



Quarterly Snapshot

Dear Community Partners,

We hope everyone is having a wonderful summer. We have transitioned towards more face-to-face nutrition education in the community. However, we continue to work with partners to engage participants in-person or virtually to meet their comfort level. If you would like resources, are interested in virtual or in-person workshops, or have other ideas for collaboration, please reach out! You can email us at nutrition@etal.uri.edu or call our hotline at 1-877-366-3874.

This newsletter provides a snapshot of our work in the community from April through June 2021.

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We need your help!

We are in the early stages of learning how our adult and parent/caregiver audiences find food and healthy eating information. The answers will help us create a social marketing campaign to promote healthy eating. Please share our website link uri.edu/snaped to direct your community members to our short, 5-minute survey!

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

71 presentations for:

- 261 SNAP-Ed eligible children and adults who received virtual series or one-time workshops
- 378 SNAP-Ed eligible adults who received SNAP-Ed resources through table events, live webinars and pre-taped videos
- 375 professionals that work with the SNAP-Ed population (professional development training)

72 policy, system and environment (PSE) engagements with 29 community partners

108,175 impressions via social media and 9,786 website pageviews

Where to find us...

42 Community Partners Actively Engaged

In April- June, direct programming and PSE efforts occurred throughout the state in locations including:



Schools

Early care and education facilities

Congregate/Senior meal sites



Public housing/homes



Summer meal locations



Emergency food sites

After school programs



Adult education/job training sites

Health clinics



Virtual & In-Person Education for Community Participants



This spring some programming with afterschool youth, adults in job training and learning programs, and parents of young children continued to be live online lessons. However, other programs with afterschool youth, young children at early childcare sites, and adults at emergency food sites were back to being in-person, which was exciting for both the educators and the participants.

6-PART AFTER SCHOOL PROGRAM ELICITS BEHAVIOR CHANGE IN UNHEALTHY NUTRITION HABITS

Percentage of youth that...	Before Program	After Program
Consume salty snacks every day	28%	18%
Consume sweet snacks every day	32%	18%
Consumed sugar-sweetened beverages 5 or more times in the previous day	25%	18%

Professional Development Training

Several trainings were offered to a wide variety of community partner members including:



102 summer meals program staff



12 food pantry volunteers



128 health professionals



7 childcare providers



96 physical education/health teachers



18 child care administrators

See our spotlight below

Policy, Systems and Environment (PSE) Strategies

PSE strategies **complement** direct nutrition education for the SNAP-Ed population by helping to make the healthier choice, the easier choice.

The figure below provides an example of how PSE strategies and direct education work **in cohesion** for the common goals of positive nutrition behaviors and healthy food access.



Social Marketing and Social Media Efforts

Social media and marketing efforts include the creation of original content, continued engagement with participants, and sharing of community resources across multiple platforms to reach everyone.



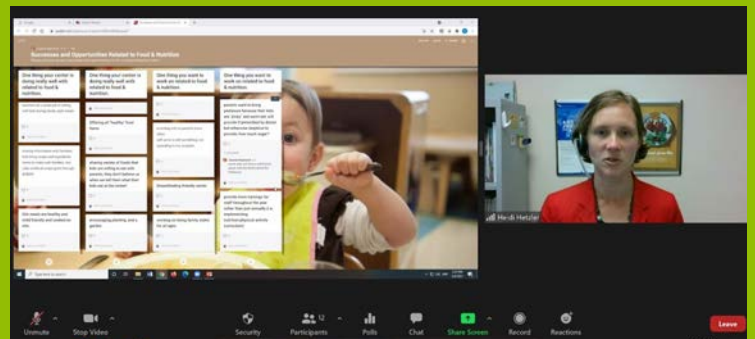
THE WHAT & WHY:
This survey, offered in English and Spanish, will help us learn how we can best share information about food and healthy eating with our community.

THE ASK:
Please send the 5-minute survey to your adult/senior/parent participants.

- Instagram (36 posts) URI_Nutrition_Ed
- Facebook (38 posts) Community Nutrition Education RI
- Twitter (19 tweets) RISNPED
- YouTube (3 uploads) URI Nutrition

Wellness Policies in ECE

Early care and education (ECE) settings help young children develop healthy eating and physical activity habits, however many ECE programs face significant barriers implementing best practices in these areas. To help address this gap, URI SNAP-Ed delivered the 4-part professional development series, ***Create Healthy Habits: Developing a Wellness Plan for your Early Childhood Program.***



Eighteen ECE professionals representing 12 different child care centers and family child care homes participated in the series of interactive, virtual trainings. Participants learned about the benefits of and steps to creating strong policies related to **nutrition, active play, and screen time**, explored resources to help them implement such policies in their program, and had opportunities to brainstorm successes and challenges with their peers. Participants completed the ***Healthy Way to Grow Wellness Policy Workbook*** as part of the series, and will continue to receive technical assistance from a SNAP-Ed educator as they create and implement wellness policies in their ECE program.

