

Handout #4: Common UC CalFresh PSEs by Changes Adopted

RTW PSEs/ PEARS Programs and Initiatives*	What Changes Adopted to Report in PEARs
Physical Activity	
<p>New or improved PA Breaks have been implemented such as Instant Recess, Go Noodle or other classroom energizers CATCH or Other: specify</p>	<ul style="list-style-type: none"> • Initiated or expanded incorporation of physical activity into the school day or during classroom-based instruction (not recess/free play or PE)
<p>New or improved access to Structured PA such as Coordinated Approach to Child Health (CATCH), Sports Play Active Recreation for Kids (SPARK)</p>	<ul style="list-style-type: none"> • Improved quality of physical education (school) • Increased school days/time spent in physical education (school) • Increased access/opportunities for structured physical activity before/after school • Increased or improved opportunities for physical activity during recess • Improved quality of structured physical activity (ECE and out of school) • Increased access/opportunities for structured physical activity on-site (ECE and out of school) • Initiated or expanded restrictions on use of physical activity as punishment (school, ECE and out of school) • Increased or improved opportunities for unstructured physical activity time/free play (ECE and out of school)
<p>Playground Stencils</p>	<ul style="list-style-type: none"> • Initiated or improved playground markings/stencils to encourage physical activity (school, ECE and out of school)
<p>Improvements to the PA Environment – improvements in access to safe walking or bicycling paths or Safe Routes to School programs</p>	<ul style="list-style-type: none"> • Improved or expanded physical activity facilities, equipment, structures (school, ECE and out of school) • Increased access or safety of walking or bicycling paths (school and out of school) • Installed signage and prompts for use of walking and bicycle paths • Added bike racks/storage (school and out of school)

Nutrition	
<p>Smarter Lunchroom Movement (SLM) – implemented SLM activities, training, TA, scorecard, SLM changes to cafeteria</p>	<ul style="list-style-type: none"> • Improved layout or display of <u>meal foods/beverages</u> to encourage healthier selections (e.g. Smarter Lunchrooms) (ECE and school) • Improved appeal, layout or display of snack or competitive foods to encourage healthier selections (ECE, school and out of school) • Initiated or improved point-of-purchase, decision, and/or distribution prompts (including information intended to influence choices at the point of decision) (ECE, school and out of school) • Initiated or improved menu labeling, e.g. calories, fat, sodium, added sugar counts (ECE, school and out of school) • Improved or expanded kitchen/food preparation facilities (ECE and school) • Improved or expanded cafeteria/dining/service areas or facilities (school and out of school) • Established or improved salad bar (school) • Improved menus/recipes (variety, quality, offering lighter fares) • Ensured meal service staff encourage healthy selections (school and out of school)
<p>Edible Gardens – new, reinvigorated or maintained (UC CalFresh contribution more than just using garden for education)</p> <p>Other: Gardens</p>	<ul style="list-style-type: none"> • Established a new edible garden • Reinvigorated or expanded an existing edible garden • Initiated or expanded use of onsite garden produce for meals/snacks provided onsite • Initiated or expanded a mechanism for distributing onsite garden produce to families or communities • Initiated or expanded use of the garden for nutrition education
<p>Farm to School</p>	<ul style="list-style-type: none"> • Initiated or expanded farm-to-table/use of fresh or local produce • Improved food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages • Established or improved salad bar • Established a new edible garden • Reinvigorated or expanded an existing edible garden • Initiated or expanded use of onsite garden produce for meals/snacks provided onsite • Initiated or expanded use of the garden for nutrition education
Potentially Nutrition and Physical Activity	
<p>Shaping Healthy Choices Program (SHCP)</p>	<ul style="list-style-type: none"> • Established a new edible garden • Reinvigorated or expanded an existing edible garden • Improved layout or display of <u>meal foods/beverages</u> to encourage healthier selections (e.g. Smarter Lunchrooms) • Initiated or expanded incorporation of physical activity into the school day or during classroom-based instruction (not recess/free play or PE)
<p>Murals</p> <p>Other: Murals</p>	<ul style="list-style-type: none"> • Improved façade/outdoor space • Improved or expanded cafeteria/dining/serving areas or facilities

School Wellness Policy – updating and/or implementing

- Established or improved food/beverage, physical activity and/or wellness-related policies
- Established or improved a monitoring or reporting system for food/beverage, physical activity, and/or wellness related policy
- Initiated or expanded implementation of guidelines for meal foods/beverages
- Initiated or expanded implementation of guidelines for healthier snack options or healthier competitive food/beverage options
- Eliminated or reduced amount of competitive foods/beverages
- Initiated or expanded implementation of guidelines on use of food/beverages in the classroom, as rewards, or during celebrations or educational programs
- Initiated, improved or expanded healthy fundraisers
- Initiated or enhanced limits on marketing/promotion of less healthy options
- Improved hours of operation or time allotted for meals or food service to improve access or convenience
- Improved enrollment procedures to increase NSLBP meal participation including universal breakfast/ lunch
- Began offering a federal food program (CACFP, TEFAP, summer meals, etc.)
- Established or improved salad bar
- Improved quality of physical education
- Improved quality of structured physical activity
- Initiated new or expanded access to facilities for after-hours recreation or shared use
- New or improved access to structured physical activity programs
- Increased or improved opportunities for physical activity during recess
- Initiated or expanded restrictions on use of physical activity as punishment
- Increased access/opportunities for structured physical activity before/after school
- Initiated or expanded incorporation of physical activity into the school day or during classroom-based instruction (not recess/free play or PE)
- Increased school days/time spent in physical education
- Improved free water access, taste, quality, smell, or temperature
- Initiated or expanded farm-to-table/use of fresh or local produce
- Improved food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages
- Initiated new or expanded access to facilities for after-hours recreation or shared use

***Yellow Highlight** – indicates wording used in the PEARS drop down list for the following question in the Strategy section of the PSE module: