, bunny ears, bunny tail, musical shaker, rubber hands/feet, teddy, Planet Munch CD, Planet Munch Colouring-in Book, Planet Munch Recipe Book
Further Info – Parent/carer must attend session	All children eligible for Tier 2 & 3 programmes and according to local referral criteria.

Planet Munch is an evidence-based healthy lifestyle and weight management programme devised by leading experts from the Institute of Child Health in response to increased obesity in preschool children.

## Format

Planet Munch integrates NICE recommendations for prevention & management of obesity in pre-school children (in one single comprehensive programme).

Planet Munch sessions are delivered as a collaboration between Trim Tots CIC & community delivery partners in a range of family friendly spaces including; gyms, hospitals, schools, family health & community centres. Early childhood is a pivotal time when long-term habits are established (diet and physical activity). Interventions that aim to achieve appropriate lifestyle behaviour for all the family are urgently needed.

Families, with at least one preschool child and their parent or usual carer, attend 24 weekly sessions lasting two hours. Each session includes activities that are effective in engaging this age group including; nutrition, themed art and craft, interactive music and movement, imaginary play, physical activity, healthy snack time and practical adult session designed to equip participants with the knowledge and tools for a healthier future.

## Aims

Mission, aims and objectives comply with all overarching aims of Early Years Foundation Stage, that focus on consistent, quality delivery of the Planet Munch Programme to - give children the best possible start in life.

## Method

Planet Munch has been devised to teach healthy lifestyle messages and the programme provides a consistent framework with structured content delivered by experienced practitioners who work with families over the 24-week period. Planet Munch practitioners are sensitive to the needs of individuals ensured by lead-in contact with delivery partner staff, key workers and families.

Planet Munch has been developed to support learning across the following key areas:

- Literacy – Explored through, wide vocabulary, phonics, rhyme, songs and stories.
- Maths – Counting games, physical activities and songs.
- Understanding the World – Multi cultural songs and stories.
- Expressive art and design – an introduction to materials and techniques through a broad range of craft activities.
- EYFS - many activities in the programme support, personal, physical, social and emotional development as well as communication skills.

Trim Tots CIC uses a creative child-friendly approach to teach in an informal setting. Diverse art forms are used to help develop skills in communication, support social and emotional development in a group setting and provide opportunity for parent and child to learn together. During our art sessions we work with as many recycled materials as possible and explore, 'Things to Make from Household Waste', - responding to current battle against plastics and offering simple affordable activities easy to complete at home.

This praise-based learning programme has been devised to support every aspect of child development and includes all the family.

## Evidence

Planet Munch has been evaluated in two randomised controlled trials (RCT) and shown to be effective at reducing obesity risk and improving health outcomes in preschool children (aged 1-5 years), findings from this are published as an abstract in the Lancet.

The first was conducted in 'high risk' children who were either already overweight or were at risk of becoming so. The second RCT included all preschool children to test the effectiveness of Planet Munch as a preventive programme.

Compared with preschool children not yet taking part in Trim Tots:

- BMI was lower
- Waist circumference was lower

Planet Munch was well accepted and enjoyed by participating families:

- 85% of parents said their understanding of healthy eating had improved
- 75% said they could read and interpret food labels better
- 83% now had a better understanding of food portion sizes
- 90% found all Planet Munch components enjoyable and useful
- All parents said they would recommend Planet Munch to a friend

There were also improvements for activity and food related behaviours after taking part in Planet Munch. Many parents reported positive changes in themselves and their children.

- All parents saw an increase in their child's physical activity
- All parents reported improvements in their child's eating behaviour
- 69% reported greater acceptance of more foods
- 70% said their child ate more servings of fruit per day

During recent programmes:

- 78% of families increased their time spent being active from less than 30 mins per day to more than 60 minutes a day.

What our parents say

*"Very interactive, fun, friendly and informative!"*

*"Good activities for the Children and introduced us to new foods"*

*"Great food ideas, dance and music sessions"*

*"Enjoyed the programme very much."*

What our partners and commissioners say

*"Many parents ask if they can carry on with Planet Munch because they are enjoying it so much and get so much from the session! Lovely feedback to hear!"*

Week 21 - Amy Hageman - Centre Manager

*"I couldn't recommend Trim Tots more, it's such a great mix of fun crafts, wonderful dancing and useful education."*

Sophie Thurner - Nutritionist

We are seeking expressions of interest from partners in public health and education, community interest companies and other health providers. Planet Munch is well suited to curriculum-based expressive arts, science and Personal Social and Health Education activities; serving to support national programmes of healthy eating, wellbeing, active lifestyles and weight management. Trim Tots has evidence that it is effective for both treatment and prevention of weight management and can be provided as either a Tier 2 or 3 weight management programme.

We are working with numerous partners to make the programme accessible to as many families as possible if you would like to work with us by becoming a delivery partner, a funder, a session leader or participate in a programme then please do not hesitate to get in touch.



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## Why would you choose TrimTots?

- TrimTots delivers the evidence-based, innovative, highly effective Planet Munch Healthy Lifestyle Programme for Preschool Children and their families.
- Planet Munch has HIGH IMPACT and offers GREAT VALUE FOR MONEY.
- In feedback families and practitioners RATED the programme HIGHLY.
- Investing in early years' obesity prevention and child development is cost-effective and makes good use of public health funds.
- All programme content endorsed by the BDA.
- Shortlisted for National Institute of Clinical Excellence (NICE) Shared Learning Awards 2019 Planet Munch Shared Learning Case Study
- 2+ rating in Early Intervention Foundation Guidebook <https://guidebook.eif.org.uk/programme/planet-munch>
- A range of models are available to suit your needs - see opposite.



## Programme Delivery models

Model	Description
Direct delivery	TT delivers all components to suit needs TT provides all staff and resources TT manages the service and its delivery TT provides evaluation in line with KPIs
Training, licensing & support	TT trains your staff and/or volunteers to deliver Planet Munch locally under a licence arrangement TT provides support to get you started TT provides ongoing support and quality assurance
Combo	Pick and choose from the components above
Train the Trainer	TT trains a core group of local practitioners to deliver Planet Munch training to a wider group of practitioners

Discounts available for local authority partners.

Contact us for more information.

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