Dear Community Partners,

We hope everyone is having a wonderful summer. We have transitioned towards more face-to-face nutrition education in the community. However, we continue to work with partners to engage participants in-person or virtually to meet their comfort level. If you would like resources, are interested in virtual or in-person workshops, or have other ideas for collaboration, please reach out! You can email us at nutrition@etal.uri.edu or call our hotline at 1-877-366-3874.

This newsletter provides a snapshot of our work in the community from April through June 2021.

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We need your help!

We are in the early stages of learning how our adult and parent/caregiver audiences find food and healthy eating information. The answers will help us create a social marketing campaign to promote healthy eating. Please share our website link uri.edu/snaped to direct your community members to our short, 5-minute survey!

Follow us on our social media platforms for updates on programs, recipe ideas, and tips to share!

uri.edu/snaped

Community Nutrition Education RI

RISNPEd

URI_Nutrition_Ed

URI Nutrition
**71 presentations for:**
- 261 SNAP-Ed eligible children and adults who received virtual series or one-time workshops
- 378 SNAP-Ed eligible adults who received SNAP-Ed resources through table events, live webinars and pre-taped videos
- 375 professionals that work with the SNAP-Ed population (professional development training)

72 policy, system and environment (PSE) engagements with 29 community partners
108,175 impressions via social media and 9,786 website pageviews

Where to find us...

**42 Community Partners Actively Engaged**

In April-June, direct programming and PSE efforts occurred throughout the state in locations including:

- **Schools**
- **Early care and education facilities**
- **Congregate/Senior meal sites**
- **Public housing/homes**
- **Summer meal locations**
- **Emergency food sites**
- **After school programs**
- **Adult education/job training sites**
- **Health clinics**
Professional Development Training

Several trainings were offered to a wide variety of community partner members including:

- Summer meals program staff: 102
- Food pantry volunteers: 12
- Health professionals: 128
- Childcare providers: 7
- Physical education/health teachers: 96
- Child care administrators: 18

See our spotlight below.
Social Marketing and Social Media Efforts

Social media and marketing efforts include the creation of original content, continued engagement with participants, and sharing of community resources across multiple platforms to reach everyone.

**THE WHAT & WHY:**
This survey, offered in English and Spanish, will help us learn how we can best share information about food and healthy eating with our community.

**THE ASK:**
Please send the 5-minute survey to your adult/senior/parent participants.

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**Policy, Systems and Environment (PSE) Strategies**

PSE strategies **complement** direct nutrition education for the SNAP-Ed population by helping to make the healthier choice, the easier choice.

The figure below provides an example of how PSE strategies and direct education work **in cohesion** for the common goals of positive nutrition behaviors and healthy food access.

**East Bay Food Pantry**

- **PSE Strategies**
  - Statewide coalitions, committees, and councils related to healthy food access
  - Recipes, healthy tip cards, and paper resources for nutrition education and food access available in waiting area
  - Professional development training for volunteer staff

- **Direct Education**
  - How to prepare, store and utilize fresh produce
  - Healthy eating on a budget
  - Handouts and tools to extend learning and practice behaviors at home

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**Instagram (36 posts) URI_Nutrition_Ed**

**Facebook (38 posts) Community Nutrition Education RI**

**Twitter (19 tweets) RISNPED**

**YouTube (3 uploads) URI Nutrition**
Wellness Policies in ECE

Early care and education (ECE) settings help young children develop healthy eating and physical activity habits, however many ECE programs face significant barriers implementing best practices in these areas. To help address this gap, URI SNAP-Ed delivered the 4-part professional development series, *Create Healthy Habits: Developing a Wellness Plan for your Early Childhood Program*.

Eighteen ECE professionals representing 12 different child care centers and family child care homes participated in the series of interactive, virtual trainings. Participants learned about the benefits of and steps to creating strong policies related to **nutrition, active play, and screen time**, explored resources to help them implement such policies in their program, and had opportunities to brainstorm successes and challenges with their peers. Participants completed the *Healthy Way to Grow Wellness Policy Workbook* as part of the series, and will continue to receive technical assistance from a SNAP-Ed educator as they create and implement wellness policies in their ECE program.

"[We are] looking forward to creating our new wellness policy!"

"I loved the idea about including parents & staff in the creation of policies."

Participants increased their confidence to:
- Create wellness policies
- Find resources for wellness policy implementation
- Engage staff and families in wellness activities

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