Dear Community Partners,

Summer is here! SNAP-Ed continues to move back to in-person, food-based nutrition education and we are 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 April through June 2022.

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In the mood for food!

After two years of pandemic-related restrictions on recipe tastings, food is back! From kids cooking classes to tastings for teachers, SNAP-Ed uses food to teach about healthy eating.

Don't forget to scroll down to our program spotlight. We're featuring a series with Afghan refugees!

Follow us on our social media platforms for updates on programs, recipe ideas, and tips to share!
Our Reach to Rhode Islanders

120 presentations for:
- 322 SNAP-Ed eligible children and adults who received in-person or virtual series or one-time workshops
- 627 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 178 professionals that work with the SNAP-Ed population (professional development training)

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

41,350 impressions via social media and 8,914 website pageviews

Where to find us...

Actively Engaged with 47 Community Partners in 16 Different Settings
**Hands-on Nutrition Education**

SNAP-Ed programming with youth, parents and adults occurred in-person and virtually. Adult, parent, and older adult groups were engaged in direct education through adult education and job training programs, community centers, senior centers, housing sites, food assistance sites, and other locations throughout the state.

Youth from in-school, after school, and early childhood center community sites took part in fun and hands-on programming. **Check out these photos of SNAP-Ed programming in action!**

**Policy, Systems and Environment (PSE) Highlight**

PSE strategies complement SNAP-Ed direct nutrition education. This quarter we are highlighting our work with USDA’s Fresh Fruit & Vegetable Program (FFVP).

- SNAP-Ed consults with local FFVP produce vendor monthly to increase variety on the menu
- SNAP-Ed distributes monthly Fun Facts along with FFVP trays to promote nutrition education in classrooms
- SNAP-Ed facilitates FFVP Fruit & Veggie Challenges to improve consumption
Professional Development Training

Train-the-trainer sessions help community partners extend healthy eating messages and shape the environments where SNAP-Ed participants live, learn, work, and play. Fourteen trainings were offered to a wide variety of community partner members including:

- 10 Childcare administrators
- 11 Transition academy teachers
- 34 PE/health teachers
- 46 DHS employees
- 77 Summer meals staff

"I loved the green pepper, red pepper, chili pepper game example."
- Summer Meals staff member

"Training was easy to understand, helpful, informative!"
- PE/Health Teacher

"This was a very good training that is helping me develop our wellness plan."
- Childcare Administrator
This spring, SNAP-Ed was honored to provide a 6-week Cent$ible Nutrition series at Dorcas International Institute for a group of 12 refugees from Afghanistan. Participants learned about MyPlate and the 5 food groups; the importance of fruits, vegetables, whole grains, and dairy; and how to cut down on added sugar and unhealthy fats. They had the chance to sample new foods, share their favorite family dishes with our SNAP-Ed educators, and discuss their adjustment to the food environment here in Rhode Island.

Participants ate more veggies and fruits by the end of the series

**Participants were asked via interpreter what changes they made since starting the program**

"I try to eat more dairy and veggies.

"I am now cutting down on added sugar.

"My favorite recipes were the Sweet Potato Quesadillas and Tex-Mex Pasta - it was delicious, easy, and I love the yogurt."