

The University of Rhode Island

Supplemental Nutrition Assistance Program-Education (SNAP-Ed)

Quarterly Report FY'2019

Quarter 3 (Apr-Jun)



Our Reach to Rhode Islanders:

55 Community partners actively engaged

227 Presentations for:

- 1,224 unique SNAP-eligible children and adults who received direct, hands-on programs
- 325 professionals that work with the SNAP-eligible population (who received professional development training)
- 1,338 SNAP-eligible children and adults who received SNAP-Ed information through table events

32 Policy, Systems and Environment (PSE) engagements with 15 community partners

14,828 Impressions via social media



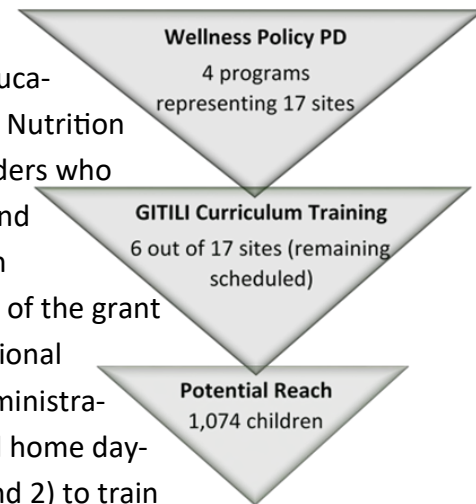
SNAP-Ed Works! Our Impact:

Adults that participated in our 4-part *Cent\$ible Nutrition Program*, which focuses on healthy eating on a budget, were asked what key behavioral changes they have adopted since starting the program. Three main themes emerged from the 61 who provided responses:

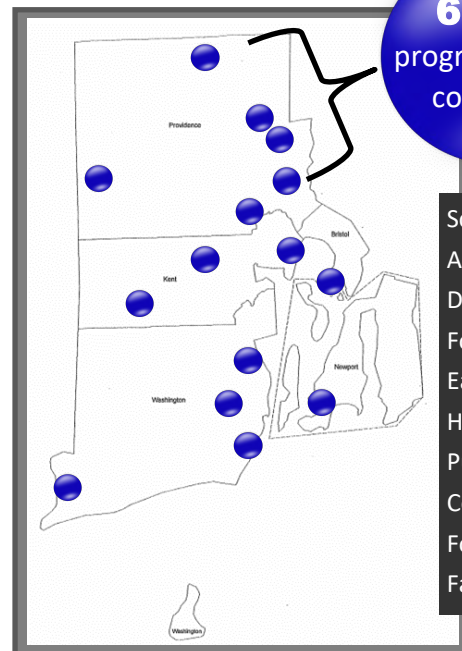
- 1** **72%** are eating healthier, including more fruits, vegetables and whole grains and less sugar.
- 2** **34%** are using the Nutrition Facts Label to make healthier choices.
- 3** **10%** are employing food resource management skills to eat healthy on a budget.

What's new this quarter....

Community partnerships support the success of programs across the state. SNAP-Ed has been collaborating with the Rhode Island Department of Education's (RIDE) USDA Team Nutrition grant for childcare providers who participate in the Child and Adult Care Food Program (CACFP). The main goals of the grant are 1) to provide professional development (PD) to administrators to create center and home day-care wellness policies, and 2) to train early childhood educators to implement the "Grow It, Try it, Like It" (GITILI) nutrition and gardening curriculum in their classrooms. This quarter, RIDE, SNAP-Ed, and Farm Fresh Rhode Island made progress with year 2 goals including wellness policy activities and curriculum trainings.



Where to Find Us:

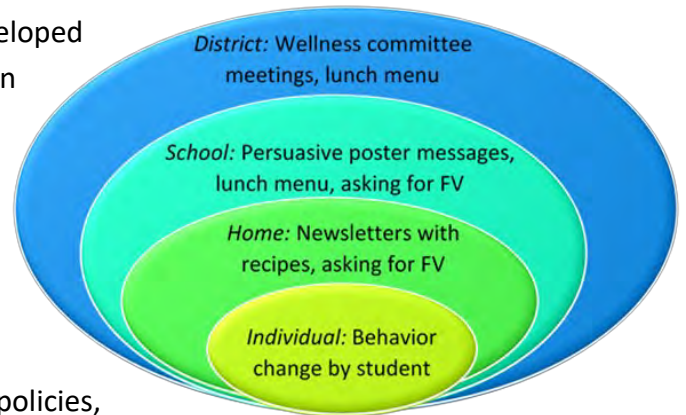


67% of programming in core cities

- Schools
- Adult Edu/Job training sites
- DHS offices
- Food pantries
- Early childcare centers
- Health clinics
- Public Housing
- Community Centers
- Food stores
- Farmers' Markets

SNAP-Ed Program Spotlight: *Students Take Charge!*

Students Take Charge! (STC) is a school-based curriculum developed by URI SNAP-Ed. The curriculum includes both direct education with 4th or 5th graders as well as school policy, systems, and environmental (PSE) change efforts accomplished by the students. The goal is to increase students' self-efficacy to make fruit- and vegetable-based (FV) changes at school and at home. The program includes 8 interactive lessons delivered over 4 months. These lessons teach students about the importance of FV intake and variety, the purpose of wellness policies, how to create persuasive messages through designing posters to encourage their peers to eat more FV, and how to effectively make requests for FV in the home and at school. The program culminates with a vote to add a student submitted FV-based recipe to the school lunch menu, and if approved by the entire school student body, the recipe is then added to the district-wide lunch menu.



PSE integration into STC

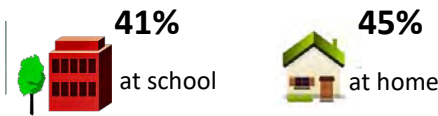
Two elementary schools in Providence and Pawtucket participated in the program in 2018-2019. Through this program, 400 students were reached. Preliminary findings of a sample of these students (n=130) found that overall, the curriculum improved the students' knowledge, FV behavior, and self-efficacy to ask for FV at home and school.

35% and 20% of students increased how often they ate more than one kind of fruit or vegetable in a day, respectively



21% increase in knowledge about FV intake, PSE, and persuasive messages

Percentage of students who increased their self-efficacy to ask for FV



Classroom education



Persuasive messages



Winning recipes



School-wide vote



Wellness committee letter

On May 10th, the fifth grade students along with Aramark and URI SNAP-Ed hosted the long awaited school-wide Recipe Day to allow everyone in the school the opportunity to try the winning recipe – Nathanael Greene Kale Soup. Everyone who tasted the recipe cast their vote to answer the question, "Would you eat Kale Soup again?"

The majority of students (85%) would eat this recipe again. We are asking that Aramark add this recipe in their regular rotation on the school lunch menu.

District menu



“Now my mom puts fruits and veggies where I can reach them because I asked her. She is also starting to buy more fruits and veggies. ~student

I like pineapples but sometimes my mom wouldn't get them, so I asked my mom to get them and she did. ~student

Making students aware of the offerings on the salad bar and how they can have a choice in what they eat is a huge step to incorporating wellness into the cafeteria. ~ food service provider