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Dear Community Partners,

Welcome to spring! SNAP-Ed continues to be out in the community and ready to help Rhode Islanders eat healthy on a budget. If you would like resources, are interested in virtual or in-person workshops, or have other ideas for collaboration, please reach out to us at nutrition@etal.uri.edu or 1-877-366-3874.

This newsletter provides a snapshot of our work in the community from January through March 2022.

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We are in full swing!

Programs and community partner initiatives are in full swing. We are particularly happy to be back teaching family programs. Check out this edition's feature on our family programming workshop 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

131 presentations for:
- 536 SNAP-Ed eligible children and adults who received in-person or virtual series or one-time workshops
- 648 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 23 professionals that work with the SNAP-Ed population (professional development training)

79 policy, system and environment (PSE) engagements with 27 community partners
53,322 impressions via social media and 8,381 website pageviews

Where to find us...

Actively Engaged with 44 Community Partners in 13 Different Settings

- Schools (K-12), 35%
- Early child care, 36%
- Homes/public housing, 20%
- Health care clinic, 6%
- Food store, 4%
- Food assistance site, 18%
- Farmers' market, 8%
- WIC, 12%
- Adult edu/job training, 21%
- After school programming, 15%
- Congregate meal/senior site, 15%
- Faith-based center, 1%
In-Person and Virtual Nutrition Education

Programming with youth, parents and adults occurred in-person and virtually. Over 130 adults/parents were involved in direct education through adult education and job training programs, a Tribal organization, senior centers and housing sites, food assistance sites, and other locations throughout the state.

Four hundred youth from in-school, afterschool, and early childhood center community sites were involved with hands-on, engaging programming. Below are photos of programming in action.

Professional Development Training

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

- Childcare providers, physical education/health teachers, and health coaches for the Diabetes Prevention Program and other chronic disease prevention programs participated.

Participant Feedback:

I will be able to apply what I learned.
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 expand our reach to Rhode Islanders.

Our platforms are highlighting new, culturally relevant and Rhody-inspired recipes. This Chicken Palava is a recipe influenced by the Liberian culture.

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Policy, Systems and Environment (PSE) Strategies

PSE strategies complement direct nutrition education for SNAP-Ed audiences by helping to make the healthier choice, the easier choice. This quarter we are highlighting our work with food pantries.

- **Assist pantries with assessing their current strengths and areas for opportunity**
- **Provide suggestions to pantry staff/volunteers including...**
  - Shelf tags with nutrition tips
  - Display of educational resources
  - Professional development training for staff/volunteers
  - Help create a nutrition policy
- **Help to make the healthier choice, the easier choice**
- **Empower pantries through tools and resources**
  - Assistance with client assessment tool and analysis
  - Donation food list guide
  - Tailored nutrition policy guide

### Social Media Efforts

- Instagram (4 posts) URI_Nutrition_Ed
- Facebook (4 posts) Community Nutrition Education RI
- Twitter (6 tweets) RISNPED
- YouTube (no new uploads) URI Nutrition
Family Workshop

Family programming is back! Parents and caregivers have worked especially hard during the pandemic and priorities have made programming challenging to attend. However, SNAP-Ed educators were excited to have a successful in-person family program this quarter. The family program includes a 4-week series where the parents and caregivers discuss positive feeding practices and healthy family habits. Meanwhile, their children practice culinary skills while learning that nutrition can be fun (and tasty!). This program in Cranston engaged four parents/caregivers and six children.

WHAT CHANGES DID YOU MAKE SINCE STARTING THIS PROGRAM?

- Add more veggies and fruits in our meals.
- Buy frozen food, try new vegetables and fruits, try to serve at least one new item each week.

Most Favored Recipes

- Percentage of children who liked the recipe:
  - French Toast Roll-Ups: 100%
  - Tex Mex Pasta: 86%

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