

PSE Core Project Activities Menu

Rural counties should aim to complete 5 PSE core project activities and urban counties should aim for 10 PSE core project activities. These activities are designed to promote long-term, sustainable changes within the community.

1 Healthy Food Drive



Organize a food drive that prioritizes collecting nutrient-dense foods such as fresh produce, whole grains, and lean proteins. More information on healthy food drives can be found in the Protocol Manual. Flyer templates can be found on the staff website PSE > Healthy Food Drive.

2 Bulletin Board Update



Kids Create Better Health Captain Create lunchroom bulletin boards can become a self-sustained project, with help from the school staff. Building a partnership to go into the school each month to update the bulletin board, and eventually passing it off to the school to manage. This PSE works well if you are teaching DE classes at the school. Bulletin Board items can be found on the staff website PSE > Captain Create Lunchroom

3 Healthy Checkout Lane



Partner with local corner stores or markets to create healthy checkout lanes featuring snacks like fresh fruit, nuts, and water, replacing sugary, high-calorie snacks. Include Thumbs Up marketing at the store for a greater impact. Take recipes to the store and host recipe tastings (supplemental).

4 School Garden



Establish or enhance a school garden where faculty, staff, and students can grow their own fruits and vegetables, helping to increase food security and promote healthy eating. During school hours faculty can utilize the garden as part of their curriculum. During non-school hours Create Healthy Gardens classes can be hosted with school to utilize produce and excess be taken to local food pantries, improving food access in your community.

5 Healthy Choices Thumbs Up Pantries and/or Stores



Implement a "thumbs up" system to identify healthy food choices in food pantries and corner stores, allowing patrons to easily spot nutritious options.

6 Community Garden



Establish or enhance a community garden where families can grow their own fruits and vegetables, helping to increase food security and promote healthy eating. Excess produce should be donated to local food pantries. Be sure you are weighing produce and tracking weights and site visits in PEARS.

7 Buy Dinner for Your Neighbor



Encourage community members to purchase a healthy meal to be donated, fostering a sense of community while promoting nutritious food options.

8 Share Produce with Your Neighbor



Organize a location where individuals can share excess produce from personal gardens with neighbors, reducing food waste and increasing fresh food availability. This could look like having a donation bin set up at the local post office, community garden, Extension office, etc.

9 Buy Produce for Your Neighbor



Using this initiative, community members buy extra produce during their shopping trips and donate it to food pantries, or other locations where people come to access fresh food. This usually takes place at farmers markets.

10 Smarter Lunchroom



Collaborate with schools to implement Smarter Lunchroom strategies, such as redesigning food displays to encourage healthier choices (e.g., putting fruit at eye level). The Smarter Lunchroom can be done in elementary and secondary schools. You can initiate this conversation by contacting your school district foods department.

PSE Supplemental Activities Menu

These projects are designed to support partnerships and enhance the success of the core activities. They are less resource-intensive but crucial for building relationships and maintaining momentum.

1 Recipe Card Drop-Off



Regularly deliver recipe cards to food pantries that complement available ingredients, helping families prepare healthy, budget-friendly meals.

4 Booths at Farmers Markets



Set up informational booths at farmers markets to educate SNAP recipients and other customers on healthy food choices, how to use SNAP benefits, and budgeting tips for healthy eating.

2 Food Pantry Volunteer Support



Encourage ambassadors to volunteer at food pantries, assist with food distribution, organizing shelves, and providing nutritional guidance to clients.

5 Newsletters



Pantries, DWS locations, and libraries are excellent places to offer a Create Better Health newsletter. Include a healthy recipe, nutrition or physical activity tip, and information on upcoming class series.

3 Cooking Demonstrations at Pantries



Partner with local food pantries, schools, or community centers to offer cooking demonstrations that highlight easy, healthy meals using local or donated ingredients.

