

# Introduction

## PSE Change Process

### Agenda

#### Meeting Purpose:

- Introduce the wellness team members and Wellness Champion (or discuss the position if there is not a current Wellness Champion at the ECE setting)
- Increase understanding of the PSE Change Process

#### Meeting Agenda:

1. Introductions\*
2. Overview and history of the PSE Change Process
3. Describe three key strategies\*
4. What are PSEs?\*
5. Group norms and meeting guidelines
6. School scenario\*
7. Purpose of a Wellness Policy
8. Update on past PSE changes (if applicable)
9. Reiterate goals and outcomes of PSE process
10. Summarize and plan for next meeting

\*High priority

#### Funding Statement

Colorado Department of Human Services SNAP-Ed logo, Division of Food & Energy Assistance.

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

This institution is an equal opportunity provider.

## Program Information

These materials are part of the Culture of Wellness in Preschools (COWP), a program of the Rocky Mountain Prevention Research Center at the Colorado School of Public Health.