

PEARS PSE Module: Changes Adopted

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 108 PSE and promotional changes](#) at the end of this document. Staff should then select at least one policy, systems, or environmental change using the instructions in the Evaluation Guidance or [page two](#) 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

 + Select Changes

3. This pop-up screen will appear:

Add Changes

Search

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

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Showing 1 to 9 of 141 entries

Close

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.

A [complete list of PSE changes](#) is available at the end of this document.

Complete list of PEARS Policy, Systems, Environmental, and Promotion Changes

PEARS PSE Module: PSE Change List

This list contains the 108 PSE changes that are available in PEARS. This list contains ten (10) new changes and slight wording modifications to eleven (11) changes. New changes have been **bolded** and changes with modifications to wording are *italicized*.

Policy Changes:

PSE Change Name: Policy
Developed policies that encourage the establishment of new healthy retail outlets
Developed policies that encourage the establishment of new food distribution sites, food banks, food pantries, etc.
Policy to reduce portion sizes of foods/beverages sold or served
Policy for increasing nutrition education or cooking activities
Breastfeeding support policy
Policy restrictions on physical activity as a punishment
<i>Implemented recess before lunch policy</i>
Healthy retail policy
Established or improved food/beverage or nutrition related policy (childcare wellness, school wellness, workplace wellness, etc.)
Established or improved physical activity policy (childcare wellness, school wellness, workplace wellness, etc.)
Policy limiting screen time
Policy limiting unhealthy foods
Policy increasing healthy foods and beverages
Policy to improve hours of operation of food distribution site, food bank, retail, cafeteria, etc. to improve convenience of/access to healthy food
Policy to increase time spent doing physical activity
Policy restrictions on using food as a punishment
Policy to provide incentive to increase time spent doing physical activity
Facility shared use agreement
Zoning policy for food/beverage outlets
Established complete streets policy (e.g. bike/pedestrian plan, transportation agency scoring criteria modified, ordinance, etc.)
Policy to improve hours of operation of physical activity facilities to improve access/convenience
Zoning policy for physical activity facilities
Food safety policy
Zoning policy for community/school gardens

Complete list of 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
Initiated, improved or expanded use of federal food programs (CACFP, TEFAP, summer meals, NSLBP, etc.) including improvements in enrollment procedures
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)
Implemented price manipulation/coupons/discounts to encourage healthy choices
Offered on-site enrollment in federal food programs
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
Initiated or expanded a mechanism for distributing onsite garden produce to families or communities
Initiated or expanded farm-to-table/use of fresh or local produce
<i>Expanded or improved food system transportation options (to increase food access opportunities)</i>
Initiated or expanded the collection or gleaning of excess healthy foods for distribution to clients, needy individuals, or charitable organizations
<i>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, farmers market, etc.
Implemented nutrition standards for foods distributed (at food pantries)
Implemented, improved or expanded healthy fundraisers
<i>Staff include nutrition education as a learning standard for children</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
Initiated, improved, or expanded opportunities for parents to participate in decision making through a wellness committee
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 PEARS Policy, Systems, Environmental, and Promotion Changes

PSE Change Name: Systems
Initiated, improved or expanded a clinical screening tool for food insecurity
Implemented complete streets systems change (e.g. street design manual, transit system improvements, active transportation prioritized in city budget, etc.)
Initiated, improved or expanded professional development opportunities on nutrition
Initiated, improved or expanded professional development opportunities on physical activity
<i>Partners adopt or improve use of a system to monitor implementation of food/beverage or wellness related policy</i>
<i>Partners adopt or improve use of a system to monitor implementation of physical activity policies</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
Established, initiated or expanded organizational standards for food safety
Implemented improvements in hours of operation for food distribution site, food bank, retail, cafeteria, etc. to improve convenience of/access to healthy food

Environmental Changes:

PSE Change Name: Environmental
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
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)
Edible gardens (establish, reinvigorate or maintain food gardens)
Initiated or expanded lactation supports or dedicated lactation space
<i>Established, initiated or expanded healthier vending machine initiatives (e.g. access to healthier foods and beverages)</i>
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
Increased or improved opportunities for structured physical activity
Increased, improved, or incorporated physical activity/reduced sitting during usual, on-going site activities and functions

Complete list of PEARS Policy, Systems, Environmental, and Promotion Changes

PSE Change Name: Environmental
<i>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 choices
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
<i>Improved quality of structured physical activity (non-PE)</i>
<i>Established, initiated or expanded flavor station with healthy seasonings or low-fat dip added to the lunchroom</i>
Established a new food bank, pantry or distribution site
Established a new healthy retail outlet
Improved appeal, layout or display of meal food/beverages to encourage healthy and discourage unhealthy selections
Expanded, improved, or implemented storage for fresh produce
Implemented complete streets environmental change (e.g. street trees, accessibility, buffer/barrier between sidewalk and street, crosswalks, intersection improvements)
Increased or improved opportunities for nutrition education

Promotion Changes:

PSE Change Name: Promotion
Ensured meal service staff encourage healthy selections
<i>Established, initiated or expanded vending machine labeling (e.g. calories, traffic light color coding)</i>
Installed signage and prompts for use of walking, stairs, and bicycle paths
Initiated or improved menu labeling (e.g. calories, fat, sodium, added sugar counts)
Initiated or enhanced limits on marketing/promotion of less healthy options
Took steps to improve the appeal of the school meal program in order to increase meal participation
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
Promoted food distribution site, food bank, retail, cafeteria, etc. to improve convenience of/access to healthy food
Promotion of culturally relevant traditional foods
Promotion of culturally relevant subsistence activities