THE UNIVERSITY OF RHODE ISLAND
web.uri.edu/SnapEd

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.

In this newsletter...

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!

Community Nutrition Education RI

RISNPEd

uri.edu/snaped

URI_Nutrition_Ed

URI Nutrition

Our reach to Rhode Islanders

38 Community partners actively engaged

88 Presentations for:

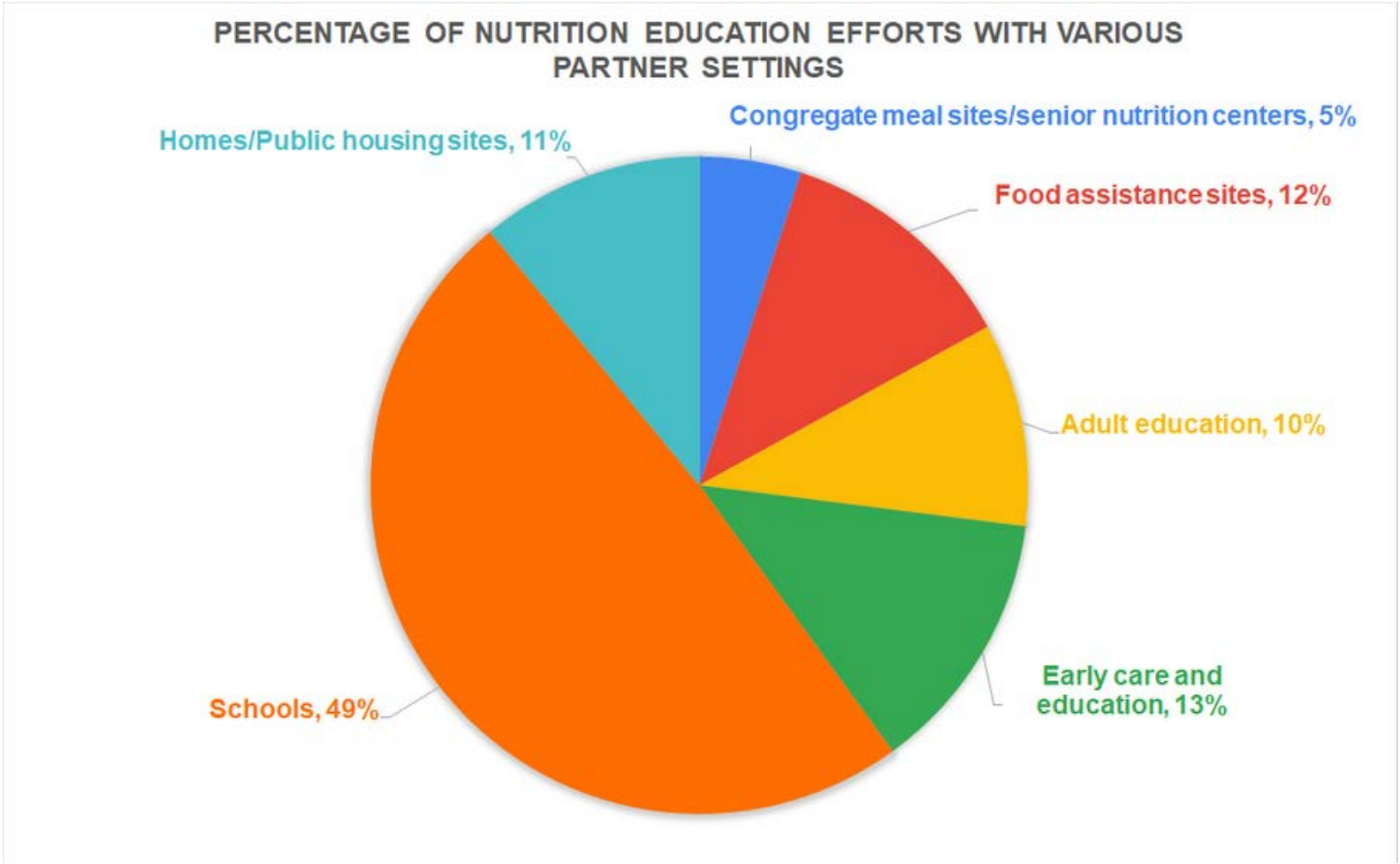
220 SNAP-Ed eligible children and adults who received virtual series or one-time workshops

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...



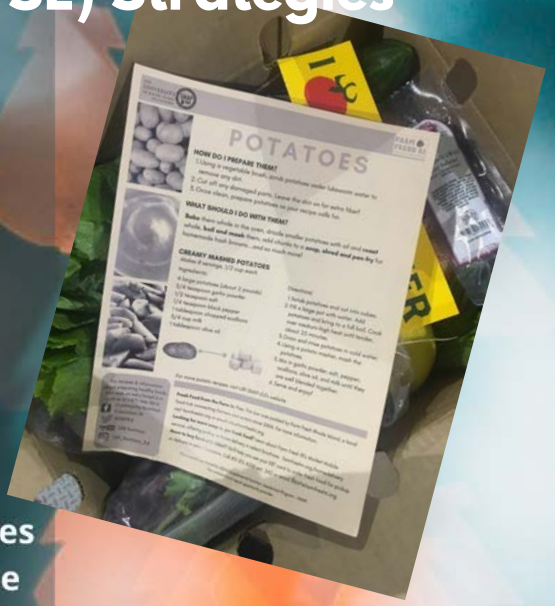
Virtual Education for Community Participants

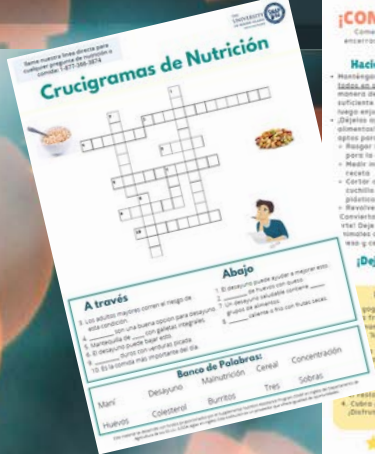
Live online lessons with early childcare students and parents, elementary students in 3 cities, and adults in job-training

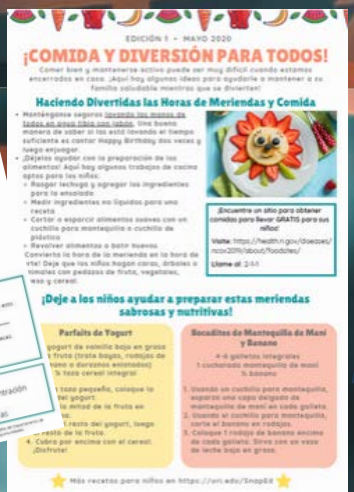
Policy, Systems and Environment (PSE) Strategies

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)



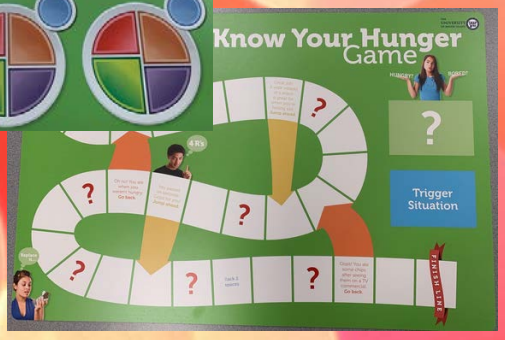




Professional Development Training

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.



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

Program Spotlight

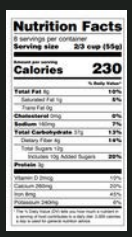
Virtual adult education series

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



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."

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.