

TIPS TO SUSTAINING PSE WORK DURING COVID-19

Steps to Health helps to create and support policy, systems, and environmental (PSE) initiatives in different environments by making the healthy choice the easy choice for all North Carolinians. Much of our success depends on the work done by educators in the field who work to build strong partnerships and foster community engagement with local stakeholders. This work is vital to the communities we serve during coronavirus (COVID-19) pandemic.

Your work matters! The following tips will help sustain your PSE efforts in your local communities.

- **Communicating with Stakeholders**

- Have you reached out to your community partners? If not, now is the time to check in with them and determine how you can best assist them. This will help keep lines of communication open for continued support in the future.
- Connect with partners by joining local work groups, committees, and meetings. This is a great way to learn what others are doing and share how you can provide additional support.

- **Sustaining Momentum**

- Partner with your local food council or school wellness teams to learn and collaborate on new efforts.
- Make the most of your time by planning ahead and developing strategies to support pilot PSE initiatives in your county.
- Make relationships and forge new partnerships to identify community champions who can support positive behavior change in different food and built environments.

- **Sharing Resources**

- Connect partners and clients to food distribution resources available in your county.
- Promote available opportunities for funds to assist in COVID-19 relief efforts.
- Utilize social media to capture, promote, and highlight your successes in the field.

If you have questions or need additional support, please contact
Breyana Davis, Food and Built Environments Extension Associate, at
bddavis5@ncsu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

This institution is an equal opportunity provider.