### 2020 AT A GLANCE

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>People reached through nutrition education classes</td>
<td>2,622</td>
</tr>
<tr>
<td>Community-based presentations &amp; policy, system and environmental (PSE) technical assistance encounters, including 21% in Spanish or bilingual</td>
<td>938</td>
</tr>
<tr>
<td>Participants trained at professional development presentations, including teachers, childcare providers, WIC nutritionists, community health workers, home visitors, school food service providers, summer meals program professionals, and food pantry volunteers</td>
<td>718</td>
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<tr>
<td>Partner organizations engaged</td>
<td>83</td>
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<tr>
<td>Impressions on social media</td>
<td>165.3K</td>
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<tr>
<td>People reached indirectly</td>
<td>2,712</td>
</tr>
<tr>
<td>Views on website</td>
<td>115.5K</td>
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</tbody>
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The Landscape

64% of Rhode Island adults are overweight or obese

12% & 9% of Rhode Island adults consumed the recommended amount of fruits & vegetables, respectively

30% of Rhode Island youth ages 2 to 17 are overweight or obese

38% of youth's daily diet consists of sweet snacks, salty snacks and sugar-sweetened beverages

COVID Impact

Percentage of Rhode Island adults who face food insecurity

Pre-COVID 9.1%
Post-COVID 25.2%

The Rhode Island Solution

Help low-income Rhode Islanders learn how to plan, buy, and prepare healthy meals on a budget.

Teach Rhode Island parents/caregivers positive feeding and physical activity practices to improve the whole family’s health and well-being.

Engage Rhode Island youth in activities that encourage healthy eating habits through introducing new fruits and vegetables and raising awareness of energy-dense snacks and sugar-sweetened beverages.

Empower community partners and stakeholders to create changes in policies, systems, and environments (PSE) to make the healthy choice, the easy choice.

Celebrate the diversity of Rhode Island communities by ensuring our nutrition lessons and recipes are inclusive of all cultures and experiences.

Our Partnerships

- K-12 Schools
- Early Care & Education
- Job Training Sites
- Public Housing
- Congregate Meal/Senior Sites
- Community Centers
- Food Pantries & Emergency Meal Sites
- Faith-Based Centers
- Libraries
- Farmers' Markets
- Health Care Clinics
- Food Stores
- Afterschool Programs
- SNAP Offices
- Summer Meal Sites
- Tribal Organizations

4. NHANES 2007-2010 data (Bleich 2015)
"I have started reading the labels on the back more often and trying to shop smarter for groceries."

"We go outside to play instead of watching TV. We completely eliminated juices and sodas. We reduced portions for everyone in the house."

"[We] have the power to change unhealthy meals [we] eat at home to healthy meals."

*based on participants who completed both pre and post surveys.

**FV = fruits and/or vegetables
The McAuley House in Providence, RI is a meal site and house of hospitality for the hungry or homeless. We collaborated with the McAuley House to deliver nutrition education classes and provide assistance with policy, system, and environmental menu changes. During the nutrition classes, patrons had the opportunity to sample a low-cost, healthy SNAP-Ed recipe and provide feedback on whether it should be added to the meal site’s menu. SNAP-Ed provided consultation to scale up the recipes and add them to the cycle menu.

### Results of Patron Feedback on SNAP-Ed Recipes

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Feedback</th>
</tr>
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<tbody>
<tr>
<td>Skillet Lasagna</td>
<td>100% said serve again</td>
</tr>
<tr>
<td>Black Bean Chili</td>
<td>78% said serve again</td>
</tr>
<tr>
<td>Black Bean Burger</td>
<td>90% said serve again</td>
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