Where to Find Us:

The University of Rhode Island
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)
Quarterly Report FY’2019
Quarter 4 (Jul-Sep)

Our Reach to Rhode Islanders:

**41** Community partners actively engaged

**195** Presentations for:
- 1,273 unique SNAP-eligible children and adults who received direct, hands-on programs
- 495 professionals that work with the SNAP-eligible population (professional development training)
- 2,004 SNAP-eligible children and adults who received SNAP-Ed information through table events

**42** Policy, Systems and Environment (PSE) engagements with 19 community partners

**21,067** Impressions via social media

SNAP-Ed Works! The Need:
One-time surveys capture a snapshot into our participants’ current food resource management skills, healthy eating habits, and positive parenting practices.

Of the 83 adults surveyed:
- **42%** almost always/always cook at home.
- **28%** and **19%** almost always/always eat 2 fruits or 3 vegetables in the day (the recommended amount), respectively.

Of the 67 parents/caregivers surveyed:
- **22%** almost always let their child decide how much food to eat in a typical week.

These snapshots help gauge what nutrition education needs our SNAP-Eligible participants have to help inform programming in the community.

What’s new this quarter....

The warmer months in Rhode Island lend themselves to outdoor activities, including shopping at farmers’ markets. Farm Fresh Rhode Island (FFRI) operates eight seasonal, outdoor farmers’ markets where SNAP and WIC benefits are accepted and where their Bonus Bucks program doubles SNAP benefits used at the market. At two of the markets, SNAP-Ed holds weekly recipe demonstrations to showcase low-cost healthy recipes incorporating in-season produce. Over nine weeks SNAP-Ed interacted with a total of 1,039 patrons (408 unique patrons) at the Woonsocket and Central Falls markets. Ninety patrons completed surveys at the start and end of the summer. Results showed a significant improvement in how often the patrons consume the recommended amount of fruits and vegetables in a day.

<table>
<thead>
<tr>
<th>How often they eat...</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 fruits in a day at least most of the time</td>
<td>55.8%</td>
<td>69.4%</td>
</tr>
<tr>
<td>3 vegetables in a day at least most of the time</td>
<td>54.3%</td>
<td>62.2%</td>
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</table>

Carrot Salad and Cheesy Carrot Fries, the most popular recipes to eat at the market and make at home.
SNAP-Ed Program Spotlight: Summer Youth Series Programs

Over the summer, SNAP-Ed provided a 5-6 week nutrition education workshop series to youth at six closed meal site summer camps. Using the USDA curriculum *Summer Food, Summer Moves*, youth learned about the importance of consuming fruits and vegetables and limiting energy-dense snacks (EDS) and sugar-sweetened beverages (SSB), had the opportunity to make and try fruit- and vegetable-based recipes, and were physically active to encourage an overall healthy lifestyle. A total of 250 youth entering grades 1-8 attended camps in Woonsocket, Providence, Newport and Saunderstown and at least half completed surveys both at the start and end of the summer.

From the start to end of the program...

11.3% of youth increased how much they like fruits
22.6% of youth increased how much they like vegetables

Older youth (grades 3-8) were asked additional questions about EDS and SSB. Based on 96 youths’ self-responses, there were significant decreases in how often sweet snacks, salty snacks and SSB were consumed from the start to end of the program.

- 33.3% of youth decreased how often sweet snacks were consumed
- 31.3% of youth decreased how often salty snacks were consumed
- 82.1% decrease in how many times SSB were consumed in the previous day

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

School Food Service Staff Professional Development Trainings

Food service staff play an important role in the nutritional health of the students they serve. For many students, school is where they receive the majority of their meals; therefore the interactions the students have with the food service staff can influence what they eat and thus, their overall health. SNAP-Ed provided a professional development (PD) to the Providence Sodexo (n=174) and Chartwells’ Statewide Contract Districts’ (n=134) food service staff on Smarter Lunchroom concepts. The main focus of the PD was to make the lunch line an inviting and warm atmosphere where the students are encouraged to have choice in what they take and also to try new foods. When asked what they will do in their schools regarding the topics discussed, the top responses were:

<table>
<thead>
<tr>
<th>What will YOU do to create a WARM WELCOME?</th>
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<tbody>
<tr>
<td>Smile and greet students as they enter the serving line.</td>
<td>Display whole fruits in attractive bowls or baskets.</td>
</tr>
<tr>
<td>How will you provide the POWER OF CHOICE?</td>
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<tr>
<td>Display whole fruits in attractive bowls or baskets.</td>
<td>Verbally offer two fruits and let the student pick one.</td>
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<td>What POLITE PROMPTS will you use?</td>
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