Where to Find Us:
The University of Rhode Island
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)
Quarterly Report FY’2019
Quarter 2 (Jan-Mar)

Our Reach to Rhode Islanders:
46 Community partners actively engaged
252 Presentations for:
• 1,142 unique SNAP-eligible children and adults who received direct, hands-on programs
• 122 professionals that work with the SNAP-eligible population (who received professional development training)
• 1,730 SNAP-eligible children and adults who received SNAP-Ed information through table events
46 Policy, Systems and Environment (PSE) engagements with 19 community partners
12,182 Impressions via social media

SNAP-Ed Works! Our Impact:

93% of adult participants showed improvement in one or more food resource management skills.

55% of parent participants improved their positive parenting practices.

82% of community partner staff felt more confident to support SNAP-eligible adults in making healthy behavior choices for themselves or their families.

What’s new this quarter....
Reach and sustainability are key to widespread community changes. In collaboration with the Rhode Island Department of Health’s Women, Infants and Children (WIC) program and Office of Family Visiting (OFV), SNAP-Ed offered professional development trainings for 69 front line professionals. The WIC training (38 nutritionists) and the OFV professional training (31 community health workers, nurses, and other community professionals) focused on introducing complementary foods to infants (i.e. foods other than breastmilk or formula). The training emphasized how to talk to families about introducing complementary foods including infant readiness, types of foods, and feeding strategies. These conversations early in life can help instill lifelong healthy nutrition habits.

Where to Find Us:
SNAP-Ed Program Spotlight: Cent$ible Nutrition Adult Program

Over the winter, six Cent$ible Nutrition adult series programs were delivered to 55 adults at job training, Indian Reservation, and community engagement sites. This curriculum focuses on what constitutes a healthy diet and why it is important, along with food resource management tools when at home and in the store. Participants are asked to complete survey questions at the start and end of the program to assess changes in 10 positive habits including what they eat and their food resource management skills. Overall, participants improved how often they performed 9 of the 10 assessed behaviors from the start to the end of the series.

Food Resource Management Skills Results*

<table>
<thead>
<tr>
<th>Habit Description</th>
<th>Improvement</th>
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</thead>
<tbody>
<tr>
<td>Plan dinner meals for the upcoming week</td>
<td>54%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>33%</td>
</tr>
<tr>
<td>Make SNAP-Ed, low-cost healthy recipes</td>
<td>68%</td>
</tr>
<tr>
<td>Read the Nutrition Facts Label to compare foods</td>
<td>50%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>33%</td>
</tr>
<tr>
<td>Plan dinner meals for the upcoming week</td>
<td>54%</td>
</tr>
<tr>
<td>Consume 2 fruits or 3 vegetables in a day</td>
<td>75%</td>
</tr>
<tr>
<td>Choose whole grain foods from start to end of the program (n=40)*</td>
<td>75%</td>
</tr>
</tbody>
</table>

*Results are based on the 40 participants who completed both the survey at the start and end of the series.

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

Rhode Island Department of Education’s (RIDE) Fresh Fruit and Vegetable Program (FFVP)

PSE approaches aim to help make eating healthy and being physically active easier choices. RIDE offers the USDA’s FFVP program to eligible elementary schools in RI. FFVP is a tasting program to expose children to different fruits and vegetables (FV) to help increase consumption and variety. To accompany this key system change, RIDE partners with URI SNAP-Ed and Roch’s Fresh Foods to enhance FFVP and provide opportunities for the children to make lasting nutrition-related behavior changes. Opportunities include:

- Teacher professional development and technical assistance on the URI FFVP Nutrition Education curriculum and materials. This 8-lesson curriculum, including take-home materials for families, educates the children on why FV are important, how to incorporate them into a healthy diet, and how much to strive for each day.
- Monthly FFVP Fun Facts handout for classrooms to provide quick information about the FV served each day.
- “FFVP Rainbow Challenge” to encourage tasting the FV, with the winning classroom receiving an interactive workshop. The URI SNAP-Ed workshops are hands-on and provide a smoothie recipe taste-testing and take-home materials for families.
- Collaboration with Roch’s Fresh Foods to increase variety on the menu.

“I tried making a list before I went shopping. I actually had money left over!” ~Adult job training participant

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