



Quarterly Snapshot

Dear Community Partners,

We hope you are all well! SNAP-Ed appreciates working with you and spending time with your community members. 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 October 2022 through March 2023.

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Busy Fall and Winter Seasons

Where did the time go? We have been busy with programming out in the community and professional development training for community partners. We have also been complementing policy, system and environment work done by community partners to help make the healthier choice the easier choice. Thank you for your continued partnerships and collaborations!

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

299 programs for:

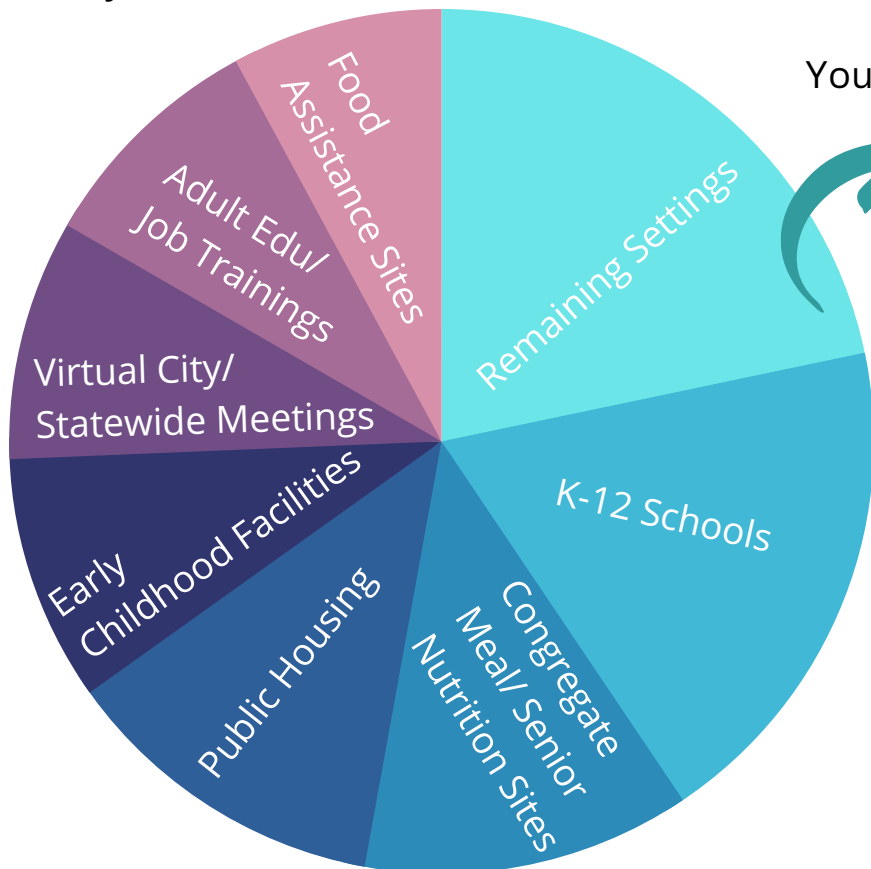
- 1,133 SNAP-Ed eligible children and adults who interacted through in-person, virtual series, or one-time workshops
- 2,158 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 205 professionals that work with the SNAP-Ed population (professional development training)

96 policy, system and environment (PSE) engagements with 28 community partners

16,527 impressions, reach or views via social media and 26,406 website pageviews

Where to Find Us...

Over the fall and winter seasons, you could mostly find us at these sites:



You could also find us here:



Hands-on Nutrition Education

Over the fall and winter months SNAP-Educators spent time with preschool and school-aged youth, adults, parents, and older adults. Programs included fun activities, cooking, sharing money-saving tips, and discussing nutrition topics. Data is important to collect to see how our programs help the community. Some of the best data we receive are the informal anecdotes from community members.



"This is a perfect recipe because the food pantry has all these ingredients today....I'm making this today." ~Pantry patron



**..on Wednesday morning one of the participants stopped me in our hallway to tell me that she had prepared the Easy Cheesy Chicken and Broccoli dish for her family on Tuesday evening for dinner. She said that her family loved it, especially her 8 year old daughter (who was standing beside her nodding her head in agreement)! I know we do not always realize the impact we have day to day, but for this family, they now have an affordable and easy to prepare dinner that they enjoy.
~ Manager at Head Start**



**"I don't like it, I love it."
~Youth at a family program**



"Honestly, I only eat my mom's pasta at home because there's a very specific way that I like it and only she gets how to do it, but I think I want another plate of this lasagna. It's so amazing and I wouldn't have tried it like this because they usually only come out of the oven. This is weird but tastes amazing!" ~After school youth

Policy, Systems, and Environment (PSE) Highlight

PSE strategies complement SNAP-Ed direct nutrition education. PSE strategies aim to help encourage healthy habits. One strategy is to provide handouts to community partners who leave them in a public space or distribute to participants. Below are examples of some handouts we create and share:



Veggie prep sheets provided to Department of Environmental Management and Farm Fresh Rhode Island to include in Senior Farmers' Market Nutrition Program boxes

Resources created for parents/caregivers of young children are sent to early childcare and Head Start sites to share with families.



Quarterly newsletter for the adult population. These are disseminated to food pantries, senior centers, housing sites, and to Meals on Wheels of RI

Professional Development Training

Train-the-trainer sessions help community partners extend healthy eating messages and shape the environments where SNAP-Ed participants live, learn, work, and play. Ten trainings were offered to a wide variety of community partner members including:

112 Health professionals including WIC nutritionists, clinic staff, community health workers, and home visiting staff

30 physical education & health teachers

15 early childhood educators

45 food pantry staff



Liked by foodrecoveryforri and 15 others

jonnycakecenter Thank you to @uri_nutrition_ed's Heidi and Rachel for hosting two training sessions for our food market volunteers, empowering them to better assist Jonnycake members in making informed decisions on food choices based on their health needs.

Social Media and Web Efforts

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



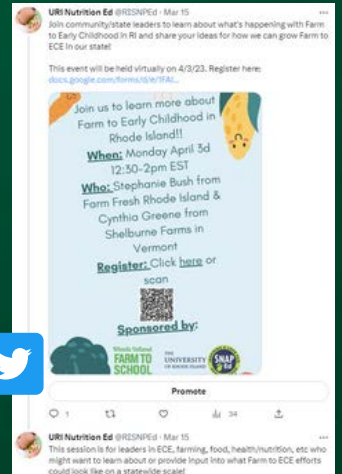
 Instagram (41 posts) URI_Nutrition_Ed

 Facebook (44 posts) Community Nutrition Education RI

 Twitter (10 tweets) RISNPED

 YouTube (14 uploads) URI Nutrition

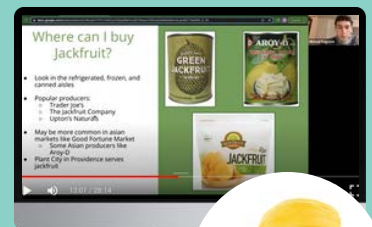
 uri.edu/snaped (107 uploads)



Cultural Inclusivity Efforts

In-person demonstration of pupusas

Virtual staff training on Jackfruit





Program Spotlight

Educating Youth on How to Take Charge!

Our *Student's Take Charge!* program is an 8-part series that connects classroom lessons to the cafeteria. This program focuses on educating youth on how to make fruit- and vegetable-based changes at school and at home. It includes learning:

- about their school wellness committee.
- what persuasive messages are and how to encourage peers to eat more fruits and vegetables.
- how to make requests for fruits and vegetables they like at school and at home.



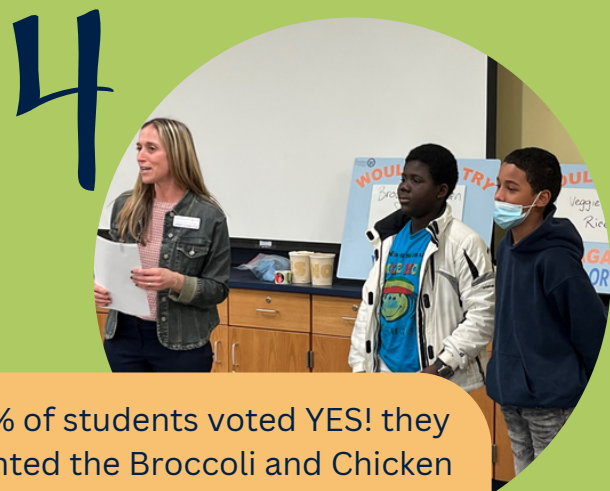
1
5th graders at Globe Elementary in Woonsocket submitted recipes that their classmates voted on. The winning recipe moved on to a school-wide recipe vote.



2
Before the school-wide recipe voting day, the 5th graders created persuasive messages to encourage eating fruits and vegetables.



3
On school-wide recipe tasting day, the whole school has the opportunity to try the recipe and vote as to if they'd like to see it on the lunch menu in the future.



4
84% of students voted YES! they wanted the Broccoli and Chicken Stir Fry on the lunch menu. Families of 5th graders attended the next district wellness committee meeting to share these results and request the lunch menu addition.