

SNAP-Ed 2023 IMPACTS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-EDUCATION (SNAP-ED)



Barbeque Jackfruit, an Indian dish inspired by our culturally diverse recipe project (see page 4 for more information)

📍 80 Washington Street, Room 300, Providence, RI 02903

📞 401-277-5270

🌐 <https://web.uri.edu/snaped>

THE
UNIVERSITY
OF RHODE ISLAND



2023 AT A GLANCE

2,280

people reached
through nutrition
education classes

903

community-based **presentations** & policy, system and environmental (PSE) **technical assistance** encounters, including 29% in Spanish or bilingual

727

participants trained at professional development presentations, including teachers, childcare providers, WIC nutritionists, family visitors, health care staff, adult education employees, school food service providers, and summer meals program professionals

91 partner organizations collaborated

253,368

impressions on social media



4,786 people reached indirectly

59,306 views on website

The Landscape

In Rhode Island **71% of households and only 62% of households with children are food secure** (1). Individuals and families meet their food and nutrition needs through various means. Unfortunately, households whose cultures experience marginalization tend to have higher rates of food insecurity.

Audiences eligible for SNAP-Ed enjoy a variety of cuisines and have diverse food preferences. This includes an array of fruits and vegetables. However, nutrition security is a concern. In Rhode Island, only **9.5% of adults report consuming the recommended amounts of 2 or more fruits and 3 or more vegetables each day** (2). Barriers including cost, lack of access, and perceived lack of confidence to prepare fruits and vegetables affect consumption.

In addition, food advertisements and marketing towards youth sway their purchases of energy-dense snacks and sugar-sweetened beverages with **38% of youth's daily diet consisting of these foods** (3).



Parent from a family series joining a grocery store tour to learn nutrition and money saving tips

Nutrition security means all Americans have consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well being (4).

SNAP-Ed Collaborates with Rhode Islanders by...



Farmers' market patrons trying a SNAP-Ed recipe sample

Learning about adults' food practices and suggesting additional ideas on how to plan, buy, and prepare healthy meals they enjoy on a budget.

Sharing positive feeding and physical activity practices among parents/caregivers to improve the whole family's health and well-being.

Engaging youth in activities that encourage healthy eating habits through introducing new fruits and vegetables and raising awareness of energy-dense snacks and sugar-sweetened beverages.

Complementing community partners' efforts and expertise to facilitate changes in policies, systems, and environments (PSE) to make the healthier choice, the easier choice.

Celebrating the diversity of communities by ensuring our nutrition lessons and recipes are inclusive of all cultures and experiences.

(1) Rhode Island Community Food Bank, 2023. "2023 Status Report on Hunger in Rhode Island". <https://rifoodbank.org/wp-content/uploads/2023/11/2023-RICFB-StatusReport-FINAL-digital.pdf>, accessed 3-4-24

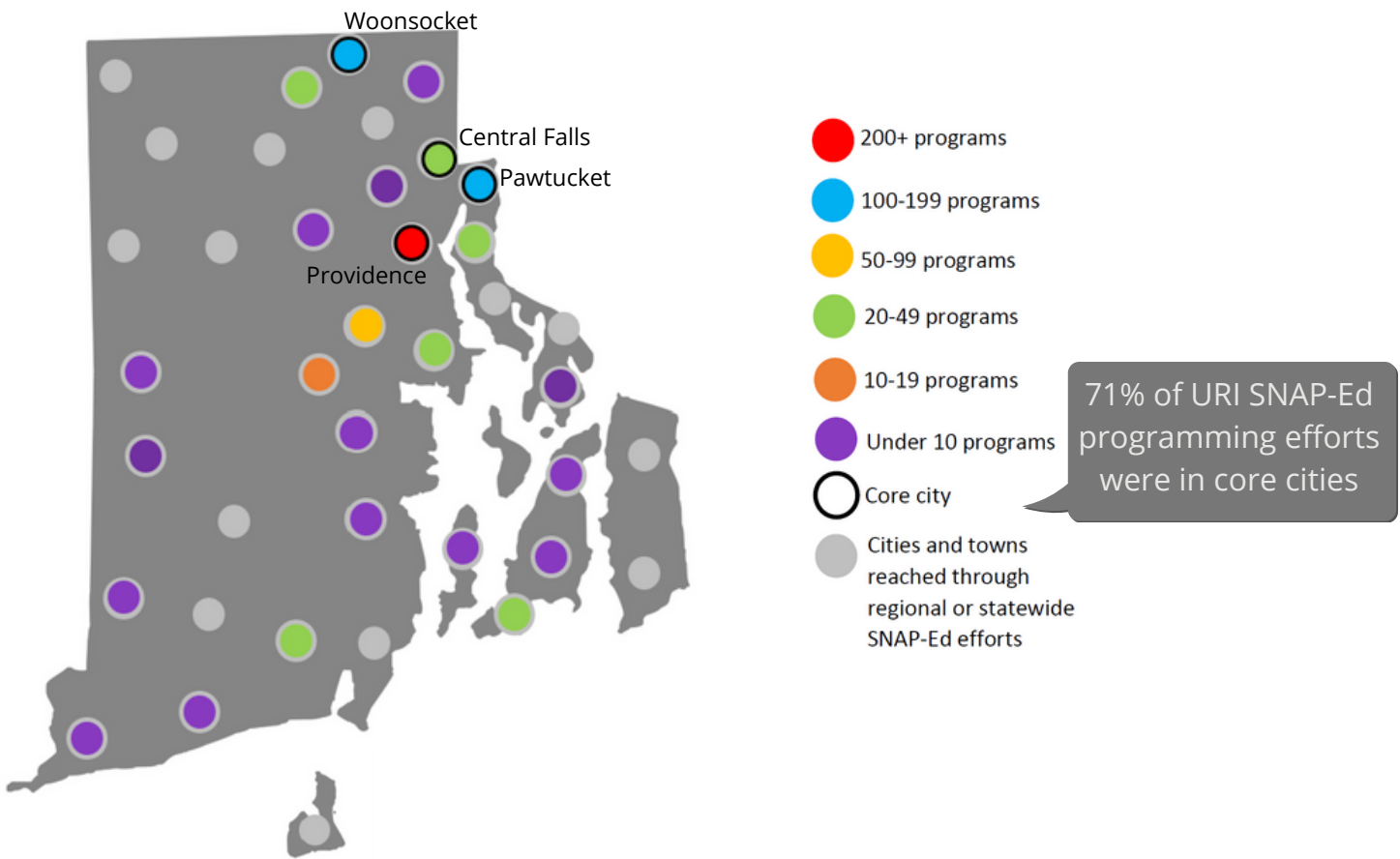
(2) America's Health Rankings, 2022. "Annual Report Fruit and Vegetable Consumption RI". <https://www.america'shealthrankings.org/explore/annual/measure/fvcombo/state/RI>, accessed 2-10-23.

(3) Bleich, SN. Trends in SSBs and Snack Consumption Among Children by Age, Body Weight, and Race/Ethnicity. Obesity 2015; 23: 1039-1046. <https://onlinelibrary.wiley.com/doi/full/10.1002/oby.21050>

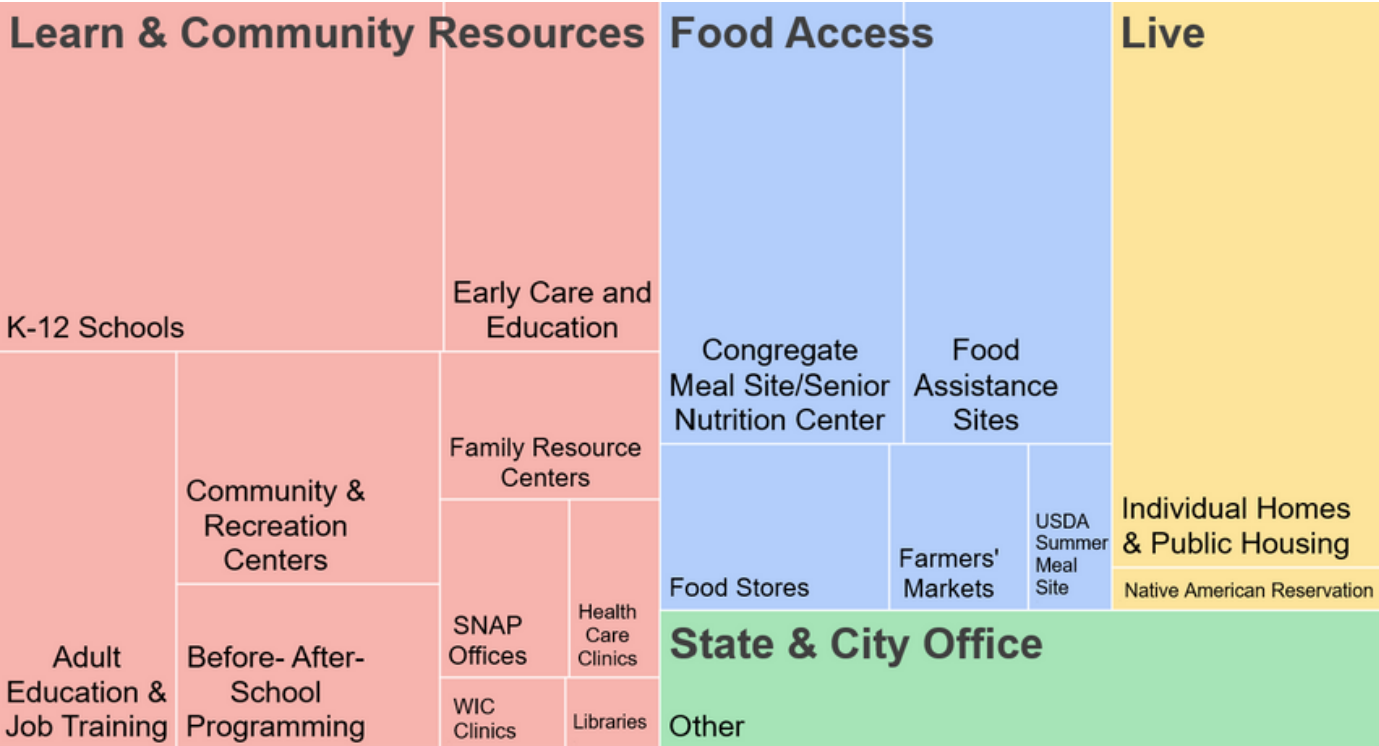
(4) U.S. Department of Agriculture, "Food and Nutrition Security", <https://www.usda.gov/nutrition-security#:~:text=Nutrition%20security%20means%20consistent%20access,Tribal%20communities%20and%20Insular%20areas>. accessed 3-11-24

Partnerships and Reach

URI SNAP-Ed collaboration with **91 community partners** promotes statewide reach, both in-person and virtually to community members. It also provides an opportunity for RI SNAP-Ed to **engage with youth, parents, adults and community partners** in various settings throughout the state. The state map below describes the location and concentration of programming. The Tree Map depicts where the majority of programming and efforts reside in the community.



Tree Map depicting where the majority of programming occurs in the community



Collaborating on a Culture of Healthy Eating: A Multilayered Approach at a Food Pantry

This past year, the Jonnycake Center for Hope in Peace Dale opened a new food pantry site. SNAP-Ed was fortunate to support the new market space through both policy, system and environmental (PSE) efforts and direct education with clients.

PSE efforts help make the healthy choice the easier choice. An assessment showed the food pantry its strengths and areas for opportunity. SNAP-Ed contributed to the areas for opportunity by designing a healthy foods donation list to guide donors to provide nutritious items desired by clients; offering healthy recipes, tip cards, and fresh produce preparation sheets for client use; and providing professional development training for 32 pantry volunteers. Volunteers learned about the relationship between food insecurity and health, how to read the Nutrition Facts label to identify healthy items, and how to help clients find healthy foods in the client-choice pantry. One volunteer shared, **"I wasn't aware of the SNAP-Ed program prior to this, thank you for the information!"**

The PSE efforts complemented the hands-on workshops and table events with clients to encourage positive nutrition behaviors. Workshops focused on MyPlate and the five food groups, fruits and vegetables, whole grains, healthy beverages, and food resource management practices. One workshop client stated, **"Nutrition Labels are a must for me to read now. I eat way more beans to increase my fiber intake."**



SNAP-Ed staff providing professional development training for volunteers at Jonnycake Center for Hope in Peace Dale

Adult Programming

307 programs with adults at their food access points or where they live, gather, wait and learn

777 adults joined nutrition education classes

2,395 adults received nutrition, food resource, and recipe materials through table events, mailings and other modes of print material dissemination

53 community partner staff interacted in professional development opportunities

Policy, system and environment initiatives included:

- involvement in local and statewide coalitions/working groups and strategic planning efforts
- administration of needs assessment tools to determine the strengths and suggestions for best practice at food access sites
- production of newsletters for adults focused on healthy eating on a budget, produce preparation sheets, and pantry tip cards
- collaboration with partners to distribute nutrition materials alongside food access initiatives

93% of adult participants showed improvement in one or more nutrition, physical activity and/or food resource management practices (n=204)*. The four behaviors that participants improved on the most after participating in the program are:



*adults attended series programming (4-6 lessons per series) AND completed both baseline and post assessments.

Encouraging Behaviors from an Early Age

Youth have the amazing ability to soak up information and apply their new knowledge through changed behaviors. SNAP-Ed provides interactive workshops with youth in school, early childhood, afterschool and summer camp settings. Topics include MyPlate and the food groups and healthy snack and drink choices. They engage in hands-on activities, participate in recipe demonstrations, and taste new recipes, while also bringing home resources to their families to help extend the change into the home.

“Honestly, I only eat my mom’s pasta at home because there’s a very specific way that I like it...but I think I want another plate of this lasagna. It’s so amazing and I wouldn’t have tried it like this...This is weird but tastes amazing!”

Afterschool youth participant



Head Start youth trying peppers

Youth and Family Programming

281 programs with youth and families where they eat, learn, and play

1,503 youth and families joined nutrition education classes

674 community partner staff interacted in professional development opportunities

2,426 youth and families received nutrition, food resource, and recipe materials through table events, mailings and other modes of print material dissemination through community partners

Policy, system and environment initiatives included:

- involvement in local and statewide coalitions, advisories, working groups and wellness committees
- collaboration with partners to create and distribute in-school resources and supplementary curriculum materials
- support for health professionals to share nutrition and food resources with families
- production of early childhood newsletters
- train-the-trainer and other professional development training opportunities to extend reach

89% of youth participants showed improvement in behavior and/or attitudes of one or more nutrition and/or physical activity practices (n=308)*. Behaviors that improved included:



increased amounts of fruits and vegetables consumed



increased variety of fruits and vegetables consumed



decrease in how often sweet and salty snacks are consumed



increase their self-efficacy around choosing to snack on vegetables instead of on salty snacks

*youth attended series programming (4-6 lessons per series) AND completed both baseline and post assessments.

Social Marketing Efforts

In 2023 we kicked off our social marketing campaign, starting in Central Falls, with plans to expand statewide. The “Add a Fruit or Veggie You Love to Your Day!” campaign encourages SNAP-eligible adults and families to enjoy favorite and cultural foods as part of a healthy diet. This campaign included a bilingual poster, postcards with action ideas such as using a vegetable in many ways with an accompanying recipe, social media posts, and in-person table events throughout Central Falls.



URI_Nutrition_Ed



Community Nutrition Education RI



Bilingual sample social media post, sample postcard, and bilingual poster

Culturally Relevant Recipe Project

URI SNAP-Ed is dedicated to making SNAP-Ed programming and materials more inclusive, diverse, and equitable. Our Culturally Relevant Recipe Project thoughtfully expands our recipes to include recipes from cultures throughout the Rhode Island community. In the last year, **10 recipes were created** that reflect the cultures of El Salvador, Central America, Afghanistan, Africa, Senegal, and India.

You can find these recipes and more on our website <https://web.uri.edu/community-nutrition/recipes/>. You can also find many recipes and food preparation videos on our **YouTube channel**.



URI Nutrition

African-Inspired Marinated

Canned Chicken

Kabuli Pulaw



Bean and Cheese
Pupusa



Central
American
Curtido



“The SNAP-Ed website is a wonderful resource for quick, inexpensive and delicious recipes. I have made many of these recipes over the years and there isn't one I haven't liked. There are so many options, you could plan 3 meals a day plus snacks for an entire week and not have to repeat a recipe. I highly recommend these recipes to everyone!”

Narragansett Indian Tribe participant