

A guide to Policy, Systems, and Environmental Change

Policy, systems, and environmental changes (PSE) initiatives are ongoing activities that inspire healthier communities by improving the environments where limited-income people buy, cook, consume, and enjoy food.

To learn more about our PSE toolkits visit our website:

ncstepstohealth.org

Steps to Health

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Examples of PSE Changes



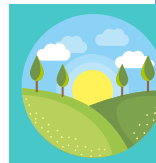
Farmers Markets

Assist market in being more culturally appropriate for their community



Schools

Create strategies to support walking and biking to school.



Parks

Develop signage to promote increased opportunities for physical activity.



Community Sites

Create opportunities for on-site gardening programs.



Food Pantries

Utilize bundling or cross-merchandising strategies to encourage healthy choices.

Policy

A written statement of an organizational decision.

Example: A school health team drafting school-wide nutrition policies.

Systems

Unwritten, ongoing, organizational changes that result in new activities that reach large proportions of clients served.

Example: Ensuring water is always available to drink at community sites.

Environment

Observable changes to the built or physical environments.

Example: Improving the appeal, layout, or display of healthy foods at a food pantry.

NC STATE

EXTENSION

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