Dear Community Partners,

Happy fall! Here at SNAP-Ed, we continue to provide both face-to-face and virtual nutrition education programs and services in the community. 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 July through September 2021.

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Let's get fresh!

Check out the growing collection of fruit and veggie preparation sheets on our website. From beets to butternut squash and from cabbage to currants, we have step-by-step tips for how to select, prepare, and enjoy a variety of fresh produce items. To learn how we use these handouts at local farmers' markets, see our spotlight on page 5!

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
Our Reach to Rhode Islanders

119 presentations for:
- 359 SNAP-Ed eligible children and adults who received in-person or virtual series or one-time workshops
- 1,242 SNAP-Ed eligible adults who received SNAP-Ed resources through table events and radio shows
- 211 professionals that work with the SNAP-Ed population (professional development training)

Where to find us...

48 policy, system and environment (PSE) engagements with 21 community partners
31,147 impressions via social media and 6,578 website pageviews

38 Community Partners Actively Engaged

In July-September, direct education and PSE efforts occurred throughout the state in locations including:

- Farmers' markets
- Emergency food sites
- Grocery & corner stores
- Health clinics
- Early care & education facilities
- Community & recreation centers
Summer Food, Summer Moves Workshops for Youth

SNAP-Ed educators were back doing in-person workshops for youth at six sites this summer. Students learned about healthy eating through fun physically active games, hands-on learning activities, and recipe samples. In total, 149 students took part in a Summer Food, Summer Moves program this summer!

<table>
<thead>
<tr>
<th>Featured recipe</th>
<th>Youth who Tried It</th>
<th>Youth who Liked it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail Mix</td>
<td>100%</td>
<td>75%</td>
</tr>
<tr>
<td>Shamrock Smoothies</td>
<td>100%</td>
<td>63%</td>
</tr>
<tr>
<td>Yogurt Parfait</td>
<td>98%</td>
<td>83%</td>
</tr>
<tr>
<td>Cucumber Yogurt Dip</td>
<td>92%</td>
<td>47%</td>
</tr>
<tr>
<td>Tropical Salsa</td>
<td>90%</td>
<td>44%</td>
</tr>
<tr>
<td>Sun Butter Banana Bites</td>
<td>87%</td>
<td>62%</td>
</tr>
</tbody>
</table>

YOUTH HAD THE OPPORTUNITY TO TRY NEW, HEALTHY FOODS

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

- 128 childcare providers
- 75 school food service professionals
- 8 community partner staff

Strategies for a Smarter Lunchroom

Smarter Lunchrooms Quiz!
Moving fruit from a stainless steel tray to a colorful fruit bowl can increase sales by 100%.

- a) 30%
- b) 75%
- c) 100%
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 describes our PSE efforts conducted this quarter.

- Attended 11 coalition or work group meetings to collaborate with others on food access issues
- Provided technical assistance to a tribal meal site to help expand healthy dessert options
- Distributed over 16,000 newsletters, handouts, stickers, cookbooks, and recipes to community partners to help extend healthy eating messages statewide

Social Media Efforts

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

Summer farmers' markets are an excellent opportunity to work hands-on with individuals and food. This summer, URI SNAP-Ed attended two farmers' markets for 8 weeks in Providence and Woonsocket. These markets offer Bonus Bucks, a benefit to individuals using SNAP dollars to double their money for fresh fruits and vegetables at the market. URI SNAP-Ed assists market clients by providing recipes, general nutrition handouts, fruit and vegetable preparation sheets, free recipe samples, and free kitchen tool giveaways to encourage participants to prepare more fresh produce at home. SNAP-Ed staff also respond to any food- or nutrition-related questions clients may have. This summer, 387 individuals were reached at these two markets.

Clients shared how they used the information provided by URI SNAP-Ed!

"I've used all recipes and free gifts given every week!"

"... I now have a stack [of recipes] in a bin on top of the fridge which also includes the handouts which show how to prepare different fruits and vegetables so that I don't shy away from what I'm unfamiliar with."

"I made the Corn Bread recipe it was amazing & learned about some vegetables that I've never tried!"

"... I'm amazed that a few handouts could have made such a difference in the eating habits of my family."

Eating healthy on a budget can be difficult. Providing resources for easy ways to prepare nutritious foods is very important. See below for some of the materials we use to teach clients how to use produce they may not be familiar with!

Materials are available in English, Spanish, and Portuguese.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.