

### Handout #3: Complete List of PSE Changes Adopted in PEARS

PSE CHANGE	SETTINGS											TYPE OF CHANGE
	ECE	School	Out of Sch <sup>a</sup>	L/S STORES	FRMRS MKTS	RSTRNTS <sup>b</sup>	FOOD BNKS/ PNTRIES <sup>c</sup>	GARDNS	FAITH	WORK <sup>d</sup>	Res-idential	
<b>NEW VENUES - NUTRITION</b>												
Took steps (policies, zoning, collaboration, promotion) to establish a completely new healthy retail outlet that was not there before				1	1		1					Nutrition
Established a completely new healthy retail outlet that was not there before				1	1		1					Nutrition
<b>WELLNESS POLICIES</b>												
Established or improved food/beverage, physical activity and/or wellness-related policies	1	1	1		1	1	1		1	1	1	Nutrition & PA
Established or improved a monitoring or reporting system for food/beverage, physical activity, and/or wellness related policy	1	1	1		1	1	1		1	1	1	Nutrition & PA
Established or improved policies for working parents										1		Nutrition & PA
Established new or strengthened limits on entertainment screen time	1	1	1									Nutrition & PA
<b>NUTRITION--QUANTITY/QUALITY OF FOODS OFFERED</b>												
Improved menus/recipes (variety, quality, offering lighter fares)	1	1	1	1		1			1	1	1	Nutrition
Initiated or expanded implementation of guidelines for meal foods/beverages	1	1	1									Nutrition
Initiated or expanded implementation of guidelines for foods/beverages served in cafeterias									1	1	1	Nutrition
Improved children's menus						1						Nutrition
Initiated or expanded implementation of guidelines for healthier snack options or healthier competitive food/beverage options	1	1	1								1	Nutrition
Established healthy food/beverage defaults (whole wheat bread, salad, or fruit instead of fries, water instead of soda, etc.)						1				1		Nutrition
Implemented nutrition standards for foods/beverages accepted and distributed							1					Nutrition

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Initiated or expanded implementation of guidelines for foods/beverages served in snack bars, vending machines, etc.			1						1	1	1	Nutrition
Created or enhanced healthy check out areas				1								Nutrition
Eliminated or reduced amount of competitive foods/beverages		1										Nutrition
Initiated or expanded implementation of guidelines for foods/beverages served in meetings									1	1		Nutrition
Initiated or expanded implementation of guidelines on use of food/beverages in the classroom, as rewards, or during celebrations or educational programs	1	1	1				1		1	1	1	Nutrition
Initiated, improved or expanded healthy fundraisers	1	1	1						1	1	1	Nutrition
Removed sugar-sweetened beverages from children's menus						1						Nutrition
Reduced portion sizes of foods/beverages sold or served						1						Nutrition
Increased space/amount/variety of healthy options (includes shelf space, number of booths, options on menus)				1	1	1	1					Nutrition
Decreased space/amount/variety of unhealthy options (includes shelf space, number of booths, options on menus)				1	1	1	1					Nutrition
Improved quality of healthy options				1	1	1	1					Nutrition
Improved free water access, taste, quality, smell, or temperature **	1	1	1	1	1	1	1	1	1	1	1	Nutrition

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<b>NUTRITION FACILITIES/GARDENS</b>												
Improved or expanded kitchen/food preparation facilities	1	1							1	1	1	Nutrition
Improved facilities or equipment to accommodate healthier options or make them more convenient/appealing/accessible				1		1	1					Nutrition
Improved façade/outdoor space				1		1						Nutrition
Improved or expanded cafeteria/dining/serving areas or facilities		1	1			1				1	1	Nutrition
Established or improved salad bar		1				1				1	1	Nutrition
Established a new edible garden	1	1	1	1	1	1	1	1	1	1	1	Nutrition
Reinvigorated or expanded an existing edible garden	1	1	1	1	1	1	1	1	1	1	1	Nutrition
Initiated or expanded use of onsite garden produce for meals/snacks provided onsite	1	1	1	1	1	1	1	1	1	1	1	Nutrition
Initiated or expanded a mechanism for distributing onsite garden produce to families or communities	1	1	1	1	1	1	1	1	1	1	1	Nutrition
Initiated or expanded use of the garden for nutrition education	1	1	1	1	1	1	1	1	1	1	1	Nutrition
<b>NUTRITION MARKETING</b>												
Improved layout or display of <u>meal foods/beverages</u> to encourage healthier selections (e.g. Smarter Lunchrooms)	1	1										Nutrition
Improve appeal, layout or display of snack or competitive foods to encourage healthier selections	1	1	1									Nutrition
Improved appeal, layout or display of foods/beverages to encourage healthier selections				1	1	1	1	1	1	1	1	Nutrition
Initiated or improved point-of-purchase, decision, and/or distribution prompts (including information intended to influence choices at the point of decision)	1	1	1	1	1	1	1		1	1	1	Nutrition
Initiated or improved menu labeling, e.g. calories, fat, sodium, added sugar counts	1	1	1	1	1	1				1	1	Nutrition

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Initiated or enhanced limits on marketing/promotion of less healthy options	1	1	1	1	1	1	1		1	1		Nutrition
Initiated or expanded price manipulation/coupons/discounts to encourage healthy choices		1	1	1	1	1				1		Nutrition
Improved child feeding practices (e.g. served family style, adults role model healthy behaviors, etc.)	1											Nutrition
Ensured meal service staff encourage healthy selections		1	1									Nutrition
Initiated or expanded lactation supports or dedicated lactation space for customers, residents, or congregants				1		1			1	1	1	Nutrition
<b>NUTRITION OPERATIONS AND PROCEDURES</b>												
Improved hours of operation or time allotted for meals or food service to improve access or convenience	1	1		1	1	1	1			1		Nutrition
Expanded or improved transportation options			1	1	1	1	1		1	1		Nutrition
Began offering a federal food program (CACFP, TEFAP, summer meals, etc.)	1	1	1						1			Nutrition
Began acceptance of SNAP/EBT/WIC				1	1							Nutrition
Improved enrollment procedures to increase NSLBP meal participation including universal breakfast/ lunch		1										Nutrition
Offered on-site enrollment in federal food programs							1					Nutrition
Improved food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages	1	1	1	1	1	1	1		1	1	1	Nutrition

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Initiated or expanded farm-to-table/use of fresh or local produce	1	1	1	1	1	1	1	1	1	1	1	Nutrition
Initiated or expanded donatations of healthy excess food to charitable organizations				1	1	1		1				Nutrition
Initiated or expanded the collection of excess wholesome food for distribution to clients, needy individuals, or charitable organizations							1		1	1		Nutrition
Implemented novel distribution systems to reach high-risk population (e.g. home delivery to the elderly)				1	1		1					Nutrition
Initiated or expanded distribution of farmers market produce to retailers, food pantries, or other organizations					1							Nutrition
<b>PHYSICAL ACTIVITY--OPPORTUNITIES</b>												
Increased or improved opportunities for unstructured physical activity time/free play	1		1									Physical Activity
Increased, improved, or incorporated physical activity/reduced sitting during usual, on-going site activities and functions									1	1	1	Physical Activity
Increased school days/time spent in physical education		1										Physical Activity
Improved quality of physical education		1										Physical Activity
Improved quality of structured physical activity	1		1									Physical Activity
Increased access/opportunities for structured physical activity before/after school		1										Physical Activity
Increased access/opportunities for structured physical activity on-site	1		1		1				1	1	1	Physical Activity
Increased or improved opportunities for physical activity during recess		1										Physical Activity
Increased access/opportunities for structured physical activity off-site										1		Physical Activity

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Initiated or expanded incorporation of physical activity into the school day or during classroom-based instruction (not recess/free play or PE)		1										Physical Activity
Initiated or expanded use of computer (or other) prompts to take stretch/exercise breaks										1		Physical Activity
Initiated or expanded restrictions on use of physical activity as punishment	1	1	1									Physical Activity
<b>PHYSICAL ACTIVITY FACILITIES and JOINT USE</b>												
Initiated or improved playground markings/stencils to encourage physical activity	1	1	1									Physical Activity
Improved or expanded physical activity facilities, equipment, structures	1	1	1						1	1	1	Physical Activity
Initiated new or expanded access to facilities for after-hours recreation or shared use		1	1						1	1		Physical Activity
Initiated or increased workplace access to physical activity facilities (on site or off site) at reduced or no cost										1		Physical Activity
Improved or expanded access, appeal, or prompts to encourage use of stairs										1		Physical Activity
<b>PHYSICAL ACTIVITY: ACTIVE TRANSPORT</b>												
Increased access or safety of walking or bicycling paths		1	1	1	1				1	1	1	Physical Activity
Installed signage and prompts for use of walking and bicycle paths		1	1	1	1				1	1	1	Physical Activity
Added bike racks/storage		1	1	1	1	1	1	1	1	1	1	Physical Activity

<sup>a</sup>Includes before/ after school programs, youth organizations, family resource centers, community centers, fairgrounds, parks, bicycle and walking paths

<sup>b</sup>Includes fast food chains, mobile vending, food trucks, restaurants, other places to eat

<sup>c</sup>Includes food distribution sites on Indian reservations

<sup>d</sup>Includes job training programs/TANF worksites, SNAP offices, worksites with low-wage workers, colleges/ universities, low-income health clinics, congregational meal sites, cooperative extension, community organizations, libraries