



Quarterly Snapshot

Dear Community Partners,

Happy fall! Here at SNAP-Ed, we continue to provide both face-to-face and virtual nutrition education programs and services in the community. 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 July through September 2021.

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Let's get fresh!

Check out the growing collection of fruit and veggie preparation sheets on our website. From beets to butternut squash and from cabbage to currants, we have step-by-step tips for how to select, prepare, and enjoy a variety of fresh produce items. To learn how we use these handouts at local farmers' markets, **see our spotlight on page 5!**

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



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Our Reach to Rhode Islanders

119 presentations for:

- 359 SNAP-Ed eligible children and adults who received in-person or virtual series or one-time workshops
- 1,242 SNAP-Ed eligible adults who received SNAP-Ed resources through table events and radio shows
- 211 professionals that work with the SNAP-Ed population (professional development training)

48 policy, system and environment (PSE) engagements with 21 community partners

31,147 impressions via social media and 6,578 website pageviews

Where to find us...

38 Community Partners Actively Engaged

In July-September, direct education and PSE efforts occurred throughout the state in locations including:



Farmers' markets

Emergency food sites



Grocery & corner stores



Health clinics

Early care & education facilities



Community & recreation centers

Summer Food, Summer Moves Workshops for Youth



SNAP-Ed educators were back doing **in-person workshops** for youth at **six sites** this summer. Students learned about healthy eating through fun physically active games, hands-on learning activities, and recipe samples. In total, **149 students** took part in a **Summer Food, Summer Moves** program this summer!

YOUTH HAD THE OPPORTUNITY TO TRY NEW, HEALTHY FOODS



Featured recipe	Youth who Tried It	Youth who Liked it
Trail Mix	100%	75%
Shamrock Smoothies	100%	63%
Yogurt Parfait	98%	83%
Cucumber Yogurt Dip	92%	47%
Tropical Salsa	90%	44%
Sun Butter Banana Bites	87%	62%

Professional Development Training

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

128

childcare providers

75

school food service professionals

8

community partner staff



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 describes our PSE efforts conducted this quarter.



Attended 11 coalition or work group meetings to collaborate with others on food access issues



Provided technical assistance to a tribal meal site to help expand healthy dessert options



Distributed over 16,000 newsletters, handouts, stickers, cookbooks, and recipes to community partners to help extend healthy eating messages statewide

Social Media Efforts

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



Instagram (20 posts) URI_Nutrition_Ed



Facebook (22 posts) Community Nutrition Education RI



Twitter (9 tweets) RISNPED



YouTube (1 upload) URI Nutrition

Summer Farmers' Markets

Summer farmers' markets are an excellent opportunity to work hands-on with individuals and food. This summer, URI SNAP-Ed attended two farmers' markets for 8 weeks in **Providence** and **Woonsocket**. These markets offer Bonus Bucks, a benefit to individuals using SNAP dollars to double their money for fresh fruits and vegetables at the market. URI SNAP-Ed assists market clients by providing **recipes, general nutrition handouts, fruit and vegetable preparation sheets, free recipe samples, and free kitchen tool giveaways** to encourage participants to prepare more fresh produce at home. SNAP-Ed staff also **respond to any food- or nutrition-related questions clients may have**. This summer, **387 individuals** were reached at these two markets.

Clients shared how they used the information provided by URI SNAP-Ed!

"I've used all recipes and free gifts given every week!"

"... I now have a stack [of recipes] in a bin on top of the fridge which also includes the handouts which show how to prepare different fruits and vegetables so that I don't shy away from what I'm unfamiliar with."

"... I'm amazed that a few handouts could have made such a difference in the eating habits of my family."

"I made the Corn Bread recipe it was amazing & learned about some vegetables that I've never tried!"

Eating healthy on a budget can be difficult. Providing resources for easy ways to prepare nutritious foods is very important. See below for some of the materials we use to teach clients how to use produce they may not be familiar with!



Materials are available in English, Spanish, and Portuguese.