



# Quarterly Snapshot

## Dear Community Partners,

Happy spring! SNAP-Ed appreciates working with you and spending time with the members of your community. 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](mailto:nutrition@etal.uri.edu) or 1-877-366-3874.

This newsletter provides a snapshot of our work in the community from **January through March 2024.**

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## Have an idea?

Always ask! We love collaborating with our community partners on initiatives that fit their needs. Please email us at [nutrition@etal.uri.edu](mailto:nutrition@etal.uri.edu) or call 1-877-366-3874.

Follow us on our social media platforms for updates on programs, recipe ideas, and tips to share!



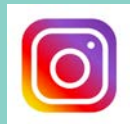
[uri.edu/snaped](http://uri.edu/snaped)



Community Nutrition  
Education RI



RISNPed



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URI Nutrition

# Our Reach to Rhode Islanders

## 170 programs for:

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

55 policy, system and environment (PSE) engagements with 19 community partners

68,163 impressions, reach or views via social media and 20,823 website page views

## Where to Find Us...

We are in various settings across the state, some examples are below.

62 programs where **students learn**, 32 programs at **early childcare** sites, and 13 programs at **afterschool** programs

31 programs where people **live** and 17 programs where older adults **congregate and eat together**

14 programs where **adults learn new career skills** and 13 programs where the community **receives health care**



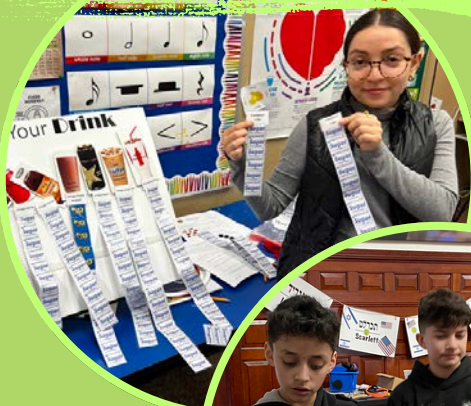
● represent cities & towns SNAP-Ed provided programming

# Out in the Community

While we work with community partners that serve all ages of Rhode Islanders experiencing low income, youth programming is a large focus. Below shows what topics the youth discuss in school and afterschool programming. Sixty-eight 3rd, 4th and 5th graders in Providence, Central Falls and Newport joined our programming this quarter.

## YOUTH SERIES PROGRAMS

Sugar in drinks and healthy drink choices



Ways to make great snacks



How fruits and veggies help our bodies



MyPlate and the food groups



# Policy, Systems, and Environment (PSE) Highlight

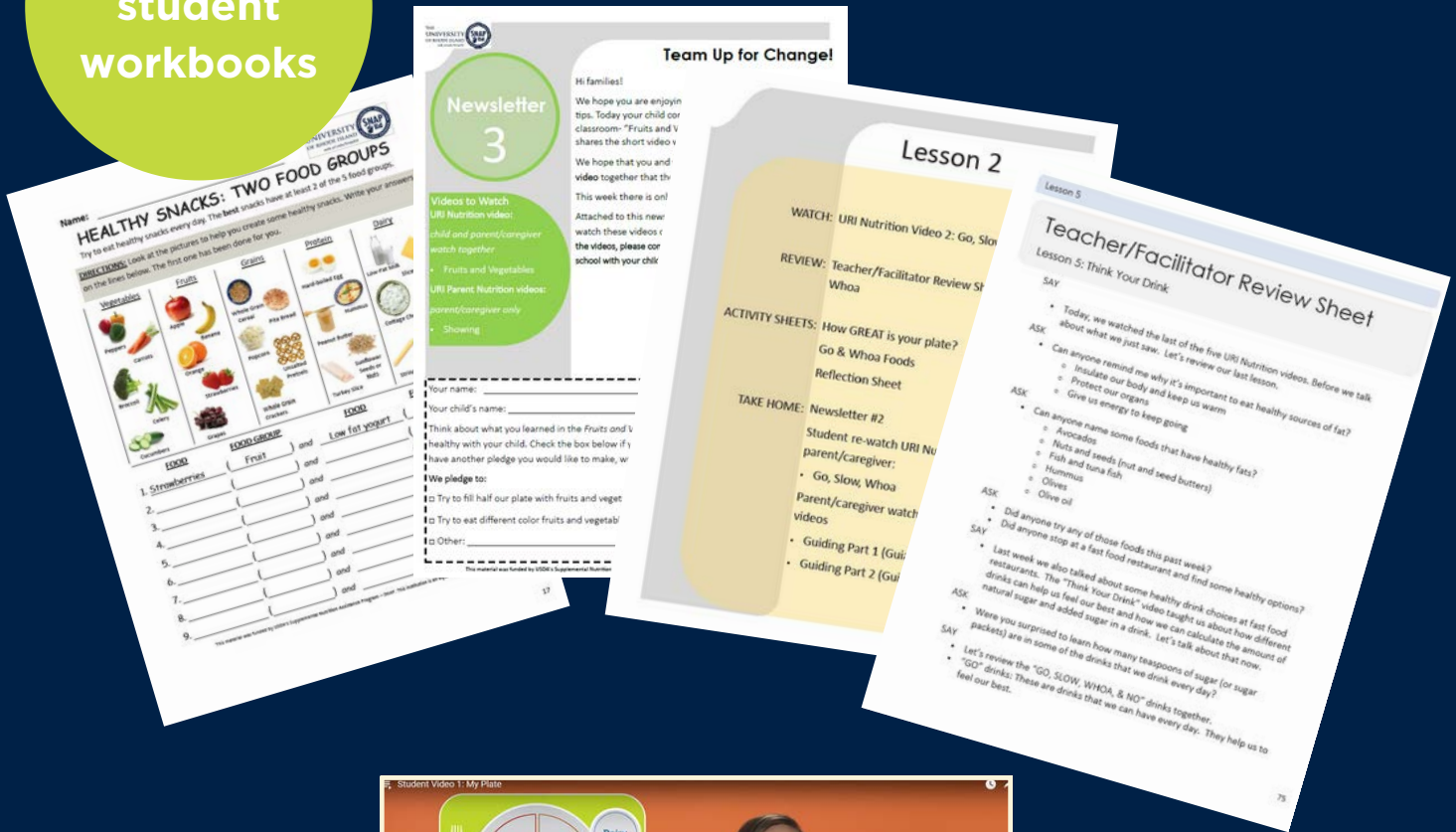
## WHAT IS PSE?

PSE strategies complement SNAP-Ed direct nutrition education. PSE strategies aim to help encourage healthy habits.

## WHAT IS AN EXAMPLE?

One type of PSE strategy is **SYSTEM CHANGE**. This is when an action is initiated to help with behavior change of the community member. Our *Team Up* curriculum is offered to elementary health teachers. It provides resources and technical assistance for teachers to engage students in nutrition education lessons.

Teacher and student workbooks



Videos for short lessons



# 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:

**38** Health Professionals

**23** Community Health Workers & Family Visitors

**14** Early Child Care Providers

See our spotlight page for more!

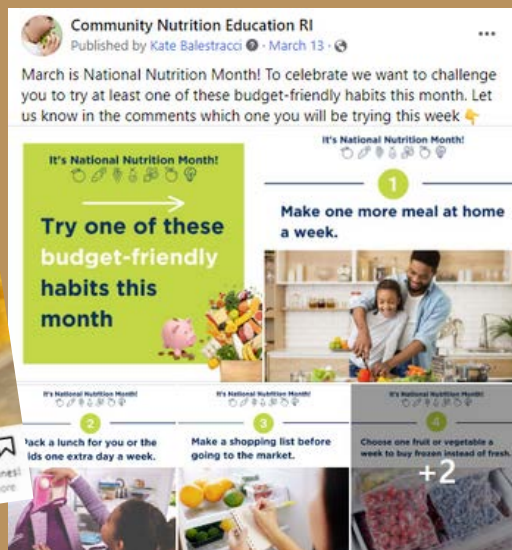


## Social Media and Website Efforts

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 website features recipes you can search by ingredient, handouts you can search by topic, and other information you may find useful!

[web.uri.edu/community-nutrition/snaped/](http://web.uri.edu/community-nutrition/snaped/)



Instagram (28 posts)  
URI\_Nutrition\_Ed



Facebook (38 posts)  
Community Nutrition Education RI



Twitter (4 tweets)  
RISNPED



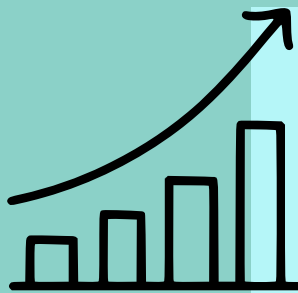
YouTube (0 new uploads)  
URI Nutrition



# Program Spotlight

## Food Ambassador Training Series

SNAP-Ed supported the Pawtucket-Central Falls Health Equity Zone's new Food Ambassador initiative by training a cohort of community health workers to help individuals and families **access healthy food** and **provide accurate, culturally-informed nutrition information**. Participants joined a 6-part series of workshops, received their own teaching materials, and practiced delivering a healthy eating workshop to the public.



By the end of the training series, the participants noted increased confidence in their:

- **knowledge** of basic nutrition concepts and **ability to find** high quality food and nutrition resources in their community.
- **ability** to help community members eat within a limited budget and prepare healthy, low cost recipes that taste good!

Lastly, 75% were very likely to **use the resources provided** in the training,



I think the handouts were great, looking forward to going online and finding more resources.

~participant

