

Quarterly Snapshot

Dear Community Partners,

We hope everyone is healthy and safe. As we begin transitioning towards more face-to-face nutrition education in the community, we continue to work with partners to engage participants in a method that meets their comfort levels. If you would like resources, are interested in online 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 January to the end of March 2021.

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New content on our social media and web platforms!

We are proud to continue to provide new content on our social media and web platforms. This includes relevant nutrition-focused posts, tweets and re-tweets of community partner content, the latest uploaded handouts and reports, and new videos in English and Spanish.

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

72 presentations for:

- 210 SNAP-Ed eligible children and adults who received virtual series or one-time workshops
- 377 SNAP-Ed eligible adults who received SNAP-Ed resources through table events, live webinars and pre-taped videos uploaded to platforms for viewing
- 264 professionals that work with the SNAP-Ed population (professional development training)

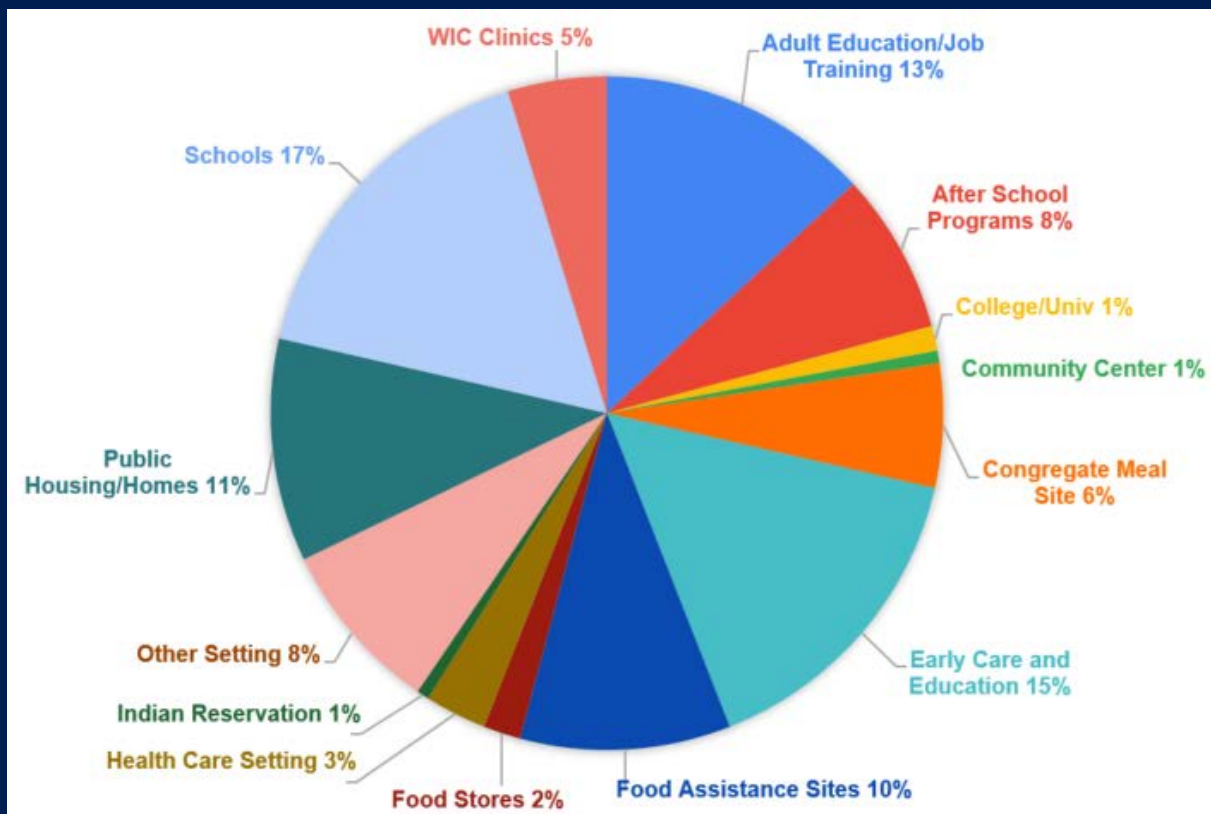
100 policy, system and environment (PSE)
engagements with 36 community partners

889,100 impressions via social media platforms and
7,953 website pageviews

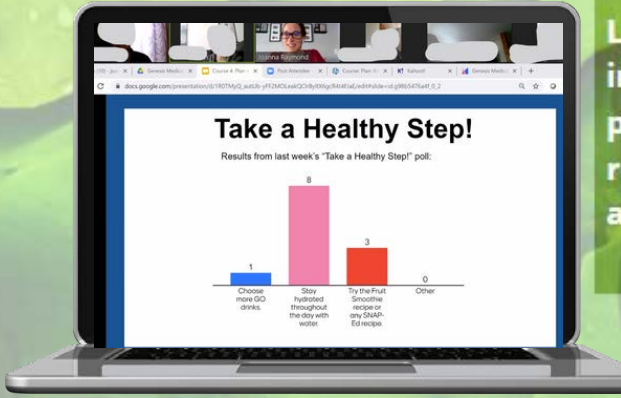
Where to find us...

43 Community Partners Actively Engaged

The Percentage of Programming at Each Type of Community Partner Location



Virtual Education for Community Participants



Live online lessons were conducted with afterschool and in-school youth, adults in job training and learning programs, and parents of young children. In addition, recorded videos were created for older adult participants and for future viewing.

See our spotlight below

Policy, Systems and Environment (PSE) Strategies

PSE strategies support nutrition education for the SNAP-Ed population by helping to make the healthier choice, the easier choice. The figure below shows how our PSE initiatives are integrated into multiple community levels.

Meetings where we engaged with community partners include...

- Statewide coalitions, working groups, committees and councils focused on healthy food access and nutrition education for school-aged youth and families, older adults, and the general population who are struggling to make ends meet
- Town and city wellness committees and coalitions focused on early childhood and school-aged youth and their families
- Local Health Equity Zone meetings focused on healthy food access opportunities

Who did we provide resources to this quarter?

- Statewide Women, Infant & Children (WIC) nutritionists
- Emergency food sites
- Senior centers and food delivery programs
- Schools as a part of their Fresh Fruit and Vegetable Program (FFVP)
- Health and physical education elementary educators
- Health centers

Professional Development Training

EMPLOYMENT & TRAINING PROVIDERS

21 Department of Human Service Employment and Training Division providers participated in a training on SNAP-Ed as a resource for their clients and potential collaboration opportunities.

PEDIATRIC HEALTH CARE PROVIDERS

41 pediatric health care providers participated in a training that synthesized information on healthy food access resources.



EARLY CHILDHOOD EDUCATORS AND PROVIDERS

In conjunction with the RI Department of Education's Team Nutrition Grant from the U.S. Department of Agriculture (USDA), Child and Adult Care Food Program (CACFP) providers were offered two trainings by SNAP-Ed.

68 CACFP providers participated in a "Wellness Policy 101" workshop. This workshop provided a brief overview of the process to create a wellness policy and promoted a full 3-part series SNAP-Ed offers.

51 CACFP providers participated in a *Grow It, Like It, Try It* curriculum training. SNAP-Ed, along with Farm Fresh Rhode Island, presented this interactive, USDA garden-themed nutrition education curriculum.

11 Home daycare providers attending Genesis Center participated in a bilingual *Healthy Habits for Life* curriculum training. This Sesame Street nutrition curriculum encourages healthy nutrition and physical activity habits.

Social Media Marketing Efforts

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



SPOTLIGHT: OUR YOUTUBE PAGE: URI NUTRITION

- 1** 35+ food preparation and recipe videos
- 2** Nutrition videos geared towards youth, parents and older adults
- 3** Videos in English and Spanish



Instagram (38 posts) URI_Nutrition_Ed



Facebook (24 posts) Community Nutrition Education RI



Twitter (17 tweets) RISNPED



YouTube (8 uploads) URI Nutrition

<https://www.youtube.com/c/URINutrition>

Virtual parent programs

Meeting parents and caregivers where they are is essential, especially during a pandemic. In order to reach parents and caregivers in March during National Nutrition Month, our nutrition educator provided one-time, bilingual, virtual programs at every Children's Friend Child Care Program parent committee meeting.

Thirty-four parents and caregivers attended the program, along with several staff from the site. The program consisted of an overview of MyPlate, meal planning and utilizing a shopping list; an activity to demonstrate how fruits and vegetables can easily be added to meals and snacks; and a tour of our updated website and YouTube channel where our recipe videos are housed.

A short survey at the end of the program aimed to capture where the families currently are with nutrition habits to help us learn where families excel and where we can help through educational opportunities. As shown below, overall the families reported eating healthy and positively shaping their nutrition environment. But the survey does show the need for more nutrition education opportunities.



88% of parents reported that their child drinks soda less than one day each week



29% of parents reported that their child usually eats vegetables every day



68% of parents reported they eat together with their child for at least one meal every day.

18% of parents reported they almost always let their child decide how much food to eat.