THE
UNIVERSITY
OF RHODE ISLAND

INSPIRING A LOVE FOR
SNAP Ed
HEALTHY FOOD

Quarterly Snapshot

Dear Community Partners,

Happy winter! 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 October through December 2023.

In this newsletter…

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!

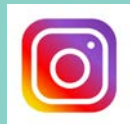f Community Nutrition Education RI

🐦 RISNPEd

🌐 uri.edu/snaped

📷 URI_Nutrition_Ed

▶ URI Nutrition

Our Reach to Rhode Islanders

203 programs for:

- 547 SNAP-Ed eligible children and adults who interacted through in-person, virtual series, or one-time workshops

- 480 SNAP-Ed eligible adults who received SNAP-Ed resources through table events

- 222 professionals that work with the SNAP-Ed population (professional development training)

71 policy, system and environment (PSE) engagements with 21 community partners

75,739 impressions, reach or views via social media and 837 website page views
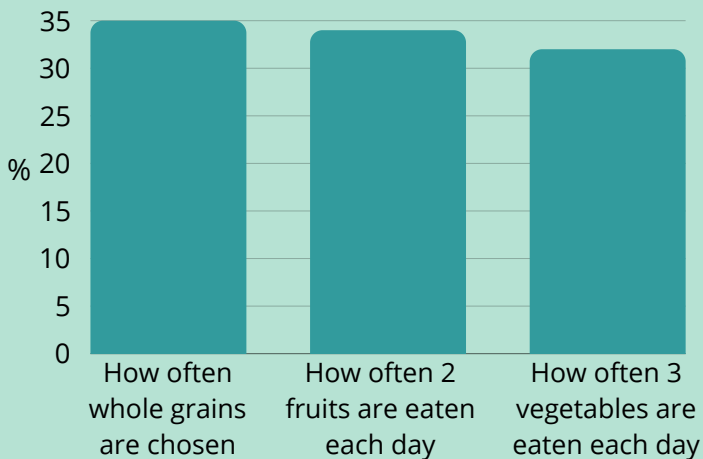
Where to Find Us...
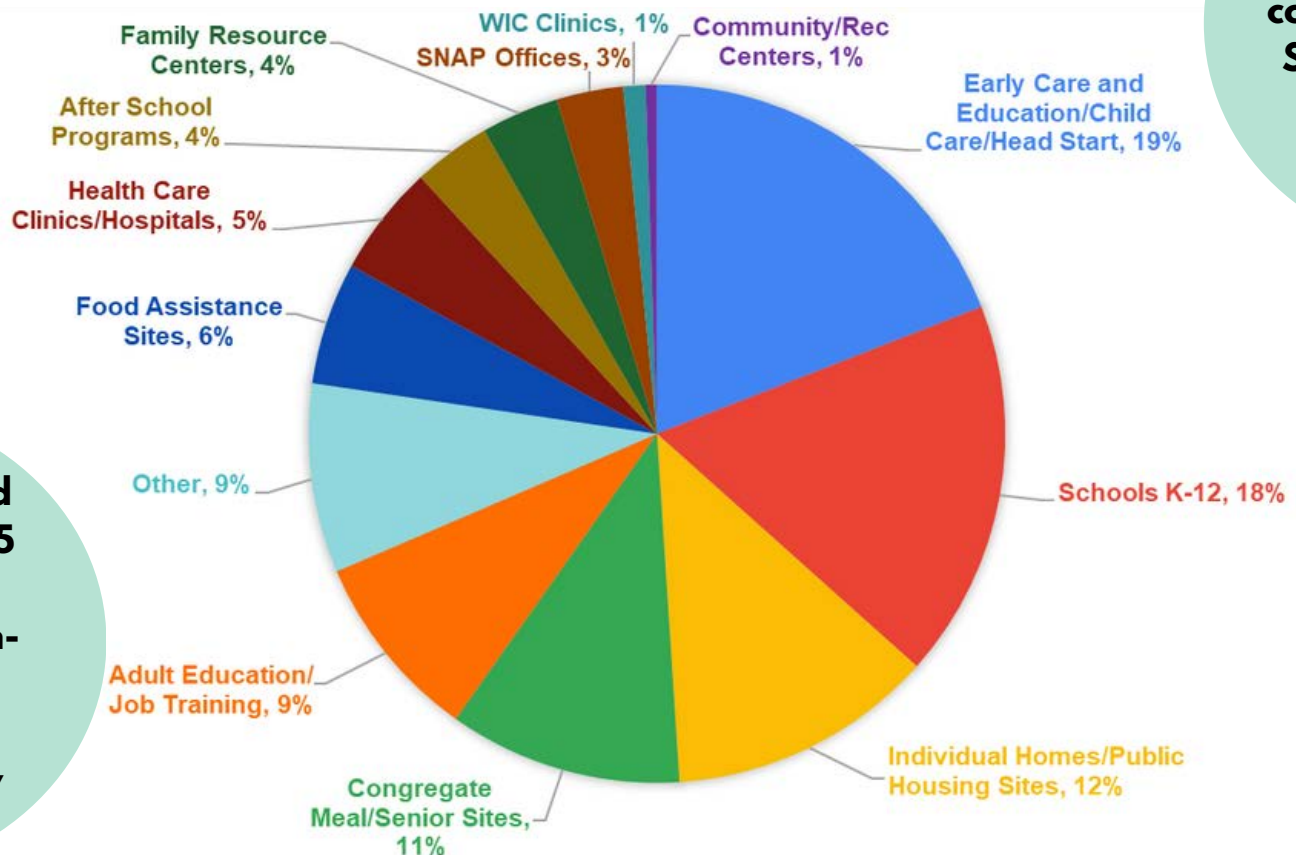
During the fall, you could find SNAP-Ed at these sites.

SNAP-Ed was in 15 cities or towns in-person and/or virtually

Pie chart "Where to Find Us":
- Early Care and Education/Child Care/Head Start, 19%
- Schools K-12, 18%
- Individual Homes/Public Housing Sites, 12%
- Congregate Meal/Senior Sites, 11%
- Adult Education/Job Training, 9%
- Other, 9%
- Food Assistance Sites, 6%
- Health Care Clinics/Hospitals, 5%
- After School Programs, 4%
- Family Resource Centers, 4%
- SNAP Offices, 3%
- WIC Clinics, 1%
- Community/Rec Centers, 1%

Out in the Community

During the fall, you could find us at senior centers, job training sites, schools, early childhood centers, and other settings, providing programming and engaging with Rhode Islanders.

Percentage of Participants who Improved Dietary Habits from the Start to End of the Program (79 participants)

Bar chart showing percentages (% axis 0–35):
- How often whole grains are chosen
- How often 2 fruits are eaten each day
- How often 3 vegetables are eaten each day
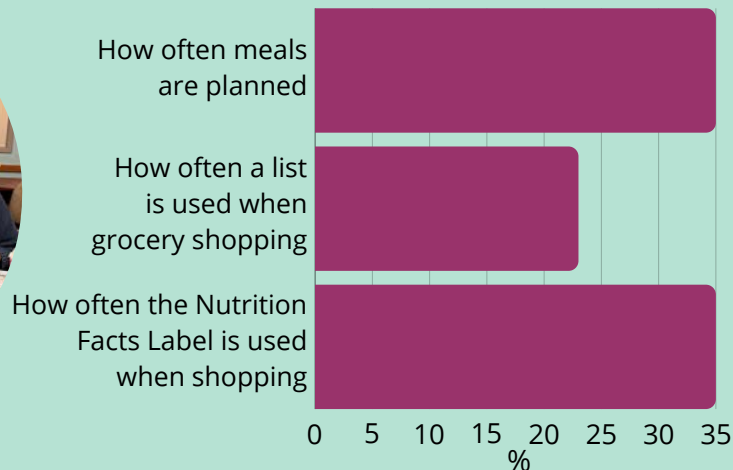

ADULT SERIES PROGRAMS

203 adults

4-6 week series

12 sites throughout the state

Percentage of Participants who Improved Money-Saving Habits from the Start to End of the Program (79 participants)

Bar chart (% axis 0 5 10 15 20 25 30 35):
- How often meals are planned
- How often a list is used when grocery shopping
- How often the Nutrition Facts Label is used when shopping

TOP RECIPES USED IN PROGRAMMING

Shamrock Smoothie

at programs for youth, adults and parents. Who doesn't want to learn that spinach is a great secret addition to smoothies!

Guacamole

at food access sites, and with youth at school and afterschool programs

Black Bean Burger

115 programs with recipe tastings

946 participants exposed to recipes

Creamy Ranch Dip

at early childhood sites and schools to encourage trying new vegetables

at sites serving older adults and also Head Start/Early Head Start parent programs

Banana Bread

at sites serving older adults and also Head Start/Early Head Start parent programs

Policy, Systems, and Environment (PSE) Highlight

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

TECHNICAL ASSISTANCE

BARRIER: Community partner's time or confidence to take on a PSE project at their site.

OPPORTUNITY: SNAP-Ed staff provide assistance to community partners so they can achieve their PSE project goals.

EXAMPLE

Reviewed curriculums and materials with elementary physical education/health teachers for classroom implementation.

Provided suggestions for aligning DHS licensing regulations for Family Child Care Homes with current best practice standards for nutrition, feeding, physical activity, and screen time.

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. Eight trainings were offered to a wide variety of community partner members including:
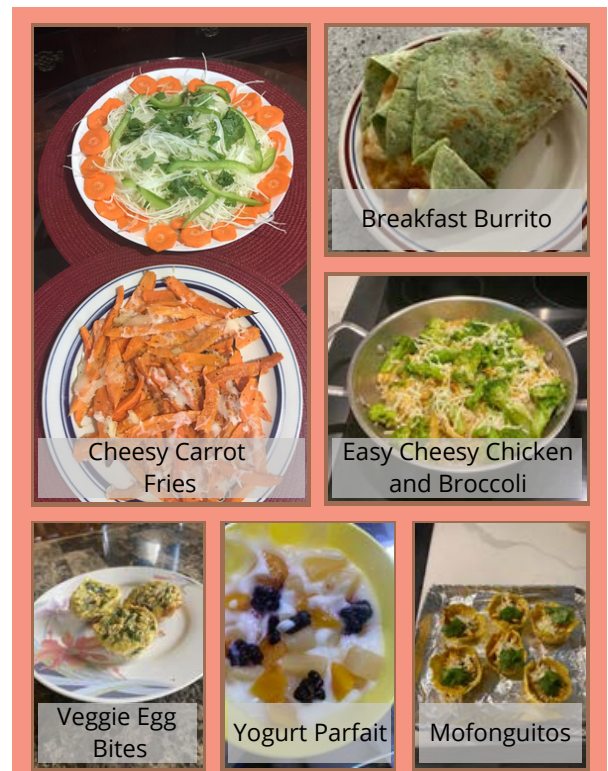
13 Community Health Workers & Family Visitors

Early childhood educators took photos of SNAP-Ed recipes they made at their home daycare sites after taking part in the 4-part training.

24 Early Childhood Educators

3 Food Service Staff

182 WIC Nutritionists & other Health Professionals

Breakfast Burrito

Cheesy Carrot Fries

Easy Cheesy Chicken and Broccoli

Veggie Egg Bites

Yogurt Parfait

Mofonguitos

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/ 🔍
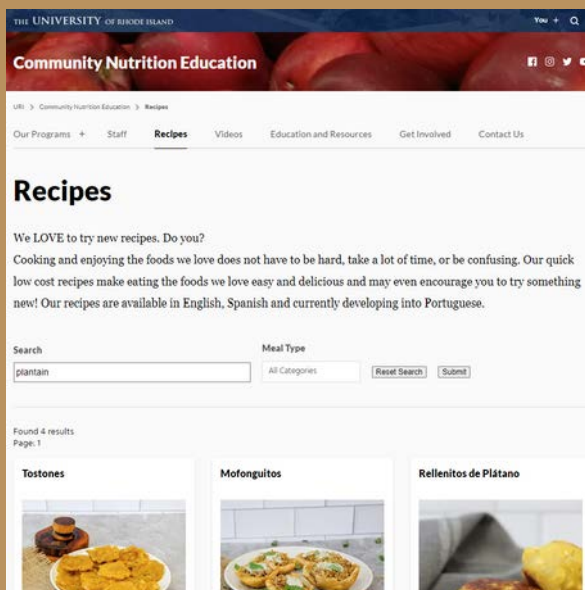
Instagram (16 posts)
URI_Nutrition_Ed

Facebook (16 posts)
Community Nutrition Education RI

Twitter (2 tweets)
RISNPED

YouTube (0 new uploads)
URI Nutrition

Top YouTube videos viewed to date

46,710 views

Cómo Preparar Jengibre

9,007 views

How to Prepare Ginger

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

4,824 views

Bebida de Jengibre Liberiana

3,323 views

Cómo Cortar Cebolla

Program Spotlight

Parents and Caregivers

Parents and caregivers are the gatekeepers to food choices in their homes. Our one-time and series programming provide an opportunity to share best practices and discuss barriers that parents face with their children's eating habits.

ONE-TIME PROGRAMS

One-time programs touch on MyPlate and fruits/vegetables, money saving tips, and the positive parenting practices of division of responsibility and teaching by example.

There were three one-time programs, providing an interactive program for 17 participants.

At the end of the class, the participants are asked if there are any healthy steps they want to take with some options. Below are the top choices selected.

100% Try a new recipe for a quick and healthy meal instead of eating out.

82% Think about MyPlate food groups when planning meals.

76% Add an extra vegetable to one of my family's meals this week.

SERIES PROGRAMS

There were four 4-6 week series programs that engaged 45 participants and covered topics including: the food groups, money saving tips and several positive parenting practices.

Below are some quotes by participants regarding what they have been doing since the series began.

" I check the Nutrition Facts label on the products and try to cook healthier at home. "

-Charter school parent/caregiver

" I have been incorporating veggies in my grandson's food. "

-Early childhood site parent/caregiver