PSE 101 Overview

Presented by:

Second Harvest Food Bank of Central Florida

SNAP-Ed Health Promotion Team

Meet the Team

Health Promotion Manager

Health Systems Manager

Health Promotion Coordinator
Food Bank Practices and Policies

Health Promotion Manager
Healthy Pantry Network

Health Promotion Manager
Healthcare Partnerships

Let's Take A Poll!

How much do you understand PSEs?

Green — I have a strong knowledge

Yellow — I have some knowledge

Red — I don't have any knowledge

Training Objectives

Understand what a PSE is

Identify SNAP-Ed PSEs

Recognize the connections between PSEs and Feeding America Initiatives

SNAP-Ed Approaches

Approach 1: Individual or Group Based Direct Nutrition Education, health promotion, and intervention strategies

Approach 2: Comprehensive Multilevel Interventions at Multiple Complementary Organizational and Institutional Levels
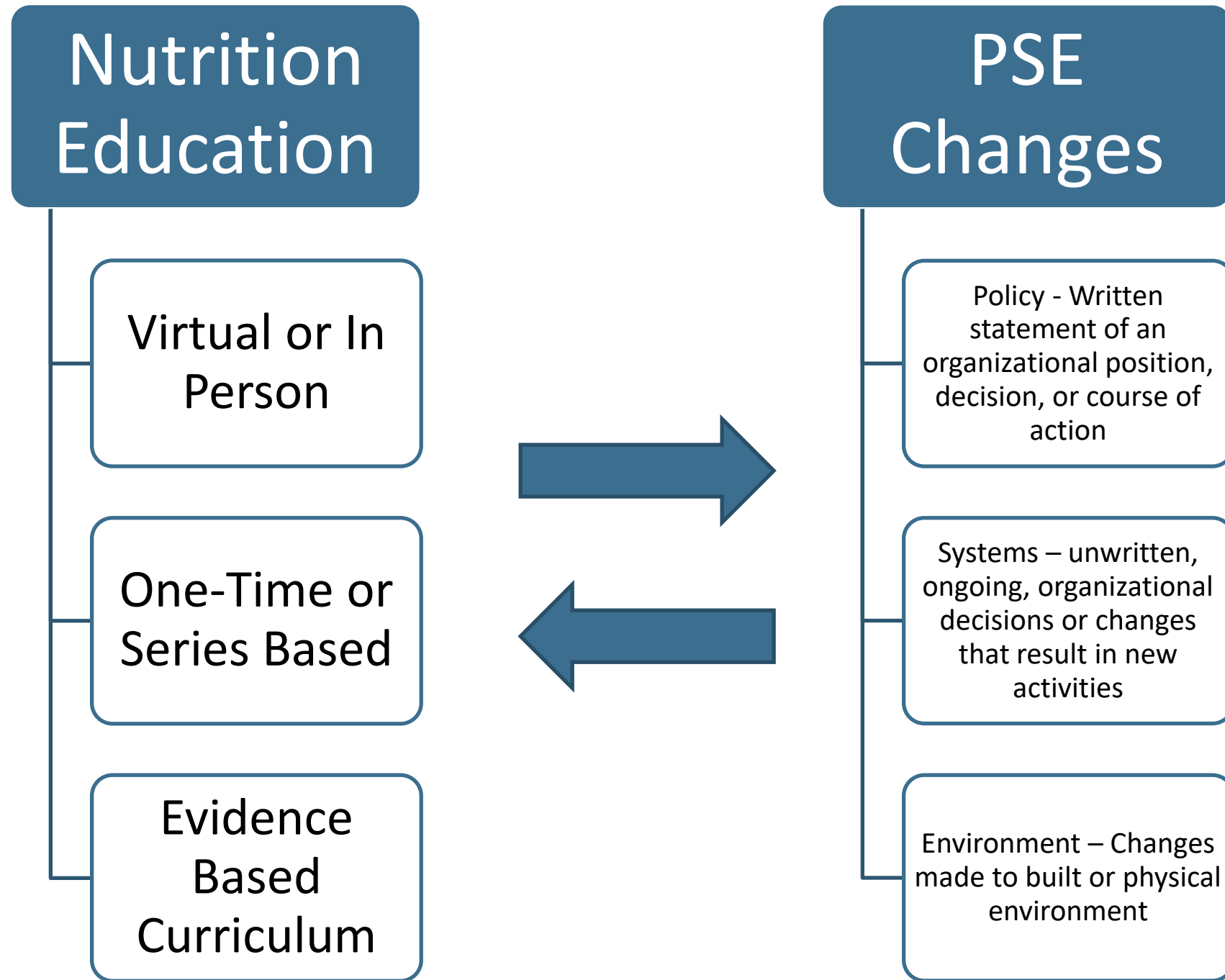
Approach 3: Community and Public Health Approaches to Improve Nutrition and Obesity Prevention

Direct Education

Policy, System, and Environmental (PSE)

Federal SNAP-Ed Guidance (FY24)
Approach One activities must be combined with interventions and strategies from Approaches Two and/or Three.

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SNAP-Ed Approaches

Nutrition Education

- Virtual or In Person
- One-Time or Series Based
- Evidence Based Curriculum

PSE Changes

- Policy - Written statement of an organizational position, decision, or course of action
- Systems – unwritten, ongoing, organizational decisions or changes that result in new activities
- Environment – Changes made to built or physical environment

Public Policy national, state, local laws and regulations

Community relationships between organizations

Organizational organizations, social institutions

Interpersonal families, friends, social networks

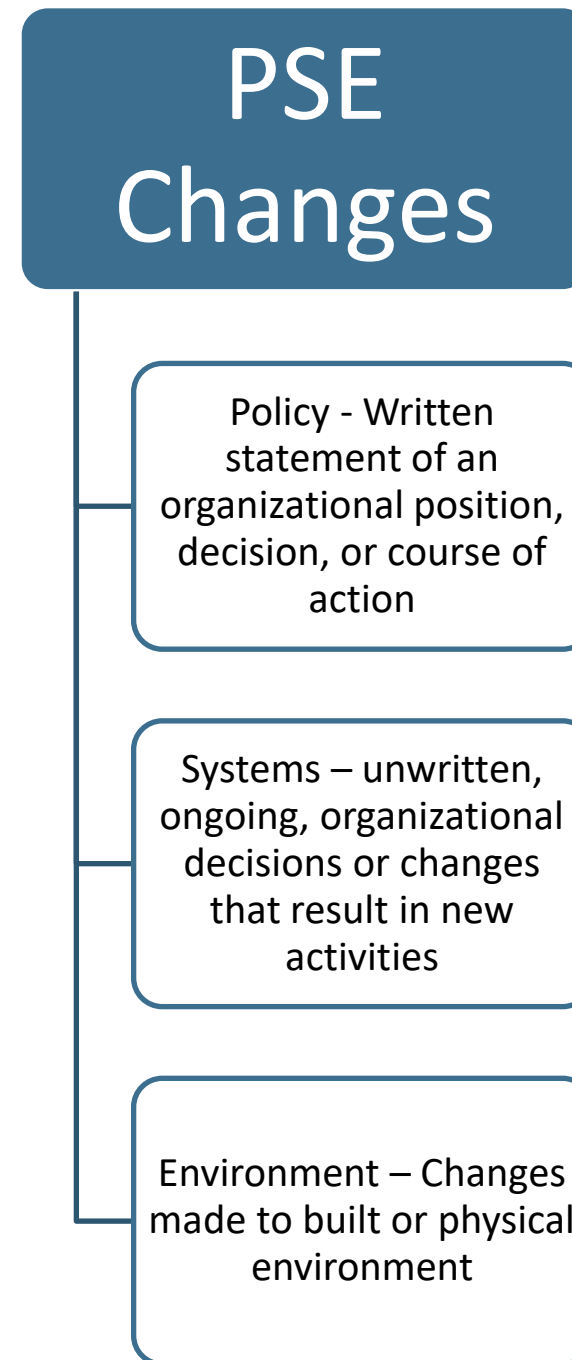**Individual** knowledge, attitudes, skills

PSE Changes and SNAP-Ed Guidance

Federal SNAP-Ed Guidance (FY24)

SNAP-Ed should be seen as a **consultant and technical advisor** for creating PSE changes that benefit low-income households and communities, rather than the provider of services. SNAP-Ed aids organizations so they can adopt, maintain, and enforce PSE changes themselves **without continuous involvement from SNAP-Ed**. This approach will also likely facilitate sustainable PSE changes as organizations take ownership of the PSE change.

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Individual knowledge, attitudes, skills

PSE Considerations

PSE Intervention Type

Intervention ties back to a policy, system or environment change versus just being a program

Aligned Intervention Goal

Intervention is increasing *access* to healthy food or *promoting* healthy foods (or physical activity)

Consultative

HPC/SNAP-Ed role is consultative in nature

Sustainable

PSE should be able to be sustained without SNAP-Ed funds or staff

Ongoing, not one-time event

Is it a PSE?

Produce Distribution at a Health Fair

PSE Intervention Type
- Environmental Change

Aligned Intervention Goal
- Increases access to healthy food

Consultative
- PSE staff connects food bank to the event

Sustainable
- One time event, community members not sustainably able to access healthy foods

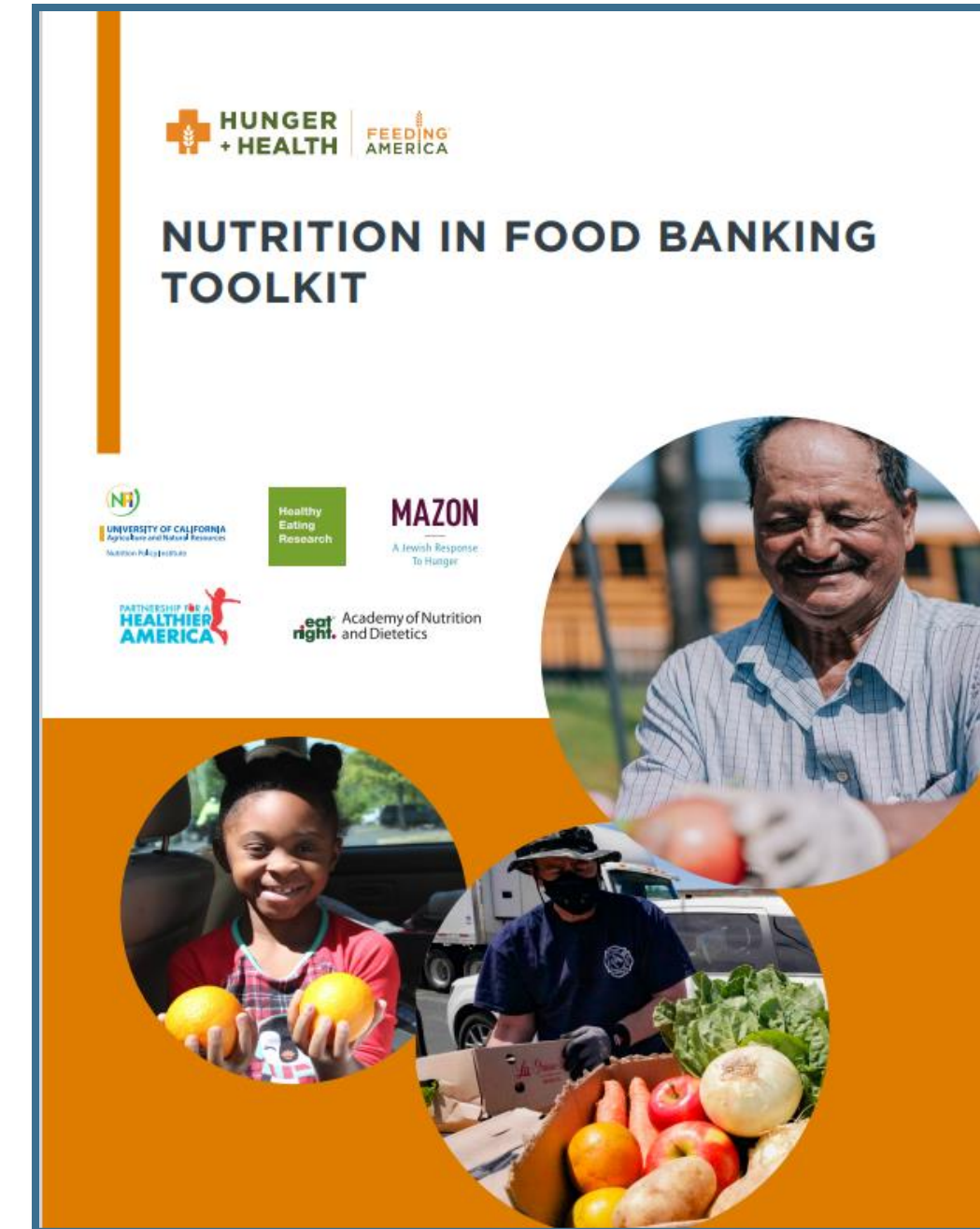# SHFB and PSE Approach

Food Bank System

Partner Agency Network

Healthcare System

PSEs and Feeding America: Food Bank System
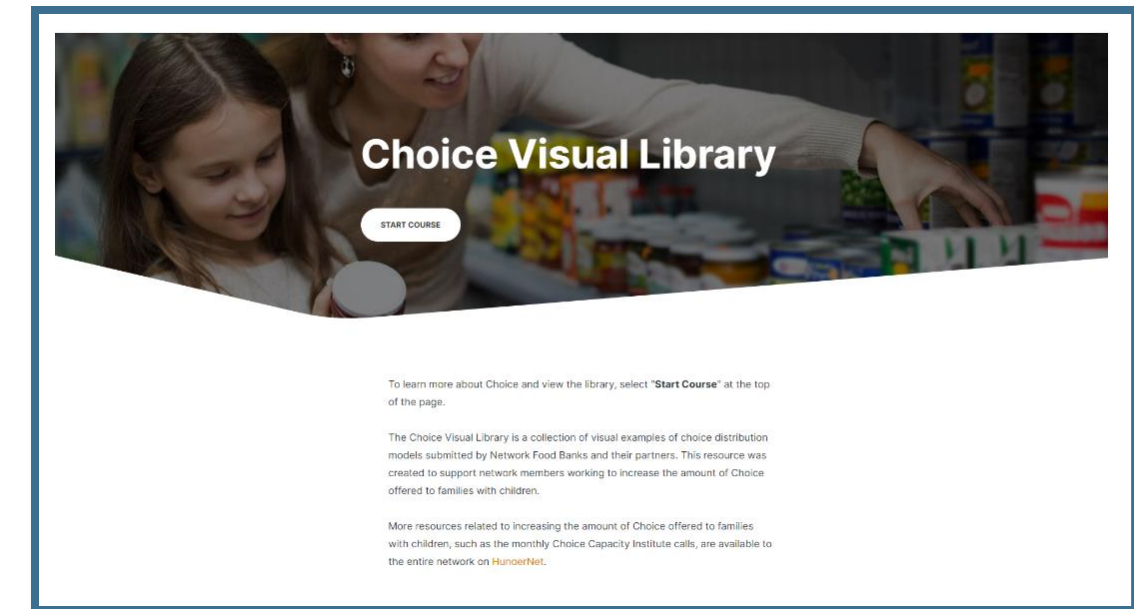
Potential PSE Changes

- Decreased space/amount/variety of unhealthy options (includes shelf space, number of booths, options on menus)

- Food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages

- Food/beverage or nutrition related policy (childcare wellness, school wellness, workplace wellness, etc.)
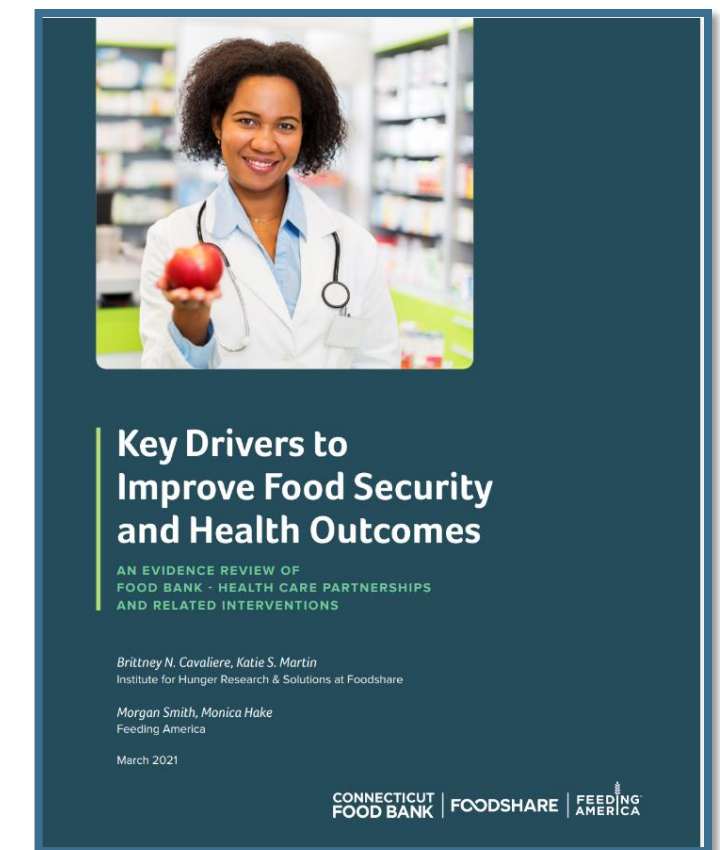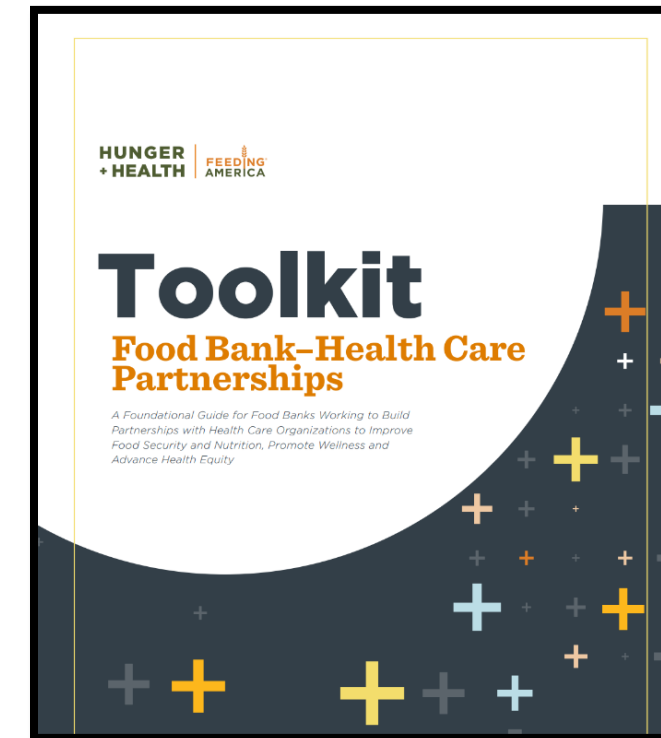
Potential PSE Changes

- Appeal, layout or display of meal food/beverages to encourage healthy and discourage unhealthy selections

- 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)

Choice Visual Library

To learn more about Choice and view the library, select "**Start Course**" at the top of the page.

The Choice Visual Library is a collection of visual examples of choice distribution models submitted by Network Food Banks and their partners. This resource was created to support network members working to increase the amount of Choice offered to families with children.

More resources related to increasing the amount of Choice offered to families with children, such as the monthly Choice Capacity Institute calls, are available to the entire network on HungerNet.

FEEDING AMERICA | THE NOURISH TOOLBOX

Practical Tools to Improve Diet Quality and Health

THE CHOICE PANTRY NUDGE TOOLKIT
Released: Summer 2019

Questions? Contact nutritionteam@feedingamerica.org

PSEs and Feeding America: Healthcare System

Healthcare Partnerships

- 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.)

- Acceptance and use of SNAP/EBT/WIC

- New food bank, food pantry, or emergency food distribution site

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Aligned Intervention Goal

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Consultative:

HPC role is consultative in nature

Sustainable:

PSE should be able to be sustained without SNAP-Ed funds or staff

Ongoing, not one-time event

SHFB and PSE Approach

Food Bank System

SWAP/HER Guidelines and Nutrition Policy

Partner Agency Network

Healthy Pantry Network

Healthcare System

Screen and Intervene

Food Bank System

SWAP/HER Guidelines and Nutrition Policy

Making the S.W.A.P. ranking of your purchased foods visible in your agency shopping portal

- PSE Intervention Type
  – Intervention ties back to a policy, system or environment change versus just being a program
- Aligned Intervention Goal
  – Intervention is increasing access to health food or promoting healthy foods
- Consultative
  – PSE work is consultative in nature; Training and connecting people, teams, and projects
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  – PSE should be able to be sustained without SNAP-Ed funds or staff; Ongoing, not one-time event

H.E.R. Guidelines

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Partnering with and training pantries to use shelf labels at their distributions to highlight green and yellow foods

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Partner Agency Network

Healthy Pantry Network

Healthcare System

Screen and Intervene

1. Read the PSE case study

2. Identify whether it meets the requirements of a PSE

3. Match the correct changes adopted to the case study

Healthcare System PSE

At Grey Sloan Memorial Hospital, there is a new round of residents every summer. This year, Dr. McDreamy wanted to make their new welcome special by strengthening the new groups' understanding of how health and hunger go hand in hand. So, they asked Second Harvest Food Bank of Central Florida to come to their orientation to discuss food bank operations, the impact of food insecurity on their patients, and various programs to advocate for and connect their patients to.

Identify whether it meets the requirements of a PSE:

- PSE type?
- Aligned intervention goal?
- Consultative?
- Sustainable?

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Identify the change adopted:

- No change adopted

- Partners adopt or improve use of a system to monitor implementation of food/beverage or wellness related policy

- Professional development opportunities on nutrition (e.g. nutrition standards, gardening, breastfeeding, etc.) (Professional Development , Systems)

Healthcare System PSE

At Grey Sloan Memorial Hospital, the new residents have begun screening for food insecurity and connecting their patients, and the patient's families, with Community Health Workers if that social need is identified. Dr. McDreamy has made plans to continuously inform his resident group on this resource, how to utilize it, and how it can improve the health of their patients.

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Identify the change adopted:

- 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)

- Food programs (CACFP, TEFAP, summer meals, emergency food, NSLBP, etc.) including improvements in referral and enrollment procedures

- Collection or gleaning of excess healthy food for distribution to clients, needy individuals, or charitable organizations

Healthcare System PSE

At Grey Sloan Memorial Hospital, patients are screened for food insecurity and offered a bag of food from their on-site food pantry if a need is identified. Recently, Dr. McDreamy altered the process to include an option for patients to select which grains and proteins they want included in their bag of food. Dr. McDreamy will continue to slowly integrate various options for the patients to choose when selecting food from the pantry.

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Identify the change adopted:

- 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)
- Ongoing, point-of-decision prompts to make a healthy eating behavior choice (could include signage, taste tests, and other interactive displays)
- Menus/recipes (variety, quality, etc.)

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QUESTIONS?

Identify one project you would like to implement.

- Use all 4 criteria to determine if this is a PSE
  - Sustainable
  - Consultative
  - Aligns with goal interventions.
  - Which PSE is it?

Use Pears Handout to identify PSE changes associated with your project.

THANK YOU!

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