

Quarterly Snapshot

Dear Community Partners,

Happy autumn! 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 July through September 2023.

In this newsletter...

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

Thank you to our healthy school lunch heroes!

Before school is back, summer provides a great opportunity for professional development training. Scroll to page 6 for a spotlight on our **training for school food service staff**.

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



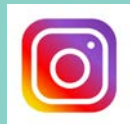
uri.edu/snaped



Community Nutrition
Education RI



RISNPed



URI_Nutrition_Ed



URI Nutrition

Our Reach to Rhode Islanders

156 programs for:

- 406 SNAP-Ed eligible children and adults who interacted through in-person, virtual series, or one-time workshops
- 1,442 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 331 professionals that work with the SNAP-Ed population (professional development training)

47 policy, system and environment (PSE) engagements with 23 community partners

91,532 impressions, reach or views via social media and 15,219 website page views

Where to Find Us...

During the summer, you could find SNAP-Ed at these sites:

YOUTH PLAYING

K-12 SCHOOLS

COMMUNITY/
RECREATION
CENTERS



SUMMER
MEAL
SITES

HEALTH CARE
CLINIC/HOSPITAL

HOUSING SITES

ADULTS GATHERING



ADULT
EDUCATION &
JOB TRAINING

CONGREGATE
MEAL/SENIOR
SITES

ACCESSING FOOD

FOOD
PANTRIES

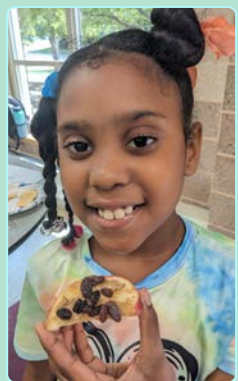
FARMERS'
MARKETS



FOOD
STORES

Out in the Community

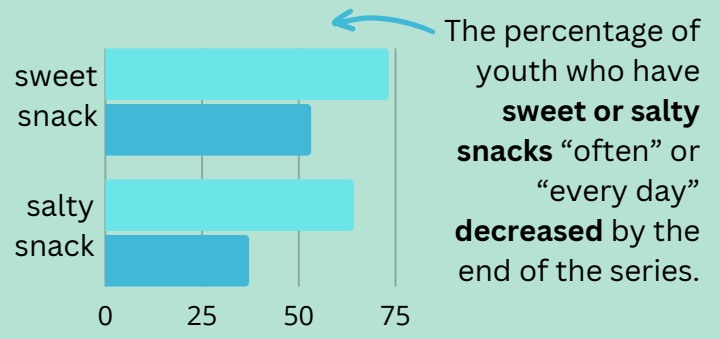
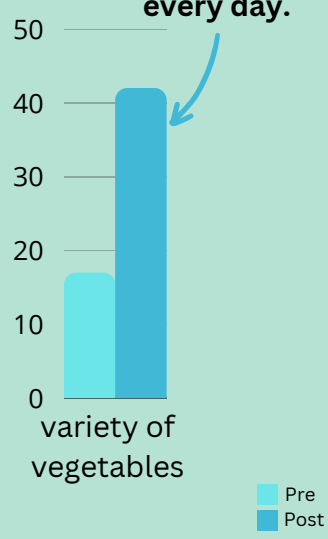
The majority of SNAP-Ed summer programming occurs at youth summer camps and farmers' markets. Youth at camps play hands-on, interactive games to teach nutrition topics and sample SNAP-Ed recipes. Farmers' market patrons access produce preparation sheets, recipes, and other resources that focus on fruits and vegetables sold at the market.



YOUTH SUMMER CAMPS

289 youth in grades K-5
4-6 week series
9 sites throughout the state

By the end of the series, **42%** of the youth said they ate more than one kind of vegetable **every day.**



To learn more about our patrons, we ask a few questions while at the market.



39% almost always/always eat 2 fruits in a day



31% almost always/always eat 3 vegetables in a day



19% almost always/always try a new fruit or vegetable



FARMERS' MARKETS

533 patrons
7 sites throughout the state

Policy, Systems, and Environment (PSE) Highlight

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

PRODUCE PREP SHEETS

BARRIER: Having fruits and vegetables in the home and not knowing how to prepare them or not having a recipe to use them is frustrating.

OPPORTUNITY: Include produce prep sheets with distribution boxes like the RI Seniors Farmers' Market Nutrition Program or with gleaned produced provided to food pantries. These sheets are offered in English, Spanish and Portuguese.



Over 4,000 produce prep sheets distributed

Click here! [Choose the HANDOUT TYPE](#) "Fruit/Veggie Prep Sheets"

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

92 Food service staff who work with students at K-12 schools

185 Early childhood educators

34 Physical education & health teachers



CHECK OUT THE LAST PAGE FOR A SPOTLIGHT ON PD TRAINING



Social Marketing

Over the summer we continued to roll out our new social marketing campaign. Our efforts are starting in Central Falls, with plans to expand statewide in the coming years. The **Add a Fruit or Veggie You Love to Your Day!** campaign encourages SNAP-eligible adults and families to enjoy favorite and cultural foods as part of a healthy diet.



Campaign materials include bilingual (English/Spanish) posters, recipe postcards, social media posts and a dedicated website.

uri.edu/community-nutrition/lovefv/





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.

YouTube uploads include food preparation videos and short recipe videos (both available in English and Spanish).



 Instagram (34 posts)
URI_Nutrition_Ed

 Facebook (40 posts)
Community Nutrition Education RI

 Twitter (14 tweets)
RISNPED

 YouTube (10 new uploads)
URI Nutrition





Program Spotlight

On the Cafeteria Frontline: School Food Service Staff

The end of summer is a popular time for professional development training for school food service staff. We appreciate having a dedicated time to share nutrition content and materials and help create excitement around being a healthy school lunch hero. In August we met with 32 Chartwells staff in Central Falls and 45 Sodexo staff in Woonsocket.

At the end of the training, food service staff were asked what they would do to educate, empower, and nudge students to try new fruits and vegetables through strategies including: polite prompts, taste tests, and warmly welcoming them as they come through the lunch line. Their responses are below.

EDUCATE

73%

will display colorful posters about the importance of fruits and vegetables.



EMPOWER

78%

will display whole fruits in attractive bowls or baskets.



What do healthy school lunch heroes do?

NUDGE

78%

will verbally offer two fruits and let the student pick one.

WELCOME

94%

will smile and greet students as they enter the serving line.

ENCOURAGE

45%

will ask a community partner to offer a taste test.

