



Quarterly Snapshot

Dear Community Partners,

Rhode Island is beautiful in the Fall! SNAP-Ed is 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 July through September 2022.

In this newsletter...

Our Reach.....	Page 2
Direct Education.....	Page 3
Policy, Systems, & Environmental (PSE) Strategies	Page 4
Professional Development Training..	Page 4
Social Media and Web Efforts.....	Page 5
Cultural Inclusivity Efforts.....	Page 5
Program Spotlight.....	Page 6

Finishing the grant year strong

Our grant year ends in September, and we finished strong with many in-person programs, professional development trainings, PSE efforts with community partners, and reaching our partners and participants through social media. Thank you for your continued partnerships and collaborations!

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

149 presentations for:

- 497 SNAP-Ed eligible children and adults who received in-person or virtual series or one-time workshops
- 1,153 SNAP-Ed eligible adults who received SNAP-Ed resources through table events
- 360 professionals that work with the SNAP-Ed population (professional development training)

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

18,277 impressions via social media and 8,957 website pageviews

Where to Find Us...



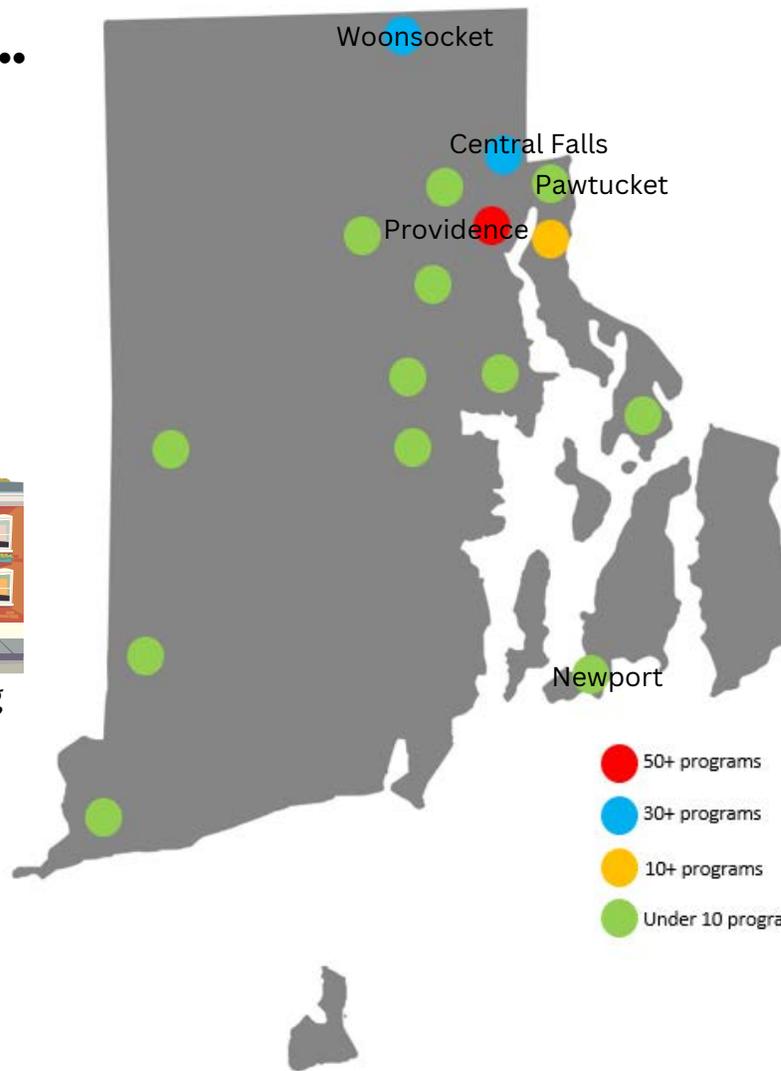
farmers' markets



public housing



youth summer camps



food assistance sites



congregate meal sites



summer meal sites

Hands-on Nutrition Education

Over the summer months the majority of education occurred at food access points and at community sites where youth learned and played.

Food Access Point Programs

A SNAPSHOT IN TIME

Data collected at emergency food sites, mobile fruit and vegetable markets, summer meal sites, and farmers' markets provide a snapshot in time of information from participants. This data helps to see where participants are excelling and where we can provide support.

Percentage of people who eat the recommended amount of 2 fruits and 3 vegetables every day

fruit



37%

675 people surveyed

vegetable



30%

Percentage of people who eat a variety of fruits and vegetables every day

fruit



38%

386 people surveyed

vegetable



36%



Trying new recipes



Being physically active



Playing hands-on nutrition games

Youth Summer Programs

At summer camps in Central Falls, Providence, Woonsocket, and Newport, 172 elementary-aged youth participated in hands-on, interactive series programming (5-6 sessions).

94%

IMPROVED IN AT LEAST 1 NUTRITION BEHAVIOR

31 youth surveyed



WHICH BEHAVIORS?

- ✓ The amount and the variety of FV they eat
- ✓ How much they like FV
- ✓ Confidence to make healthy choices
- ✓ How often they have sugary foods, salty foods or sugar-sweetened beverages

Policy, Systems, and Environment (PSE) Highlight

PSE strategies complement SNAP-Ed direct nutrition education. PSE strategies aim to help encourage healthy habits. Below are examples of how we do P-S-E.

Conducting a baseline assessment for a local corner store to showcase nutrition practices they are excelling at and where SNAP-Ed can provide assistance.

Attending statewide, Health Equity Zone and local school committee meetings to provide support for nutrition policy change.



Providing displays with nutrition information in English, Spanish and Portuguese at restaurants participating in the SNAP Restaurant Meal Program

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

91 food service staff

9 home delivery meal providers

13 summer camp staff

200 RI Certified Diabetes outpatient educators

47 early childhood educators



Woonsocket School District food service training

Social Media and Web Efforts

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



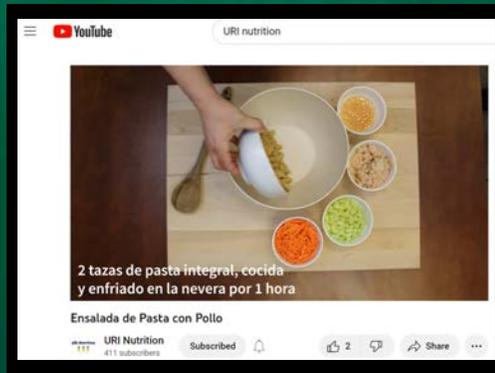
 Instagram (26 posts) URI_Nutrition_Ed

 Facebook (26 posts) Community Nutrition Education RI

 Twitter (20 tweets) RISNPED

 YouTube (4 uploads) URI Nutrition

 uri.edu/snaped (41 uploads)



Cultural Inclusivity Efforts

New culturally diverse recipes added to our website

Staff training on the foods & culture of Afghanistan conducted



Sancocho

Succotash

Jagacida

Hablamos ESPAÑOL

(We speak Spanish)

Falamos PORTUGUÊS

(We speak Portuguese)

Nou pale Kreyòl Ayisyen

(We speak Haitian Creole)

"We speak" signs created for our table events



Program Spotlight

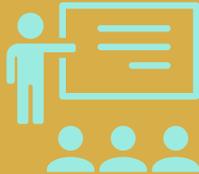
Trying New Foods, Going New Places

This summer, SNAP-Ed partnered with Inspiring Minds' Kids Bridge program to promote healthy eating habits among incoming Kindergartners in Providence. The theme of the summer was "Trying New Foods" and included layered approaches for kids, teachers, and families to support healthy changes.

Weekly fruit and veggie tasting activities for **77 kids**



Training for **13 camp staff** about promoting healthy habits



Nutrition workshops for **14 parents**



Farmers' market vouchers for **14 families** in partnership with Farm Fresh RI

Family Success Stories

She freaks out less when I place new things on her plate.

My kid reaches for oranges a lot more compared to before the beginning of the summer.

They ask for a side of fruit or vegetable at dinner.



Parents/ caregivers were asked if they had noticed any changes in their child's eating habits over the summer.