



Pineapple Sweet Potato Soup with Chicken, a Cambodian dish inspired by our culturally diverse recipe project

📍 80 Washington Street, Room 300, Providence, RI 02903

☎ 401-277-5270

🌐 <https://web.uri.edu/snaped>

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## 2022 AT A GLANCE

**1,762**

**people** reached through nutrition education classes

**776**

community-based **presentations** & policy, system and environmental (PSE) **technical assistance** encounters, including 28% in Spanish or bilingual

**647**

**participants** trained at professional development presentations, including teachers, childcare providers, WIC nutritionists, family visitors, health care staff, adult education employees, school food service providers, and summer meals program professionals,

**84 partner organizations** collaborated

**184,598**

**impressions** on social media



**3,149 people** reached indirectly

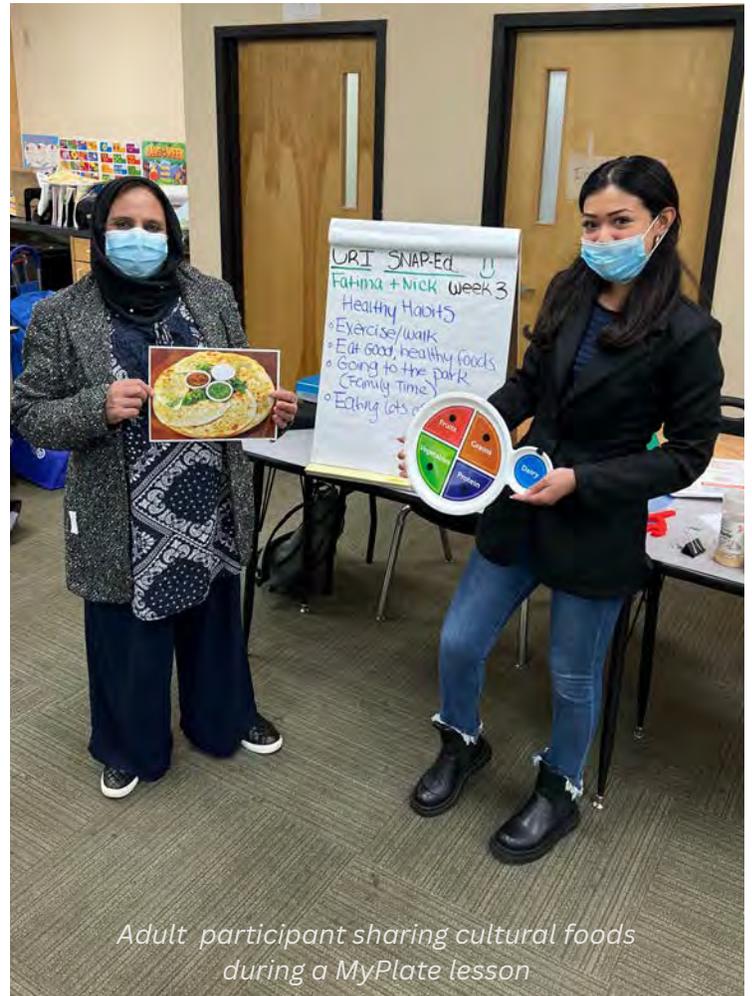
**33,002 views** on website

# The Landscape

In Rhode Island **69% of households are considered to be food secure**. Individuals and families meet their food and nutrition needs through various means. Unfortunately, households whose cultures experience marginalization tend to have higher rates of food insecurity. (1)

SNAP-eligible audiences enjoy a variety of cuisines and have varied food preferences. This includes an array of fruits and vegetables. In Rhode Island, only **9.5% of adults report consuming the recommended amounts of 2 or more fruits and 3 or more vegetables each day**. Barriers including cost, lack of access, and perceived lack of confidence to prepare fruits and vegetables affect consumption. (2)

In addition, food advertisements and marketing towards youth sway their purchases of energy-dense snacks and sugar-sweetened beverages with **38% of youth's daily diet consisting of these foods**. (3)



Adult participant sharing cultural foods during a MyPlate lesson

## SNAP-Ed Collaborates with Rhode Islanders by...

**Learning** about adults' food practices and suggesting additional ideas on how to plan, buy, and prepare healthy meals they enjoy on a budget.

**Sharing** positive feeding and physical activity practices among parents/caregivers to improve the whole family's health and well-being.

**Engaging** with 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.

**Complementing** community partners' efforts and expertise to facilitate changes in policies, systems, and environments (PSE) to make the healthier choice, the easier choice.

**Celebrating** the diversity of communities by ensuring our nutrition lessons and recipes are inclusive of all cultures and experiences.



Youth participate in a student-led cafeteria recipe project to create system change in their school

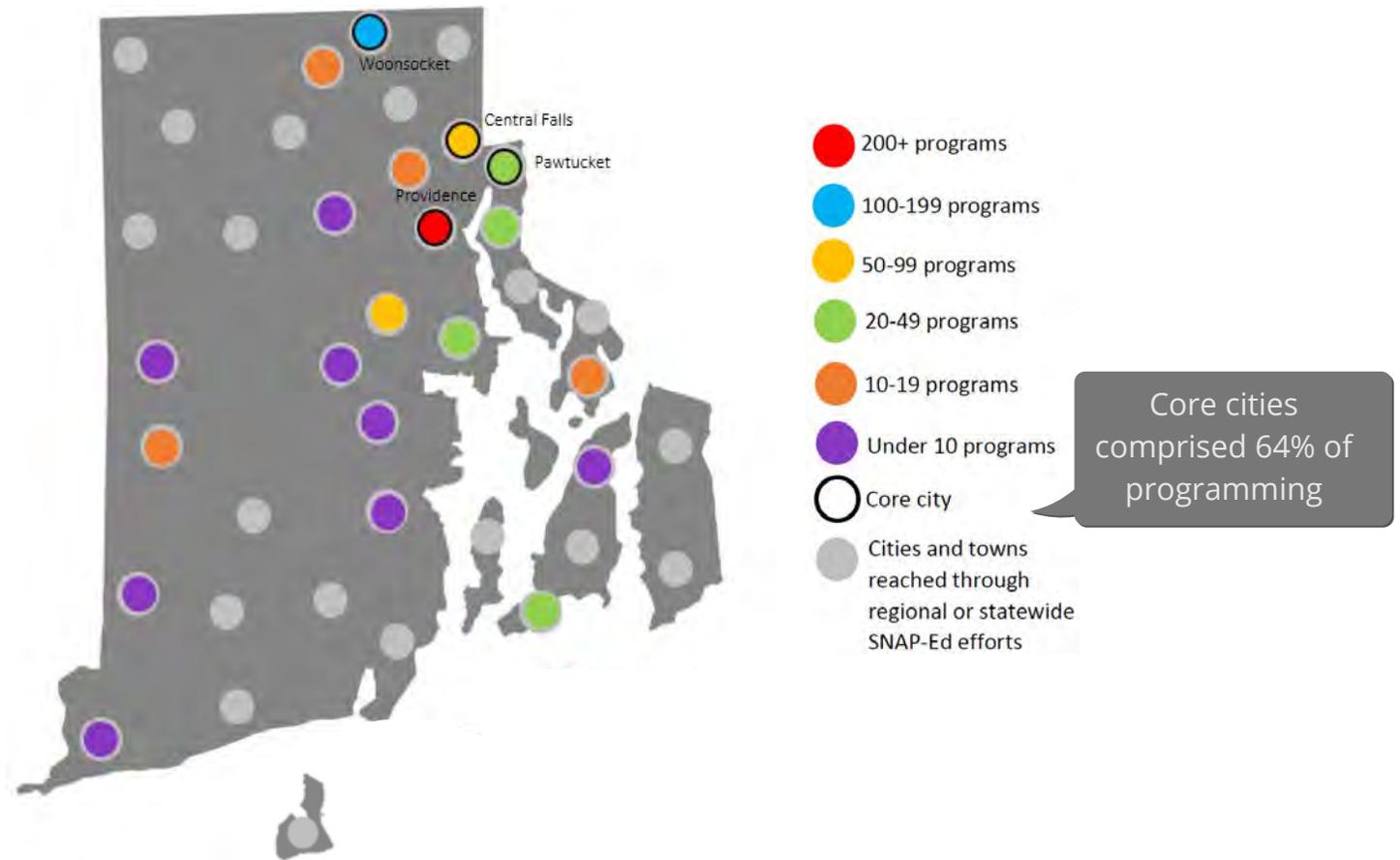
(1) Rhode Island Community Food Bank, 2022. "2022 Status Report on Hunger in Rhode Island". <https://rifb.wpenginepowered.com/wp-content/uploads/2022/11/2022-RICFB-StatusReport-final-web.pdf>

(2) America's Health Rankings, 2022. "Annual Report Fruit and Vegetable Consumption RI". <https://www.americashealthrankings.org/explore/annual/measure/fvcombo/state/RI>, accessed 2-10-23

(3) Bleich, SN. Trends in SSBs and Snack Consumption Among Children by Age, Body Weight, and Race/Ethnicity. *Obesity* 2015; 23: 1039-1046. <https://onlinelibrary.wiley.com/doi/full/10.1002/oby.21050>

# Partnerships and Reach

Collaboration with **84 community partners** promotes statewide reach, both in-person and virtually, to those eligible for SNAP-Ed. It also provides an opportunity for RI SNAP-Ed to **engage with youth, parents, adults and community partners** in various settings throughout the state. The state map below describes the location and concentration of programming. The Tree map depicts where the majority of programming and efforts reside in the community.



**Tree Map** depicting where the majority of programming occurs in the community



- Libraries
- Small Food Stores
- Faith-Based Centers
- Parks/Open Spaces
- SNAP offices
- Family Resource Centers
- Native American Reservation



# Older Adult Spotlight: A New Found Love for Fruits and Veggies

Learning and sharing food stories, tips and ideas with the older adult population is an enriching experience for RI SNAP-Ed nutrition educators. Older adults join in series programming at congregate meal sites and community centers around the state. Discussions included nutrition topics, food resource management, and physical activity. The programming also includes recipe demonstrations and tastings.

Meeting the older adults where they are at and having conversations around food can guide behaviors. One older adult shared:

**"I eat more fruits and vegetables, [and have] discovered how good they are- thanks!"** Hearing the influence of the program on the older adults' behaviors is a humbling reward. Another older adult shared:

**"I always feel if I learn one new thing it is worth it...How many fruits and veggies per day. It helped. I now eat more fruits and veggies! I am happy. The class was great and informative. Great teacher!"**



*Congregate meal site participants displaying their insulated grocery bags as a nutrition education reinforcement item*

## Adult Programming

**278 programs** with adults at their food access points or where they live, gather, wait and learn

**712 adults** joined nutrition education classes

**2,091 adults** received nutrition, food resource, and recipe materials through table events, mailings and other modes of print material dissemination

**300 community partner staff** interacted in professional development opportunities

**Policy, system and environment initiatives** included

- involvement in local and statewide coalitions/working groups and strategic planning efforts
- administration of needs assessment tools to determine the strengths and suggestions for best practice at food access sites
- production of newsletters for adults focused on healthy eating on a budget, produce preparation sheets, and pantry tip cards
- collaboration with partners to distribute nutrition materials alongside food access initiatives

**93% of adult participants** showed improvement in one or more nutrition, physical activity and/or food resource management practices (n=148)\*. The four behaviors that participants improved on the most after participating in the program are:

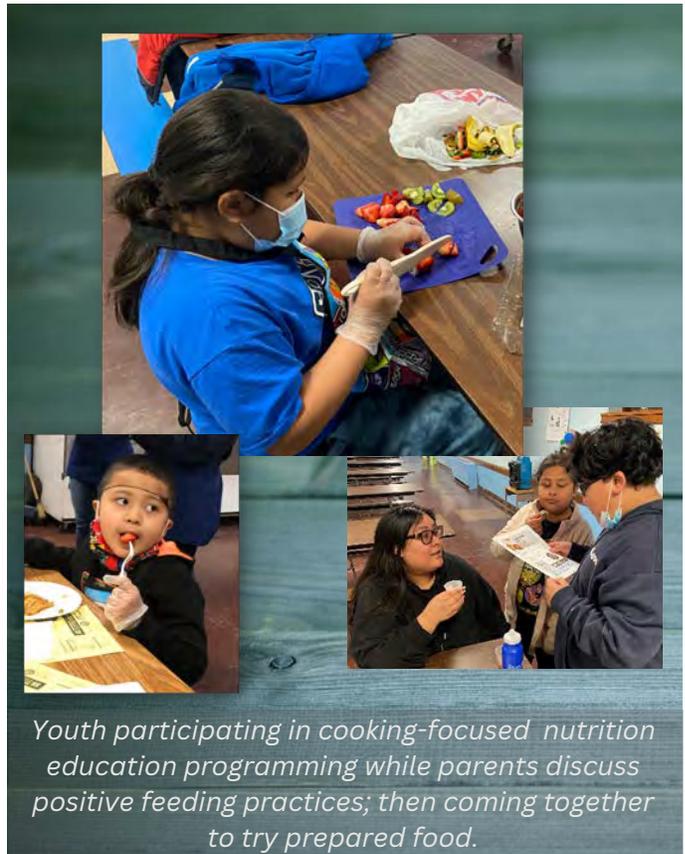


\*adults attended adult-series programming (4-6 lessons per series) AND completed both baseline and post assessments.

# Family Spotlight: Bringing it into the Home

While interaction with youth is highest in school, early childhood, and summer camp settings, spending time with the whole family is the most rewarding. Family programs consist of youth learning through cooking while the parents and caregivers join in series programming on positive feeding parenting practices. Families then come together to share the prepared food.

Parents and caregivers are busy and finding time for nutrition programs can be challenging. However, those that join share valuable tips to other families and often leave with new tools in their parenting toolbox. One parent shared **"[We are] making outdoor physical activity a priority and trying healthy swaps. My son has named the yogurt dip 'fun dip' and asks for it almost daily."**



*Youth participating in cooking-focused nutrition education programming while parents discuss positive feeding practices; then coming together to try prepared food.*

## Youth and Family Programming

**212 programs** with youth and families where they eat, learn, and play

**1,010 youth and families** joined nutrition education classes

**347 community partner staff** interacted in professional development opportunities

**Policy, system and environment initiatives** included:

- involvement in local and statewide coalitions/advisories/wellness committees
- collaboration with partners to create and distribute in-school resources and supplementary curriculum materials
- support for health professionals to share nutrition and food resources with families
- production of early childhood newsletters
- train-the-trainer and other professional development training opportunities to extend reach

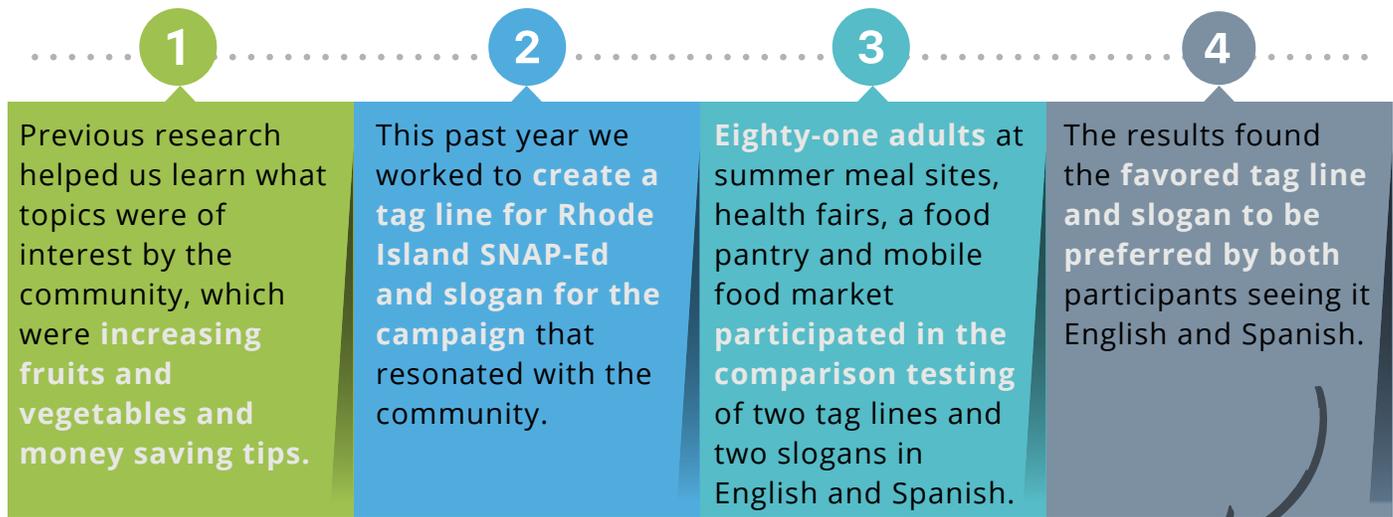
**9,254 youth and families** received nutrition, food resource, and recipe materials through table events, mailings and other modes of print material dissemination through community partners

**86% of youth participants** showed improvement in behavior and/or attitudes of one or more nutrition and/or physical activity practices (n=539)\*. The four behaviors that saw the largest improvement are:



\*youth attended series programming (4-6 lessons per series) AND completed both baseline and post assessments.

# Social Marketing Efforts



## TAG LINE

Inspiring a love for healthy food

Inspirando amor para comida saludable

## SLOGAN

Inspiring healthier communities with the foods we know and love

Inspirar comunidades más saludables con los alimentos que conocemos y amamos

The first change was to the URI SNAP-Ed logo to reflect the new tag line and create logos in English and Spanish. The roll-out of the campaign will happen in 2023.



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# Diversity, Equity, and Inclusion (DEI) Efforts

Extensive work is continuously done to make SNAP-Ed programming and materials more inclusive, diverse, and equitable. The office DEI team organized several **staff training opportunities**, including six Country Spotlight trainings on food and culture of various countries, as well as a Justice and Sovereignty in Indigenous Foodways session. Other efforts included **creating signage** to indicate languages spoken at table events, **development of a checklist** to ensure materials are inclusive and accessible, and the expansion of URI SNAP-Ed's **culturally diverse recipes**. Ten new recipes were developed including recipes from Cambodia, Cape Verde, and Guatemala.

Cachupa (Cape Verdean Stew)



Chicken Amok (Cambodia)



Jagacida (Cape Verdean Beans & Rice)



Food pantry table event showcasing culturally inclusive recipes and sharing languages spoken at the table