

# Supplement: PEARS PSE Module – Changes Adopted

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## Introduction

### What is the Changes Adopted section in the PSE Module?

The "changes adopted" section of the PEARS PSE Module captures the changes made to a policy, system, or environment as part of a PSE project, giving detail and context to the local agency's PSE strategy.

### Why should Washington SNAP-Ed staff use this section?

In this section, local agency staff choose one or more changes from a selection of 108 PSE or promotion change options to add additional context and detail to a PSE activity. This information allows Implementing Agencies and the Evaluation Team to learn more about the specific types of changes that result from PSE work, which they can include in monitoring and evaluation activities.

### When should Washington SNAP-Ed staff use this section?

This section is required if a PSE activity is in an implementation, maintenance, or follow-up "stage of implementation". If PSE work has led to implementation, improvement, expansion, or maintenance of at least one policy, practice, or environmental change, then a local agency should select relevant changes in this section of the PSE Module. If efforts to make a PSE change have not started yet, and a local agency is still in a PSE planning phase, local agency staff should not complete this section.

### How should Washington SNAP-Ed Staff use this section?

Before completing the "changes adopted" section of the PSE Module, local agency staff should review the menu of 104 PSE changes starting on page 4 of this document. Staff should then select at least one policy, systems, or environmental change using the instructions in the [Evaluation Guidance](#) or page 3 of this document to guide them through this process.

Local agency staff should select one or more PSE change if their project is in an implementation or maintenance phase. Staff do not need to select a change if their PSE project is in a planning phase.


### Where can Washington SNAP-Ed staff find more information about the Changes Adopted section of the PEARS PSE Module?

For additional instructions on the "changes adopted" section, view the instructions below, or review the [SNAP-Ed Evaluation Guidance](#). Local agencies can also get in touch with their Implementing Agency or the Evaluation Team for a filterable, searchable spreadsheet version of the list of PSE changes.

## To Add PSE Changes

1. Navigate to the "changes adopted" section of the PEARS PSE Module.

2. Click



3. This pop-up screen will appear:

### Add Changes ×

Name	Level	Scope
<input type="checkbox"/> Took steps (policies, promotion, collaboration) to encourage new food distribution sites	Policy	SNAP-Ed Framework
<input type="checkbox"/> Improved hours of operation to improve access/convenience	Policy	SNAP-Ed Framework
<input type="checkbox"/> Established or improved a nutrition policy	Policy	SNAP-Ed Framework
<input type="checkbox"/> Established or improved standards for healthier eating across the organization	Policy	SNAP-Ed Framework
<input type="checkbox"/> Improvements in hours of operation/time allotted for meals or food service	Policy	SNAP-Ed Framework
<input type="checkbox"/> Policies for working parents	Policy	SNAP-Ed Framework
<input type="checkbox"/> Rules for foods served in meetings or in classrooms	Policy	SNAP-Ed Framework
<input type="checkbox"/> School wellness or child care wellness policy	Policy	SNAP-Ed Framework
<input type="checkbox"/> Change in menus (variety, quality, offering lighter fares)	Systems	SNAP-Ed Framework

« < 1 2 3 4 5 > »

Showing 1 to 9 of 141 entries

4. Use the search box to enter key terms, like "policy" or "wellness," to narrow search results. The evaluation team strongly recommends reviewing the complete list of PSE changes at the end of this document prior to completing this section.

5. Select the change(s) that reflect the PSE efforts made at the site this fiscal year. Select the option(s) that most closely relates to the work done at the site.

6. To document a change that is not on the list add it to the text box under "were there any other changes that you were unable to locate in the list?". To add further clarification or specifics on selections, add comments to the "comments" box on the "general information" page.

The remaining pages of this document show the complete list of FFY 2022 PSE changes.

## Complete list of FFY 2022 PEARS Policy, Systems, Environmental, and Promotion Changes

### PEARS PSE Module – PSE Change List

This list contains the 104 PSE changes that are available in PEARS. This list contains six (6) new changes and slight wording modifications to twenty-two (22) changes. New changes have been **bolded** and changes with modifications to wording are *italicized*.

#### Policy Changes

<b>PSE Change Name: Policy</b>
<b>Developed policies that encourage the establishment of new healthy retail outlets</b>
<b>Developed policies that encourage the establishment of new food distribution sites, food banks, food pantries, etc.</b>
<b>Policy to reduce portion sizes of foods/beverages sold or served</b>
<i>Policy for increasing or improving nutrition education or cooking activities</i>
<b>Breastfeeding support policy</b>
<b>Policy restrictions on physical activity as a punishment</b>
<b>Established or improved food/beverage or nutrition related policy (childcare wellness, school wellness, workplace wellness, etc.)</b>
<b>Established or improved physical activity policy (childcare wellness, school wellness, workplace wellness, etc.)</b>
<i>Policy limiting screen time (e.g. limiting, not using as reward, not during meal times, etc.)</i>
<b>Policy limiting unhealthy foods</b>
<b>Policy increasing healthy foods and beverages</b>
<b>Policy to improve hours of operation of food distribution site, food bank, retail, cafeteria, etc. to improve convenience of/access to healthy food</b>
<b>Policy to increase time spent doing physical activity</b>
<b>Policy restrictions on using food as a punishment</b>
<b>Policy to provide incentive to increase time spent doing physical activity</b>
<i>Established or improved facility shared use agreement to for physical activity</i>
<i>Zoning policy for food/beverage outlets (e.g. stores, community gardens, farmers markets, food distribution sites, etc.)</i>
<b>Established complete streets policy (e.g. bike/pedestrian plan, transportation agency scoring criteria modified, ordinance, etc.)</b>
<b>Policy to improve hours of operation of physical activity facilities to improve access/convenience</b>
<b>Zoning policy for physical activity facilities</b>
<b>Food safety policy</b>
<b>Policy related to improved child feeding practices (e.g. served family style, adults role model healthy behaviors, staff sit with children, children decide when they are full, etc.)</b>

## Complete list of FFY 2022 PEARS Policy, Systems, Environmental, and Promotion Changes

### Systems Changes

PSE Change Name: Systems
Improved menus/recipes (variety, quality, etc.)
Improved child feeding practices (e.g. served family style, adults role model healthy behaviors, staff sit with children, children decide when they are full, etc.)
Initiated, improved or expanded implementation of guidelines for healthier snack options
Implemented guidelines for healthier competitive foods options
Improved or increased healthy beverage options
Initiated, improved or expanded implementation of guidelines on use of food as rewards or during celebrations
Improved free water access, taste, quality, smell, or temperature
<i>Initiated, improved or expanded use of food programs (CACFP, TEFAP, summer meals, emergency food, NSLBP, etc.) including improvements in referral and enrollment procedures</i>
Began, expanded, or promoted acceptance and use of SNAP/EBT/WIC
Improved food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages
Increased or improved opportunities for unstructured physical activity time/free play
Incorporated physical activity into the school day or during classroom-based instruction (not recess/free play or PE)
Improved quality of physical education
Implemented new or improved standards for healthier eating across the organization
Initiated, improved or expanded use of standardized, healthy recipes
<i>Initiated or expanded a mechanism for distributing produce to families or communities (e.g. gardens, or farmer's markets)</i>
Initiated or expanded farm-to-table/use of fresh or local produce
Initiated or enhanced limits on marketing/promotion of less healthy options
Expanded or improved food system transportation options (to increase food access opportunities)
Initiated or expanded the collection or gleaning of excess healthy foods for distribution to clients, needy individuals, or charitable organizations
Implemented new or expanded restrictions on use of physical activity as punishment
<i>Implemented novel distribution systems to reach high-risk populations, such as home delivery for the elderly, backpack programs, etc.</i>
Implemented nutrition standards for foods distributed (at food pantries)
<i>Implemented, improved or expanded fundraisers involving healthy food or decreasing unhealthy food</i>
Initiated, improved or expanded opportunities for parents/students/community to access fruits and vegetables from the garden
Initiated, improved or expanded opportunities for parents/students/community to work in the garden
<i>Initiated, improved, or expanded opportunities for parents or youth to participate in decision making through a wellness committee or other process</i>
Clients have the opportunity to choose at least some foods they would like to take from food pantries, food banks, or soup kitchens (i.e. a client-choice model)
Initiated, improved and/or expanded strategies to decrease screen time

## Complete list of FFY 2022 PEARS Policy, Systems, Environmental, and Promotion Changes

<b>PSE Change Name: Systems</b>
<i>Initiated, improved or expanded use of a clinical screening tool for food insecurity and/or a referral system to nutrition or healthy food access resources (e.g. direct education, food bag, resource list, produce prescription, etc.)</i>
Implemented complete streets systems change (e.g. street design manual, transit system improvements, active transportation prioritized in city budget, etc.)
<i>Initiated, improved or expanded professional development opportunities on nutrition (e.g. nutrition standards, gardening, breastfeeding, etc.)</i>
Initiated, improved or expanded professional development opportunities on physical activity
Partners adopt or improve use of a system to monitor implementation of food/beverage or wellness related policy
Partners adopt or improve use of a system to monitor implementation of physical activity policies
<i>Integrate culturally relevant, healthy, traditional foods at food service or distribution sites</i>
<i>Established or improved physical activities to incorporate more culturally relevant practices</i>
Increased quantity (minutes) of physical education (PE)
Initiated or expanded mechanism for distributing seedlings and/or other materials to families or communities for home gardening
<i>Initiated, improved, or expanded food safety practices</i>
Implemented improvements in hours of operation for food distribution site, food bank, retail, cafeteria, etc. to improve convenience of/access to healthy food
Implemented, improved or expanded physical activity related fundraisers (e.g. Walk-a-thon)
Initiated or expanded breastfeeding/lactation community support services
Initiated, improved, or expanded a food system/policy council

## Environmental Changes

<b>PSE Change Name: Environmental</b>
Improved or expanded kitchen/food preparation facilities that allow for healthier or more appealing options (e.g. refrigeration, appliances that allow for scratch cooking, etc.)
Improved or expanded physical activity facilities, equipment, structures, or outdoor space
Eliminated or reduced amount of competitive foods/beverages
Improved or expanded cafeteria/dining/serving areas or facilities
Established or improved salad bar
<i>Establish or improve a practice that encourages meal service staff to prompt healthy choices</i>
Increased or improved opportunities for physical activity during recess
Increased access or safety of walking or bicycling paths
Added bike racks/storage
Created or enhanced healthy check out areas
Increased space/amount/variety of healthy options (includes shelf space, number of booths, options on menus)
Decreased space/amount/variety of unhealthy options (includes shelf space, number of booths, options on menus)
<i>Initiated, improved, expanded, reinvigorated, or maintained edible gardens</i>
<i>Initiated or expanded dedicated lactation space and other environmental concerns</i>

## Complete list of FFY 2022 PEARS Policy, Systems, Environmental, and Promotion Changes

<b>PSE Change Name: Environmental</b>
Established, initiated or expanded healthier vending machine initiatives (e.g. access to healthier foods and beverages)
Improvements in access to or appeal of stairwells
Improvements in access to exercise or recreation facilities
Initiated or expanded use of onsite garden produce for meals/snacks provided onsite
Initiated or expanded use of the garden for nutrition education
Installed signage and prompts for use of walking, stairs, and bicycle paths
Increased or improved opportunities for structured physical activity
Increased, improved, or incorporated physical activity/reduced sitting during usual, on-going site activities and functions
Initiated new or expanded access to physical activity facilities for after-hours recreation or shared use
<i>Initiated or expanded price manipulation/coupons/discounts to encourage healthy food choices (including fruit &amp; vegetable prescriptions with cost-offset)</i>
Established healthy food/beverage defaults (whole wheat bread, salad, or fruit instead of fries, water instead of soda, etc.)
Improve appeal, layout or display of snack or competitive foods to encourage healthier selections
Initiated or improved playground markings/stencils to encourage physical activity
Improved quality of structured physical activity (non-PE)
<i>Established, initiated or expanded flavor station with healthy seasonings or low-fat dip added to the lunchroom</i>
Used interactive educational display (that will stay at the site), other visual displays, posters, taste testing, live demonstrations, audiovisuals, celebrities, etc. to prompt healthy behavior choices close to the point of decision
<i>Established a new food bank, food pantry, or emergency food distribution site</i>
Established a new healthy retail outlet
Improved appeal, layout or display of meal food/beverages to encourage healthy and discourage unhealthy selections
<i>Expanded, improved, or implemented storage for fresh produce and other perishable foods</i>
Implemented complete streets environmental change (e.g. street trees, accessibility, buffer/barrier between sidewalk and street, crosswalks, intersection improvements)
<i>Initiated or expanded the use of digital platforms (websites, social media, text messages, etc.) to improve convenience of/access to healthy food (i.e. by promoting food distribution site, retail, cafeteria, community garden, etc.)</i>
Initiated or improved nutrient labeling (e.g. calories, fat, sodium, added sugar counts, traffic light color-coding) on menus, vending machines, etc.
Used interactive educational display (that will stay at the site), other visual displays, posters, live demonstrations, audiovisuals, celebrities, etc. to prompt physical activity choices close to the point of decision