The Challenge

Adults

65% of Rhode Island adults are overweight or obese.¹

1 in 8 Rhode Island adults face food insecurity.²

34% & 18% of Rhode Island adults consume vegetables and fruits less than one time per day, respectively.¹

Youth

17% of Rhode Island children ages 10 to 17 are obese.¹

1 in 6 Rhode Island children struggle with hunger.³

42% & 42% of Rhode Island adolescents consume vegetables and fruit less than one time per day, respectively.¹

What We Do

Help low-income Rhode Islanders learn how to plan, buy, and prepare healthy meals on a budget.

Teach Rhode Island parents positive feeding and physical activity practices to improve the whole family’s health and well-being.

Engage Rhode Island youth in activities that encourage healthy eating habits (introducing new fruits and vegetables and raising awareness of sugar-sweetened beverages and energy-dense snacks).

Empower community partners and stakeholders to create changes in policies, systems, and environments (PSE) to make the healthy choice the easier choice.

Where Are We

- K-12 Schools
- Early Care & Education
- Job Training Sites
- Public Housing
- Congregate Meal/Senior Sites
- Community/Rec Centers
- Food Pantries
- Libraries
- Farmers’ Markets
- Health Care Clinics
- Food Stores
- Afterschool Programs
- SNAP Offices
- Summer Meal Sites
- Indian Reservation
- Faith-Based Center

100% of SNAP-eligible cities and towns receive SNAP-Ed programs

2018: At A Glance

- 97 partner organizations
- 4,810 unique SNAP-eligible participants reached through direct nutrition education
- 11,264 SNAP-eligible participants reached indirectly
- 721 professional development participants trained (teachers, childcare providers, WIC nutritionists, food service professionals, and food pantry volunteers)
- 1,580 classrooms received monthly USDA Fresh Fruit & Vegetable Program Fun Facts
- 904 community-based presentations & PSE technical assistance encounters
- 38,199 impressions on social media
- 12,357 views

web.uri.edu/snaped
Direct Nutrition Education

Adult Series
512 total participants reached (239 pre and post surveys collected)

88% of adult participants showed improvement in one or more healthy eating habits.

60% of adult participants showed improvement in one or more food resource management behaviors.

“I spend a lot of time at the grocery store now. I always read the ingredients list and compare prices.”
~ Adult participant

Parent/Caregiver Series
150 total participants reached (46 pre and post surveys collected)

70% of parent or caregiver participants showed improvement in one or more child feeding practices.

41% of parent or caregiver participants increased how often their children play actively for 60 minutes/day.

“I feel like I was having a bad experience with my daughter. This class helped me learn to deal with her and be more patient with her at meal times.”
~ Parent participant

Youth Series
364 total participants reached (242 pre and post surveys collected)

72% of youth participants improved their fruit or vegetable intake.

72% of youth participants decreased their consumption of energy-dense snacks (sweet & salty) or sugar-sweetened beverages.

“Because of the lesson on reading the label and sugars in drinks last week, I look at the label before I pick my drink. I drink unsweetened iced tea now instead of sweetened!”
~ Youth participant
PSE Activities

URI SNAP-Ed empowers community partners and stakeholders to help support healthy eating patterns in multiple settings, including where people live, learn, work, shop, and play.

Settings of PSE Activities

- Grocery Stores
- Schools
- Human Services
- Food Pantries
- Meal Sites
- Community Organizations
- Public Housing
- Early Childhood Education
- Job Training Programs
- Farmers Markets

PSE Spotlight: East Bay Food Pantry

Policy

East Bay Food Pantry’s (EBFP) Access Nutrition Initiative provides guiding principles for food programs, nutrition education, and purchasing. These guidelines were last updated in October 2010. URI SNAP-Ed partnered with EBFP to provide assistance in updating the guidelines.

Systems

EBFP finds that incorporating strategies to nudge patrons towards choosing healthier food items such as brown rice, whole wheat pasta, and oatmeal has a positive impact on patron food choices. SNAP-Ed created monthly tip cards in English and Portuguese to encourage and give patrons the confidence to choose these foods. The tip cards include food preparation methods, tips on how to use the food items, and recipes.

Environmental

In addition to their food pantry, EBFP holds Fresh Food Fridays where patrons can receive fresh fruits and vegetables, but many patrons are unsure how to prepare certain produce items. SNAP-Ed provides a recipe demonstration and resource table monthly, and EBFP also includes SNAP-Ed recipes on the produce crates. The combination of approaches creates an environment where the healthy choice becomes the easier choice.

Sources: