



Quarterly Newsletter

Dear Community Partners,

We hope everyone is well and enjoying the summer weather amidst social distancing. While our face-to-face nutrition education in the community is limited, we are working with partners to engage participants. This newsletter highlights our contributions to the community during Spring (April-June) 2020 despite social distancing and offers resources for community partners during this socially-distant time.

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Stay in touch!

If you would like resources, are interested in online workshops, have other ideas for collaboration, or have any success stories from community participants, please reach out! You can email us at **nutrition@etal.uri.edu** or call our hotline at **1-877-366-3874**.

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

38 Community partners actively engaged

88 Presentations for:

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

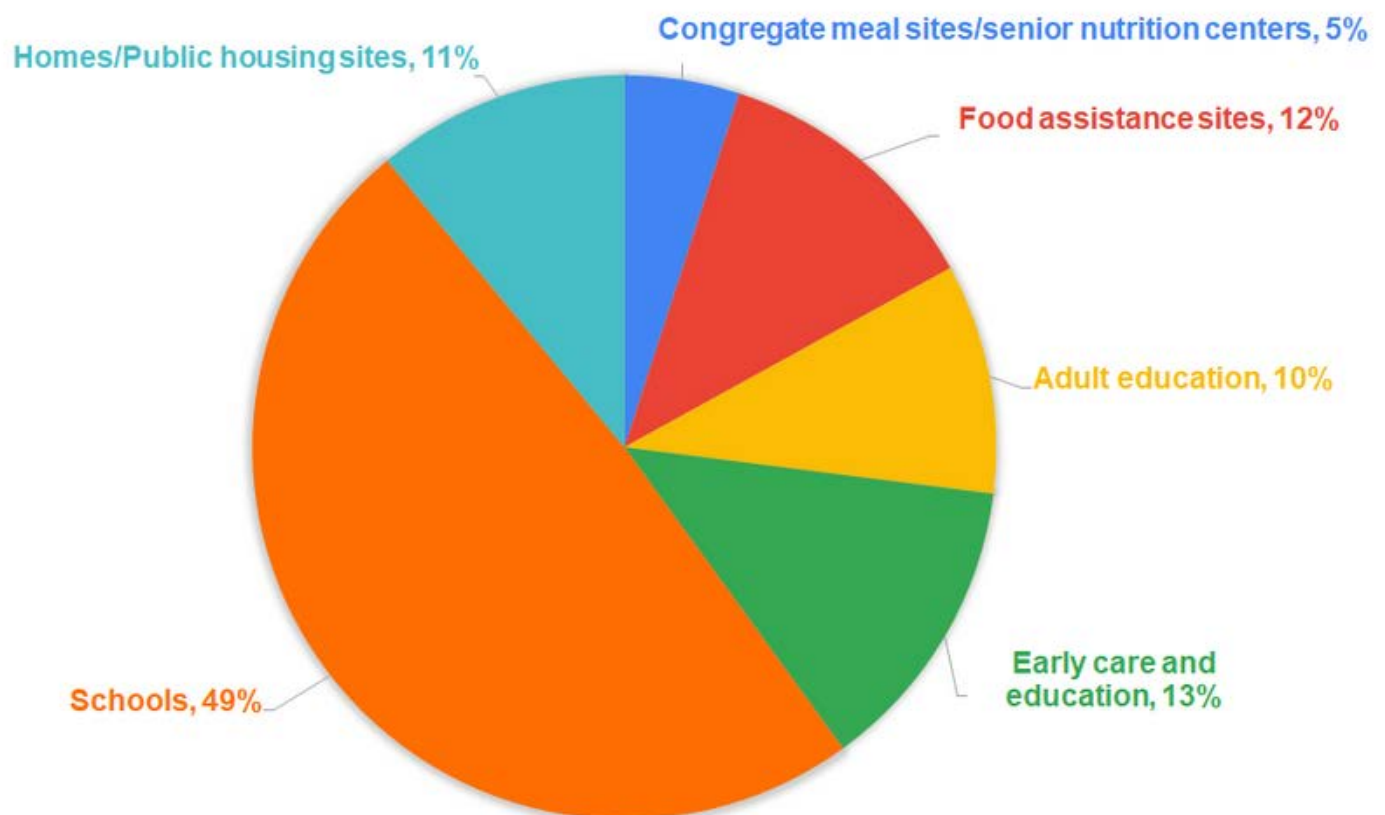
55 professionals that work with the SNAP-Ed eligible population (professional development training)

225 Policy, Systems and Environment (PSE) engagements with 35 community partners

40,777 impressions via social media platforms

Where to find us...

PERCENTAGE OF NUTRITION EDUCATION EFFORTS WITH VARIOUS PARTNER SETTINGS



Virtual Education for Community Participants

Live online lessons with early childcare students and parents, elementary students in 3 cities, and adults in job-training



Policy, Systems and Environment (PSE) Strategies

During stay-at-home orders, PSE strategies aimed to improve food access and food resource management statewide. This work included:

- New involvement on the statewide Food Access group and Age-Friendly Rhode Island social isolation work group
- Contributions of resources on preparation, use, and recipes of fruits and vegetables included in the Coronavirus Food Assistance Program (CFAP) food boxes packaged by Farm Fresh RI and distributed through the RI Community Food Bank
- New collaborations with several non-profit agencies and statewide entities including RI Meals on Wheels, DHS E&T and child care, Office of Healthy Aging, and Age-Friendly RI
- Creation and dissemination of printed or electronic resources- including topical newsletters and activity sheets- for Rhode Islanders across the lifespan (100,500 copies distributed)



Food & Fun Bingo

Go for a walk	Blueberries	White Potato	Pum	Do 10 push ups
Apples	Corn	Read a book	Strawberry	Peach
Pineapple	Do 30 jumping jacks	HELP IN THE KITCHEN	Carrots	Spinach
Skateboard	Brush	Wash	Hopscotch	Broccoli
Do 15 high knees	Carved fruit	Go for a run	Frozen Veggie	Mango

Food and Fun for Everyone!
Here are some ideas how kids can help in the kitchen. Remember hand washing and cleaning surfaces is always important, but even more so right now!

- Rinse fruits and veggies
- Measure and stir ingredients
- Tear lettuce and add salad ingredients
- Cut or spread soft foods with a butter knife
- Be creative and make their own stacks like faces, trees and animals from fruits, veggies, cheese and cereal.

How to play Food & Fun Bingo:

- 1) Try the different foods and activities listed.
- 2) Once you try them, draw an X on the space.
- 3) Get 5 in a row, up, down, or diagonal. Bingo! You win!

Tip: Try to get a full card for more fun!

Visit web.uri.edu/SnapEd for more family-friendly recipes and information and follow us on social media!

[@RSNAPEd](#)
[Community Nutrition Education RI](#)
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Crucigramas de Nutrición

¿Cómo mejorar la dieta de tu familia? ¿Qué alimentos son saludables? ¿Cómo elegir los alimentos más saludables? ¿Cómo elegir los alimentos más saludables? ¿Cómo elegir los alimentos más saludables?

A través

1. Los alimentos saludables contienen nutrientes.
2. Los alimentos saludables ayudan a mejorar la salud.
3. Los alimentos saludables ayudan a prevenir enfermedades.
4. Los alimentos saludables ayudan a sentirse mejor.
5. Los alimentos saludables ayudan a sentirse mejor.
6. Los alimentos saludables ayudan a sentirse mejor.
7. Los alimentos saludables ayudan a sentirse mejor.
8. Los alimentos saludables ayudan a sentirse mejor.

Banco de Palabras:

Nombre: _____

Apellido: _____

Clase: _____

Fecha: _____

¡COMIDA Y DIVERSION PARA TODOS!

EDICIÓN 1 • MAYO 2020

Haciendo Diversidad las Horas de Meriendas y Comida

¿Sabías que los alimentos saludables son importantes para la salud? ¿Sabías que los alimentos saludables son importantes para la salud? ¿Sabías que los alimentos saludables son importantes para la salud?

¡Deje a los niños ayudar a preparar estas meriendas sabrosas y nutritivas!

Parfaits de Yogurt

1. Corta la fruta en trozos pequeños.
2. Mezcla el yogurt con la fruta.
3. Coloca la mezcla en un vaso.
4. Decora con frutos secos.

Bocadillos de Mantequilla de Maní y Banano

1. Corta el pan en trozos.
2. Unta con mantequilla de maní.
3. Añade un trozo de banano.
4. Decora con frutos secos.



URI SNAP-ED NUTRITION NEWSLETTER

COOKING FROM YOUR PANTRY

This newsletter is coming to you from the University of Rhode Island SNAP-ED, a program which focuses on helping people who are food insecure to eat a healthy diet. During this time, many of us are going to the grocery store less than usual and cooking meals using what we already have in our pantries. Below we have some tips for meal planning using items you already have in your pantry to help you get the most out of your pantry.

AN EASY APP TO HELP YOU COOK MEALS WITH WHAT YOU ALREADY HAVE

Looking for something new to try? Want to see if you have all the ingredients you need? Try the FREE, easy-to-use app! The Supercook App is quick to download on your phone and helps you discover recipes for you and your family. You can also find it on the internet at www.supercookapp.com. Here's how to use it:

1. After taking a look through your refrigerator and pantry, add the ingredients you currently have at home to the app.
2. The app suggests recipes you can make with ingredients you already have.
3. You can narrow down your choices by filtering through the results for specific diet preferences, meal types, and ratings. Recipe preparation time and even the number of ingredients!

Visit www.uri.edu/SnapEd for more family-friendly recipes and information and follow us on social media!

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Professional Development Training

Daycare providers, who started a 5-part training series in-person, finished virtually. Topics included MyPlate and the 5 food groups, fruits and vegetables, sugary drinks, fast food, navigating choosy eaters, and feeding practices such as letting children decide how much to eat. The providers were also trained to implement the Sesame Street *Healthy Habits for Life* curriculum with the preschool-aged children in their care.

Providence Public School District physical education/health educators participated in a one-hour virtual training. Elementary, middle and high school educators were presented information on the latest obesity statistics, the Nutrition Facts label, and an update of SNAP-Ed initiatives for schools during the stay-at-home period. Electronic and physical resources and educational tools were introduced and offered to be distributed.

Color	Food Group	Examples
Yellow	Piel y ojos sanos	Corn, peas
Orange	Combatir las infecciones	Carrots, oranges
Green	Llenar el estomago	Broccoli, peas
Blue/Purple	Ayudar con la digestión	Blueberries, grapes
Blue/Purple	Dar poder al cerebro	Eggplant, grapes
Purple	Buena memoria	Grapes

Un poquito de esto, un poquito de eso

Comiendo una variedad de alimentos

Los niños pueden aprender sobre diferentes grupos de alimentos mientras exploran el concepto de una comida balanceada.

¡Intentelo!

Busque la variedad de colores en su comida, como en las frutas y verduras, y en los alimentos que comen en su escuela.

¿Qué alimentos comen? ¿Qué alimentos comen los demás? ¿Qué alimentos comen los animales? ¿Qué alimentos comen los insectos? ¿Qué alimentos comen los animales? ¿Qué alimentos comen los insectos?

¿Cómo puede enseñar este concepto a la hora de comer?

At Snack Time, Pick Two!

Why Snack?

- Gives your body nutrients
- Prevents hunger between meals
- Refuels your body

What is a Healthy Snack?

- Packed with nutrients
- Low in added sugar & salt
- At least 2 food groups

Build a Healthy Snack

Know Your Hunger Game

Trigger Situation

uri_nutrition_ed

URI Nutrition Ed Retweeted East Bay Food Pantry @EBayFoodPantry · May 13

Spread the word! Our program hours have changed slightly to accommodate a limited re-opening of fresh produce and accommodate a limited re-opening of our program.

#FoodAssistance #Food4Kids #EBFP #ThriftShop #Nutrition

KNOW YOUR DATES

What do they mean?

Dates on food can be confusing... swipe to see how long food actually lasts



Community Nutrition Education RI

June 22 · 🌐

Liked by uri_nutrition_ed

Age Friendly RI is excited to present Rhode Island's new Virtual Community Center! There you will find activities and events to keep you engaged and entertained all from the comfort of your home.

Click on the link below to learn more about the schedule and keep an eye out for a future SNAP-Ed workshop!

<https://agefriendlyri.org/events/>

The Age-Friendly RI Virtual Community Center is the place to take part in a wide variety of online activities: fitness and wellness, cooking, gardening, tech help, information, how-to sessions, and more—wherever you are!

Stay tuned for a SNAP-Ed nutrition workshop soon to the calendar!

Social Marketing Efforts

Original content creation, partner information dissemination, and encouragement of participant interaction became heightened during the stay-at-home period. Social media platforms provided rapid information to SNAP-Ed eligible participants and community partners.

Instagram (37 posts) URI_Nutrition_Ed

Facebook (48 posts) Community Nutrition Education RI

Twitter (38 tweets) RISNPED

YouTube (23 uploads) URI Nutrition

Virtual adult education series

THE GENESIS CENTER



Fifteen students in the Medical Assistants cohort participated in the 7-week virtual adult education series. This series combined the use of North Carolina State University's *Families Eating Smart and Moving More* online curriculum with live video conferencing with a RI SNAP-Ed nutrition educator.

Topics included MyPlate, fruits & vegetables, whole grains, sugar in drinks & fast food choices, and food resource management.



55% increased how often they ate 3 vegetables in a day from the start to the end of the series

Nutrition Facts	
2 servings per container	
Serving size 23 cup (15g)	
Amount per serving	
Calories	230
Total Fat 10g 20%	
Saturated Fat 5g 10%	
Trans Fat 0g 0%	
Cholesterol 5mg 10%	
Sodium 10mg 20%	
Total Carbohydrate 15g 30%	
Dietary Fiber 5g 10%	
Total Sugars 10g 20%	
Protein 10g 20%	
Percent Daily Values are based on a diet of other people's secrets.	

46% increased how often they read the Nutrition Facts label to compare foods from the start to the end of the series

100% increased how often they do a nutrition-related behavior- including eat healthy foods or utilizing food resource management tools to make the healthiest choices on a budget from the start to the end of the series

Since starting the program...

"I'm using tips from smart size to limit portions and trying new, healthier recipes that were given for handouts."



What did you like about the online class?

"I enjoyed that we could do the videos on our own time and at our own pace."