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...
- Our Reach ...........................................Page 2
- Direct Education ..................................Page 3
- Policy, Systems, & Environmental (PSE) Strategies ..................................Page 4
- Professional Development Training ..................................Page 4
- 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

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
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.

ADULT SERIES PROGRAMS

- **203** adults
- **4-6** week series
- **12** sites throughout the state

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

- How often whole grains are chosen
- How often 2 fruits are eaten each day
- How often 3 vegetables are eaten each day

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

- 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**: at sites serving older adults and also Head Start/Early Head Start parent programs
- **Creamy Ranch Dip**: at early childhood sites and schools to encourage trying new vegetables
- **Banana Bread**: at sites serving older adults and also Head Start/Early Head Start parent programs
- **115** programs with recipe tastings
- **946** participants exposed to recipes
**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.

**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
  - Cheesy Carrot Fries
  - Breakfast Burrito
  - Easy Cheesy Chicken and Broccoli
  - Veggie Egg Bites
  - Yogurt Parfait
  - Mofonguitos

- **3** Food Service Staff

- **182** WIC Nutritionists & other Health Professionals
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/

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