



Quarterly Snapshot

Dear Community Partners,

Happy winter! These past few months have certainly had their COVID ups and downs, but SNAP-Ed is out and about and ready to help Rhode Islanders eat healthy on a budget. If you would like resources, are interested in virtual or in-person workshops, or have other ideas for collaboration, please reach out to us at nutrition@etal.uri.edu or 1-877-366-3874.

This newsletter provides a snapshot of our work in the community from October through December 2021.

In this newsletter...

Our Reach.....	Page 2
Direct Education.....	Page 3
PD Training.....	Page 3
PSE Strategies.....	Page 4
Social Media Efforts.....	Page 4
Program Spotlight.....	Page 5

We're back (in-person)!

While we still have some virtual programs happening, our calendar of in-person workshops and events is getting busier. We are particularly happy to be out from behind the screen and back in classrooms to teach kids about healthy foods. Check out this edition's feature on our *CATCH* workshops 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



URI_Nutrition_Ed



URI Nutrition

Our Reach to Rhode Islanders

118 presentations for:

- 403 SNAP-Ed eligible children and adults who received in-person or virtual series or one-time workshops
- 472 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 86 professionals that work with the SNAP-Ed population (professional development training)

30 policy, system and environment (PSE) engagements with 16 community partners

3,688 impressions via social media and 6,750 website pageviews

Where to find us...

39 Community Partners Actively Engaged

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



Adult education programs

Emergency food sites



Public schools

Mobile produce markets



Early care & education facilities

Senior centers & senior housing



In-Person and Virtual Nutrition Education

SNAP-Ed educators were busy providing direct education to kids, parents, and adults of all ages this quarter. Check out some of our in-person and virtual programs below!

Healthy Children, Healthy Families series for parents and caregivers at a local Head Start site.



"I am more physically active and getting better with my health."



Cent\$ible Nutrition workshops held online for adults enrolled in the RI Works program and job training programs.

"I have been eating more vegetables"



Eat Smart, Live Strong workshops held in-person for older adults at senior centers, housing sites, and adult day programs.

After school *Cooking with Kids* sessions for elementary-aged students at schools and community centers.



In-school Students Take Charge! and *CATCH Go for Health* workshops for elementary students.



Professional Development Training

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

28

Childcare Providers

37

WIC Nutritionists

21

Home Visiting Staff

WIC Food Package/ Dietary Guidelines

Foods	Children Food Package IV: 1 through 4 years
Juice, single strength	128 fl. oz.
Milk ²	16 qt.
Breakfast cereal ¹	36 oz.
Cheese	N/A
Eggs	1 dozen
Fruits and vegetables ⁴	\$9.00 in CVV
Whole wheat or whole grain bread ³	2 lb.
Fish (canned) ⁵	N/A
Legumes (dry or canned) and/or Peanut butter	1 lb. (64 oz. canned) Or 18 oz.

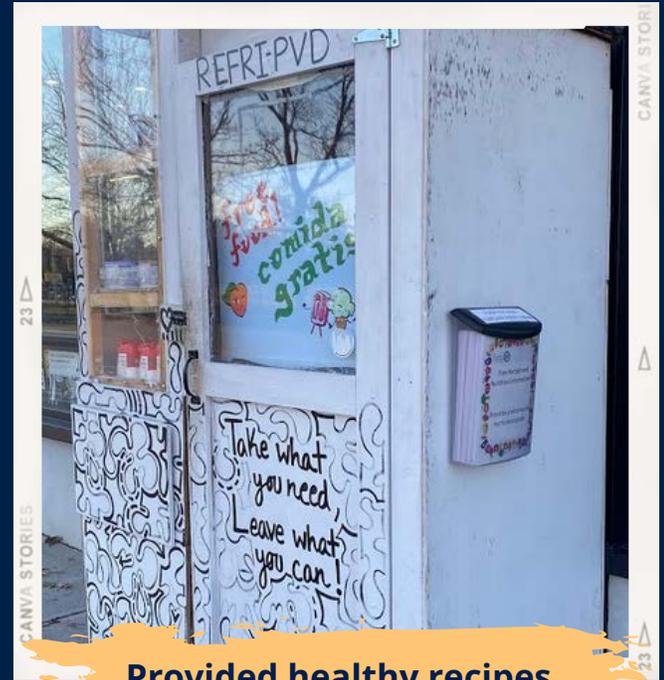
How does the WIC food package align with the Dietary Guidelines?
What could be improved in the WIC food package to better align with the new DGAs?

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. Below are two examples of our PSE efforts conducted this quarter.



Engaged families in wellness committee meetings as part of the *Students Take Charge* program



Provided healthy recipes and tip cards for a curbside community food pantry

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 (8 posts) URI_Nutrition_Ed

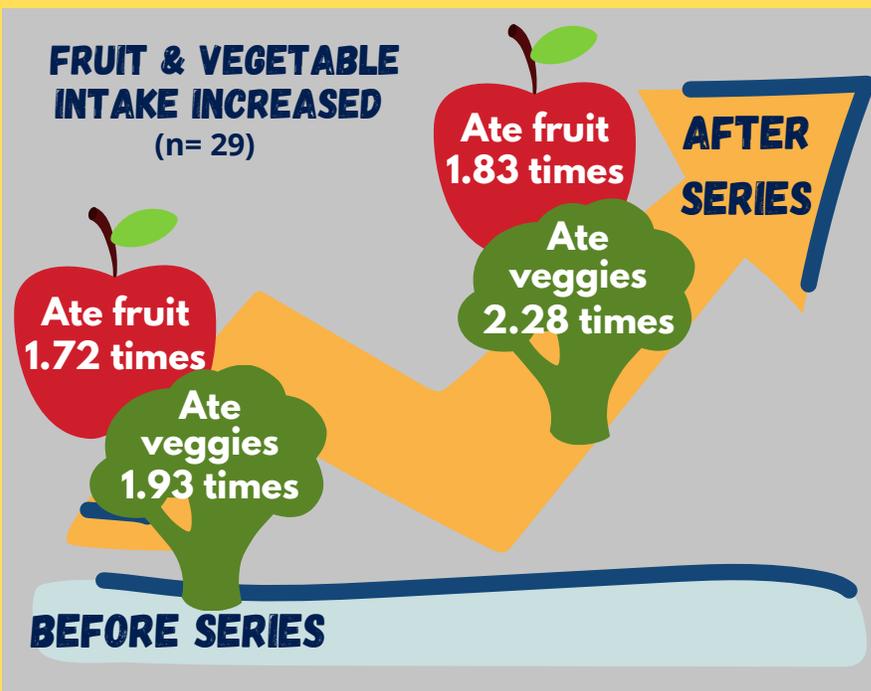
 Facebook (9 posts) Community Nutrition Education RI

 Twitter (2 tweets) RISNPED

 YouTube (6 uploads) URI Nutrition

CATCH In-School Workshops

SNAP-Ed educators and participating students were excited to be back in the classroom again! SNAP-Ed visited two classrooms (n=32 students) at Arlington Elementary School to deliver a 4-part series of *CATCH Go for Health* lessons that included interactive activities and healthy recipe tastings. Students learned about MyPlate and the 5 food groups, fruits and vegetables, healthy snacks, and healthier drink options. At the end of each lesson, students were asked which healthy behaviors they would pledge to try. Students completed surveys before and after the series to assess changes in behavior and attitudes.



STUDENTS TRIED (AND MOSTLY LIKED) NEW, HEALTHY FOODS



Featured recipe	Youth who Tried It	Youth who Liked it
Trail Mix	96%	96%
Rockin' Roll-ups	100%	66%
Shamrock Smoothies	100%	57%
Creamy Ranch Dip with veggies	100%	48%