This fall we began our partnership with the Rhode Island Public Health Institute. They run *Food on the Move*, a mobile produce market that makes healthy food accessible and affordable. To complement this effort, we provided the mobile-market patrons with healthy, low-cost recipes to encourage them to try new fruits and vegetables and also to use the fruits and vegetables they already eat in healthy ways. This quarter, six food demonstrations were held at two housing sites. All other *Food on the Move* sites received English and Spanish tear-off pads of SNAP-Ed recipes.

**Where to Find Us:**

- **SNAP-Ed Works! Our Impact:**
  - 91% of adult participants showed improvement in one or more healthy eating habits.
  - 57% of youth participants improved their fruit or vegetable intake.
  - 100% of community partner staff felt more confident to support SNAP-eligible adults in making healthy behavior choices.
SNAP-Ed Program Spotlight: Early Habits Stick!

Over the fall season, students at Feinstein at Broad Street and Southside Charter school, both in Providence, received a 4-lesson series using materials from the Coordinated Approach to Child Health (CATCH) curriculum. This series focused on increasing fruit and vegetable intake and physical activity, decreasing sugar-sweetened beverages and energy-dense (salty and sweet) snacks, and learning about MyPlate and “Go, Slow, and Whoa” foods in each food group. A total of 94 fourth and fifth graders participated in the series, with several showing improvements in many behaviors from before to after the CATCH series.

65% of students reported a decrease in how often they ate sweet and/or salty snack foods from baseline to follow-up (n=94)

- 32% and 30% of students reported an increase in how often they ate more than one kind of fruit and more than one kind of vegetable each day, respectively.

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Before CATCH</th>
<th>After CATCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-reported daily fruit intake</td>
<td>1.80</td>
<td>2.00</td>
</tr>
<tr>
<td>(n=80)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-reported daily vegetable</td>
<td>1.06</td>
<td>1.43*</td>
</tr>
<tr>
<td>intake (n=79)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* significance at p<0.05

Policy, System, and Environment (PSE) Strategies Reinforce Healthy Behaviors!

Comprehensive Community Action Program (CCAP)

PSE approaches aim to help make eating healthy and being physically active an easier choice. For example, young children can learn why eating fruit is important, but unless they are surrounded by supportive early childhood educators (ECE) and families, behavior change will be difficult. CCAP realizes this need for support and partners with URI SNAP-Ed to provide opportunities for the greatest impact on the children including:

- Student nutrition lessons with hands-on activities and taste-testing
- Head Start ECE professional development training and technical assistance to successfully implement the nutrition curriculum Healthy Habits for Life to the students
- Health advisory committee expert opinions from a SNAP-Ed registered dietitian to help shape their childcare food and nutrition policies
- Parent/caregiver 6-week series, Healthy Children, Healthy Families: Parents Making a Difference! to provide strategies and tips for instilling healthy habits in the home
- Family nutrition education at health fairs and through handouts and recipes offered at the front office

"I thought I was not going to like this drink (smoothie) but it’s yummy! I’m going to make it at home with all different colors." ~ Feinstein at Broad Street 4th grade student

How PSE changes impact child dietary behaviors

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