



# Quarterly Snapshot

## Dear Community Partners,

We hope everyone is healthy and safe. While our face-to-face nutrition education in the community is limited, we are working with partners to engage participants. If you would like resources, are interested in online workshops, or have other ideas for collaboration, please reach out! You can email us at [nutrition@etal.uri.edu](mailto: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 October to the end of December 2020.

## In this newsletter...

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

## UPDATED Website!

We are proud to announce big updates to our website! The website now offers search features for recipes, allowing you to search by ingredient or by meal type. It also houses over 100 resources for community partners and participants in English and Spanish to search and download. You can still find us at [uri.edu/snaped](http://uri.edu/snaped).

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



[uri.edu/snaped](http://uri.edu/snaped)



Community Nutrition  
Education RI



RISNPEd



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URI Nutrition

# Our Reach to Rhode Islanders

## 34 Community Partners Actively Engaged

### 64 presentations for:

94 SNAP-Ed eligible children and adults who received virtual series or one-time workshops

396 SNAP-Ed eligible adults who received SNAP-Ed resources through table events, live webinars and pre-taped videos uploaded to platforms for viewing.

179 professionals that work with the SNAP-Ed population (professional development training)

72 policy, system and environment (PSE) engagements with 28 community partners

73,781 impressions via social media platforms and 8,662 website pageviews

## Where to find us...

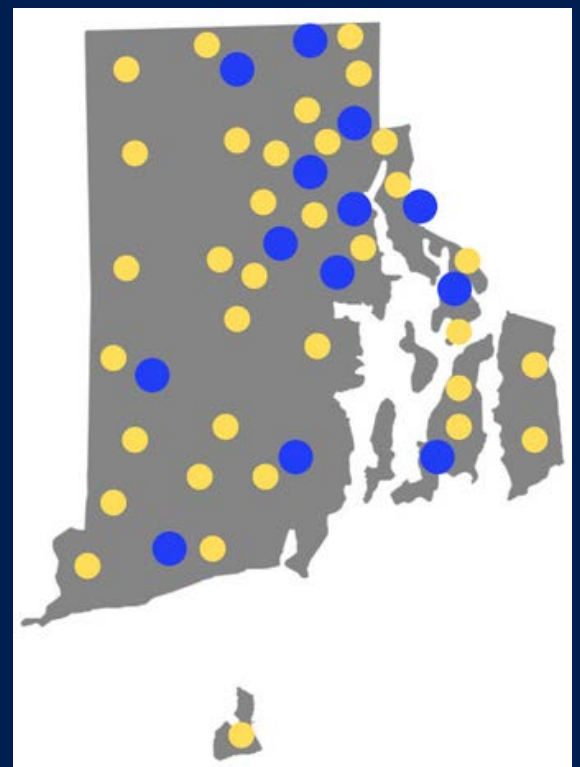
### Where we are and where our reach extends

- **locations of community partner agencies**

22 partners in 13 cities/towns specifically serve the city/town in which they are located

- **locations reached by statewide community partners**

12 partners serve throughout the state



# Virtual Education for Community Participants



Live online lessons were conducted with afterschool youth, adults in job training and learning programs, adults with a tribal organization group, and parents of young children. One-time adult programs were recorded live for participants and for future viewing.

See the program 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.

### Involvement

with state and institutional/community coalitions, working groups, committees and councils to assist with policy modifications, provide collaborative services, and help increase healthy food access

### Provide

environmental cues such as bulletin boards, healthy & simple recipes, and handouts on how to prepare produce, on various nutrition topics, and information related to food access

### Support

caregivers, educators and administrators, food access staff/volunteers and other community partners with professional development opportunities



# Professional Development Training

**18** physical education and health teachers in Woonsocket took part in a training. The training provided the educators with information on what SNAP-Ed can do during the pandemic, tools to use in their classrooms, and electronic resources from our updated website.



**98** primary care clinic volunteers who connect patients with community resources participated in a training that synthesized information on healthy food access resources.

**22** English- and Spanish-speaking childcare providers took part in a two-hour training focused on successful strategies for feeding young children. This training included conversations around division of responsibility between adult and child when eating, role modeling, and encouraging children to try new foods.

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I appreciate how effective [educator's] trainings are. Easy to follow and I always feel like I can use what I have learned from her.  
~WIC nutritionist

**40** Women, Infant and Children (WIC) nutritionists participated in a two-part series on introducing complementary foods to infants.

## Social Marketing Efforts

Original content creation, partner information dissemination, encouragement of participant interaction, and cross-platform strategies accounted for high social marketing efforts.

**Our website is updated! Here are the top 3 things to know:**

- 1** Handouts are downloadable in English and Spanish
- 2** Search recipes by ingredients or by meal type
- 3** Coming soon- more videos and content in Portuguese

 Instagram (37 posts) URI\_Nutrition\_Ed

 Facebook (30 posts) Community Nutrition Education RI

 Twitter (8 tweets) RISNPED

 YouTube (6 uploads) URI Nutrition

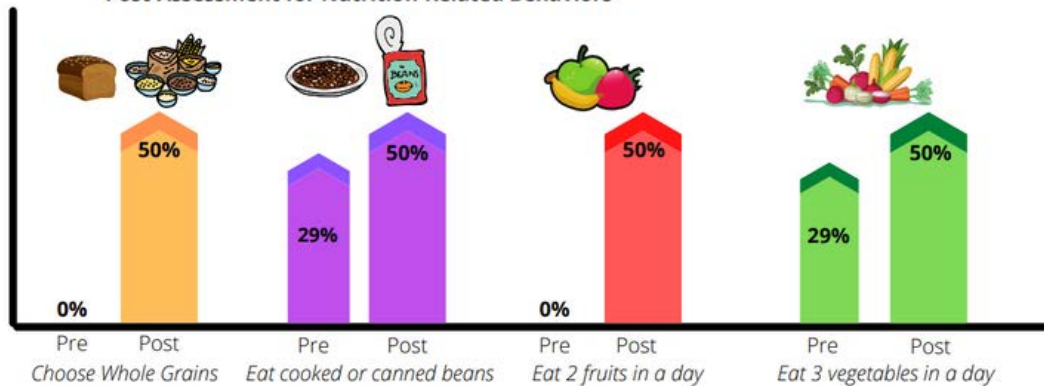
 [uri.edu/snaped](http://uri.edu/snaped)

# Virtual adult series

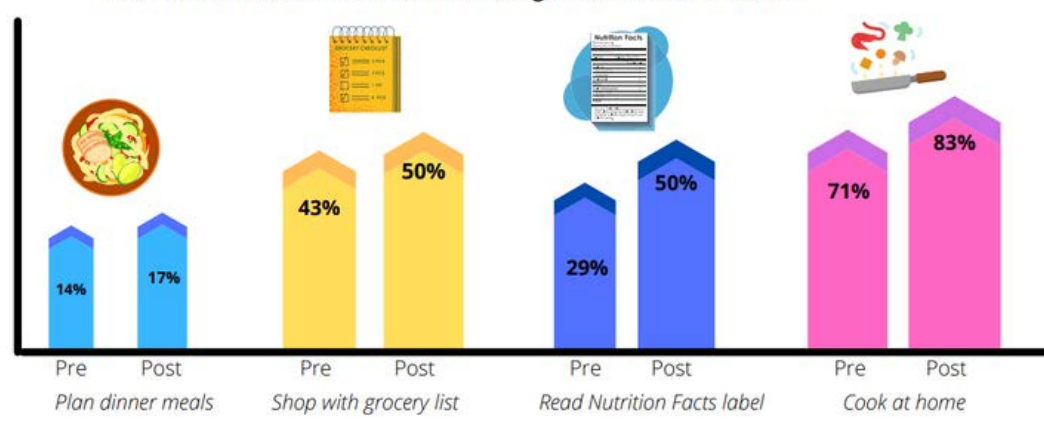
Adult series programs are offered in small community settings as well as large job training sites. This spotlight focuses on a small group of Narragansett Indian Tribe members. These members watched video modules prior to attending each of the virtual workshops. There were a total of six, one-hour workshops that included a review of the topics covered in the videos, opportunities for questions, and interactive polls. Topics focused on eating healthy on a budget and positive, nutrition-related behavior changes.

Surveys assessed behavior changes using a scale of never-rarely-sometimes-most of the time-almost always/always. The figures below compare how often a behavior was reported as occurring "almost always/always" from pre-assessment to post-assessment.

**Figure 1. Comparison of the Response Frequency of "Almost Always/Always" from Baseline to Post-Assessment for Nutrition-Related Behaviors**



**Figure 2. Comparison of the Response Frequency of "Almost Always/Always" from Baseline to Post-Assessment for Food Resource Management-Related Behaviors**



Since starting this program, what changes, if any, have you made?



"Trying to control portion size and incorporate more SNAP-Ed recipes into our day."

"The program reminds me to continue to make good choices."