



# Quarterly Newsletter

## 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 highlights our contributions to the community during July through the end of September 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



URI\_Nutrition\_Ed



URI Nutrition

# Our Reach to Rhode Islanders

**38 Community partners actively engaged**

**111 Presentations for:**

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

**1,089 SNAP-Ed eligible children and adults who received SNAP-Ed resources through table events**

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

**106 Policy, Systems and Environment (PSE) engagements with 29 community partners**

**83,028 impressions via website and social media platforms**

## Where to find us...

### Presentations and resources provided through mail, online & table events

Home Food Delivery

Community Resource Agencies

Senior Centers

Open Summer Meal Sites/Parks

Early Care and Education



Job Training Programs



Emergency Food Assistance Programs

National, Regional, State and Local Coalitions and Committees



Farmers' Markets

Closed Summer Meal Sites/Summer Camps

# Virtual Education for Community Participants

Live online lessons were conducted with summer camp youth at four sites in Providence and Newport; series programming was offered to adults in job-training; and one-time parent and adult programs were recorded live for participants and for future viewing.



Check out our Program  
Spotlight below!

## Policy, Systems and Environment (PSE) Strategies

Throughout the summer and start of fall, PSE strategies aim to increase food access and food resource management statewide.

This work included:

- **Involvement** with the statewide Food Access group, Age-Friendly Rhode Island social isolation work group, Rhode Island Healthy Schools Coalition, Woonsocket Health Equity Zone, Interagency Food & Nutrition Policy Advisory Council and Hunger Elimination Task Force
- **Creation and dissemination** of over 25,000 printed or electronic resources including:
  - Fruit and vegetable preparation, use, and recipe sheets in English and Spanish. These resources were included in the Coronavirus Food Assistance Program (CFAP) food boxes and also provided at farmers' markets and food pantries to encourage use of local, in-season produce.
  - Topical newsletters for adults, seniors, and parents.
  - Resources for physical education and health educators
- **Supporting** Summer Food Service Program food access sites in Providence by providing 1,000 enrichment kits for youth and training staff on kits and use at parks and at home.

# Professional Development Training

Forty-eight daycare providers in Woonsocket and Central Falls were trained to implement the Sesame Street *Healthy Habits for Life* curriculum with the preschool-aged children in their care.



Forty USDA Summer Food Service Program staff in Providence were trained on SNAP-Ed enrichment kits. The 1,000 kits included physical activity and nutrition activities to be used at the open meal sites and at home.



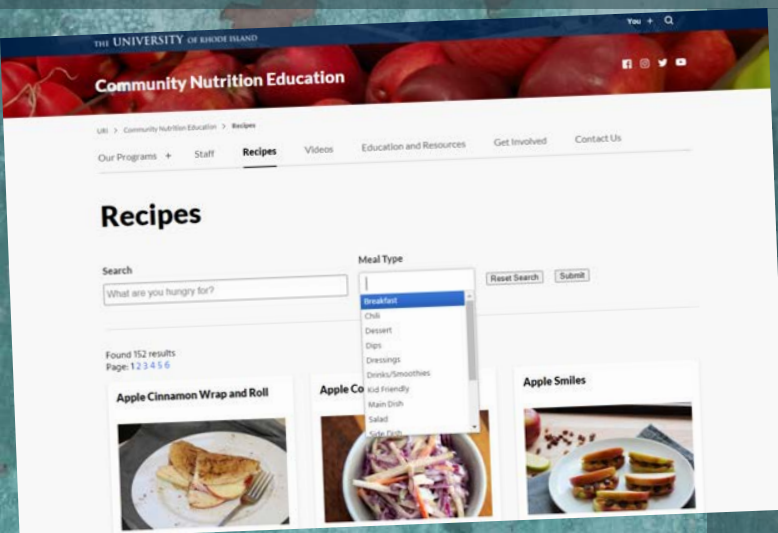
“ [The educator] was wonderful this summer and the food and fun kits were a HUGE hit with the kiddos. Your support of the SFSP is greatly appreciated! ”



Twenty-two community health workers received food resource management and nutrition education information to discuss and disseminate to their clients throughout the state.

## Social Marketing Efforts

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



 Instagram (37 posts) URI\_Nutrition\_Ed

 Facebook (27 posts) Community Nutrition Education RI

 Twitter (8 tweets) RISNPED

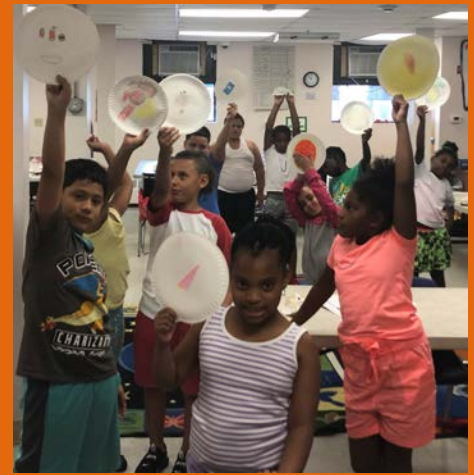
 YouTube (12 uploads) URI Nutrition

An exciting addition is an updated website that offers search capabilities for recipes (as shown), downloadable handouts and curriculums, and more.

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

# Virtual summer camp series

Sixty-five youth (grades 4-7) from the Boys and Girls Club of Providence and Boys and Girls Club of Newport County participated in a 4-week virtual education series. Kits were dropped off weekly to camp sites with all worksheets, activities and materials needed for the interactive, virtual workshops. Topics included the MyPlate and the concept of "Go, Slow and Whoa" foods; amounts, variety and importance of fruits and vegetables; and sugary drinks and healthy snacks.



## Boosting Healthy Changes

**41%** of youth decreased how often they eat *sweet foods* as snacks.

**45%** of youth decreased how often they eat *salty foods* as snacks.

**63%** of youth decreased how often they drink *sugar sweetened beverages*.

## Impact on Vegetables

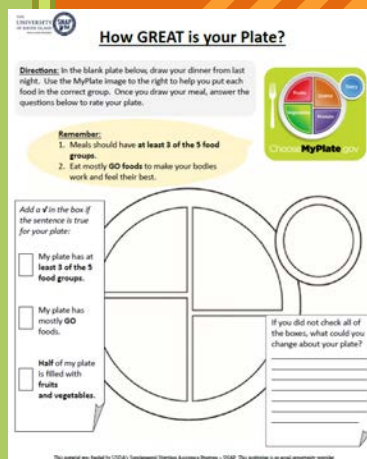
By the end of the series...

**38%** of youth increased *how many* vegetables they eat.

**42%** of youth increased their *variety* of vegetables.

**23%** of youth increased how much they *like* vegetables.

**35%** of youth increased their *confidence* to snack on vegetables instead of salty snacks.



\*results from youth who completed surveys at both the start and end of the series

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