Dear Community Partners,

We hope you are enjoying the summer weather! 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 or 1-877-366-3874.

This newsletter provides a snapshot of our work in the community from April through June 2024.

In this newsletter...

Our Reach................................................Page 2
Community Education...........................Page 3
Policy, Systems, & Environmental (PSE) Strategies ......................................Page 4
Professional Development Training..Page 5
Social Media and Website Efforts.....Page 5
Program Spotlight..................................Page 6

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 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
Community Nutrition Education RI
RISNPEd
URI_Nutrition_Ed
URI Nutrition
Our Reach to Rhode Islanders

92 programs for:
- 330 SNAP-Ed eligible children and adults who interacted through in-person, virtual series, or one-time workshops
- 1,483 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 54 professionals that work with the SNAP-Ed population (professional development training)

45 policy, system and environment (PSE) engagements with 21 community partners
52,658 impressions, reach or views via social media and 16,254 website page views

Where to Find Us...
Across the state we work with partners and see participants in many settings. Here are just some of the sites we visited in April-June.

Food Site
- Food pantries
- Congregate meals
- Food stores

Elementary schools
Afterschool programs
Early childcare

Health clinics
WIC clinics

Community Programs
- Adult education
- Job training
- Recreation Center
Out in the Community

This quarter, we are highlighting our series programs for adults. These programs were at health clinics, job training classes, early childhood centers, and housing sites. The classes focus on nutrition and money-saving tip topics.

What do we talk about in the classes?

- The five food groups on MyPlate
- Including a variety of fruits and vegetables you love into your day
- What is a whole grain and how to find it on the Nutrition Facts label
- The amount of sugar in drinks
- Making sense of the Nutrition Facts label
- Money-saving tips when food shopping
- Using unit pricing to find the best buys

What changes were made after the classes?

A total of 87 adults participated in programming, with 43 adults completing our surveys at the start and end of the program. These surveys show how the classes may help with behavior change. The numbers below show the percentage of adults who improved their behavior from the start to the end of the program.

- 49% Ate the recommended 2 fruits in a day
- 51% Ate the recommended 3 vegetables in a day
- 48% Shopped with a grocery list
- 59% Used a Nutrition Facts label to help choose which foods to buy

"I tried to incorporate more fruits and vegetables into my meals. Also, I haven't been ordering out/getting takeout or fast food as much." ~adult participant
Policy, Systems, and Environment (PSE) Highlight

This quarter we worked with community partners to continue to help make the healthier choice the easier choice for Rhode Islanders. Some examples are below.

- **collaborating in local, state and regional meetings**
  - meetings included Health Equity Zones, Early Childhood Wellness committees, the Farm to Early Childhood network, and Woonsocket School Wellness Committee

- **providing resources for community partners to disseminate**
  - resources included recipes, food access materials, pantry tip cards, and handouts

- **assisting with obtaining metrics to see what great work is already happening with a community partner and where there is room to grow**
  - completed assessments for early childhood education sites

- **offering technical support with curriculum or policy updates and development of food access resources.**
  - working with the Pawtucket/Central Falls HEZ Food Ambassador to provide teaching materials and support with lesson training
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. Four trainings were offered to community partner members including:

40 Summer camp staff trained on *Summer Food, Summer Moves* curriculum

14 Family Visiting professionals trained on infant and toddler feeding practices

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

Search by ingredient! or type of meal!

[Instagram](https://www.instagram.com/URI_Nutrition_Ed) (32 posts)

[Facebook](https://www.facebook.com/CommunityNutritionEducationRI) (31 posts)

[Twitter](https://twitter.com/RISNPED) (3 tweets)

[YouTube](https://www.youtube.com/user/URI_Nutrition) (0 new uploads)
Our Students Take Charge program is an eight lesson program that includes nutrition education and empowering students to make changes in their home and school food environments. This year we worked with 5th graders at Citizen's Elementary in Woonsocket. The students brought in recipes from home and one recipe, Cranberry Kale Salad, was the winning recipe. Samples of the salad were offered to the whole school and every student was able to vote if they would like to try the salad again.

Cranberry Kale Salad

School-Wide Voting

YES! 59% said they would try the recipe again

The salad was added to the lunch menu

Bonus tasting day! Yellow Rice was a huge success!

77% said yes!

Keep an eye out for a toolkit and opportunities coming out through a collaboration with RIDE, Johnson & Wales, RIHSC, Farm Fresh RI and SNAP-Ed

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