

Nutrition and Physical Activity Policy, Systems and Environmental Change Idea List Iowa Nutrition Network School Grant Program Listening Session November 2020

These strategies focus on [policy, systems and environmental change strategies](#) (PSE). PSE strategies address social, economic, and environmental barriers to positive health outcomes by making the healthy choice more accessible to everyone. By changing the physical environment and policies that impact Iowans in these settings a greater impact and more sustainable impact can be made.

This list of potential nutrition and physical activity policy, systems and environmental changes has been compiled using the PEARS data-management system, language from the INNSGP RFA, and CDC Healthy Schools. Additionally, 5210 Healthy Choices Count have identified [10 strategies for success](#).

Below are possible PSE changes for farm to school and Play Your Way projects. These strategies are suggestions; they are not all required activities for Iowa Nutrition Network School Grant Contractors at this time.

Nutrition Policy, Systems and Environmental Change

You can learn more about the School Nutrition Environment and Services at https://www.cdc.gov/healthyschools/nutrition/pdf/School_Nutrition_Framework_508tagged.pdf.

- [School gardens](#) including:
 - Edible school [gardens](#) (establish, reinvigorate or maintain food gardens)
 - Initiate or expand a mechanism for distributing onsite garden produce to families or communities
 - Initiate or expand use of onsite garden produce for meals/snacks provided onsite
 - Initiate or expand use of the garden for nutrition education
 - Initiate, improve or expand opportunities for parents/students/community to access fruits and vegetables from the garden
 - Initiate, improve or expand opportunities for parents/students/community to work in the garden
 - Establish, initiate or expand organizational standards for food safety for garden produce
- Initiate or expand mechanism for distributing seedlings and/or other materials to families or communities for home gardening
- Initiate or expand farm-to-table/use of local produce
- Increase or improve [healthy-eating learning opportunities](#) (nutrition education)
- Promote culturally relevant traditional foods
- Use [point of decision prompts](#) or taste testing to encourage healthy nutrition behaviors.
- Initiate, improve or expand professional development opportunities for garden-based nutrition education for school staff.
- Establish or improve food/beverage or [nutrition related policy](#) (childcare wellness, school wellness, workplace wellness, etc.)
- Collaborate with Food and Nutrition Programs to promote school meal programs and the availability of healthy food and beverage options.

Physical Activity Policy, Systems and Environmental Change

You can learn more about increasing physical activity in schools at https://www.cdc.gov/healthyschools/physicalactivity/pdf/2019_04_25_PE-PA-Framework_508tagged.pdf

- Physical activity during the school day including:
 - Increased or improved opportunities for unstructured physical activity time/free play
 - Integrate physical activity into the [school day or during classroom-based instruction](#) (not recess/free play or PE)
 - Increase or improve opportunities for structured physical activity.
 - Increased, improved, or incorporated physical activity/reduced sitting during usual, on-going site activities and functions
- Provide recess periods for students to be physically active. [Improve recess](#) to provide more opportunities for students to be active.
- Provide high-quality [physical education](#) to students. Have students be in moderate to vigorous physical activity for 50% of class.
- Provide opportunities for students to be active [before and after school](#). This includes creating [safe routes to school](#) so that students can walk and bike to school, physical activity clubs, intramural programs, interscholastic sports, and physical activity in before-school and after-school programs.
- Establish or improve [physical activity policy](#) (childcare wellness, school wellness, workplace wellness, etc.)
- Implementing or expanding [shared use agreements](#).
- Increase collaboration and expand policy, systems and environmental change with [out-of-school programs](#).