# URI SNAP-ED: NUTRITION EDUCATION FOR HEALTHIER KIDS!

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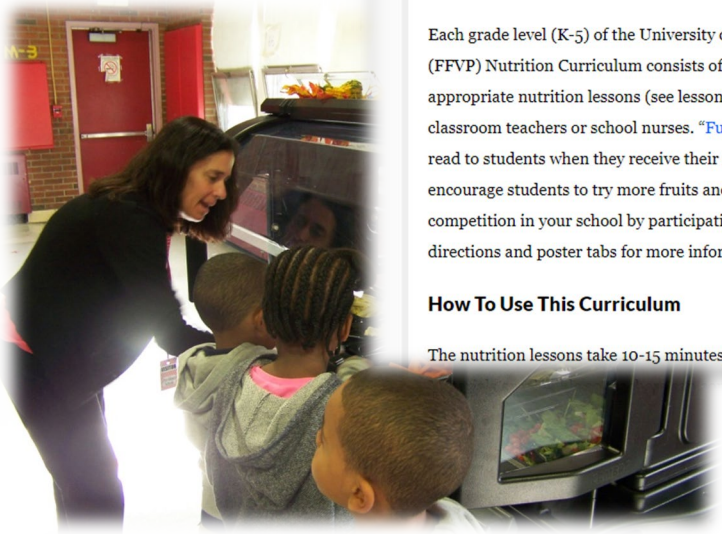
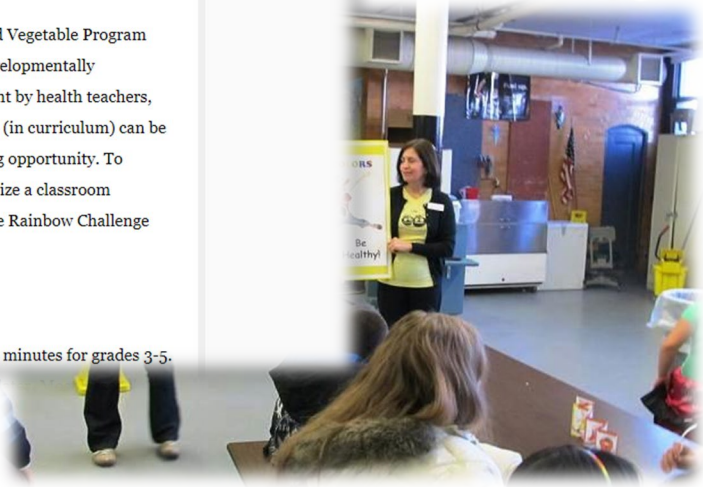
THE UNIVERSITY OF RHODE ISLAND

# Agenda

- About URI SNAP-Ed
- SNAP-Ed & FFVP
- FREE Nutrition Education Materials
- Taste Test
- Evaluation & Connecting in the future

# What is THE UNIVERSITY OF RHODE ISLAND SNAP Ed?



Community Nutrition Education

URI > Community Nutrition Education > Nutrition Education and Resources > Curriculums

Our Programs + | Staff | Recipes | Videos | Education and Resources | Get Involved | Contact Us

## Education and Resources

HANDOUTS | CURRICULUMS | COMMUNITY PARTNERS/RESOURCES | ACTIVITIES/GAMES

FRESH FRUIT AND VEGETABLE NUTRITION CURRICULUM | TEAM UP FOR CHANGE

### Fresh Fruit and Vegetable Nutrition Curriculum

Each grade level (K-5) of the University of Rhode Island SNAP-Ed Fresh Fruit and Vegetable Program (FFVP) Nutrition Curriculum consists of 8 brief, flexible interdisciplinary and developmentally appropriate nutrition lessons (see lesson highlights). This curriculum can be taught by health teachers, classroom teachers or school nurses. "Fun Facts" and "The Color Chart" messages (in curriculum) can be read to students when they receive their fruits and vegetables to make it a learning opportunity. To encourage students to try more fruits and vegetables provided by the FFVP, organize a classroom competition in your school by participating in the Rainbow Challenge. Refer to the Rainbow Challenge directions and poster tabs for more information.

#### How To Use This Curriculum

The nutrition lessons take 10-15 minutes for grades K-2 and approximately 20-30 minutes for grades 3-5.

# Fruit & Vegetable Consumption

## Current Intakes: Ages 5 Through 8

**Average Daily Food Group Intakes Compared to Recommended Intake Ranges**


**Healthy Eating Index Score (on a scale of 0-100)**

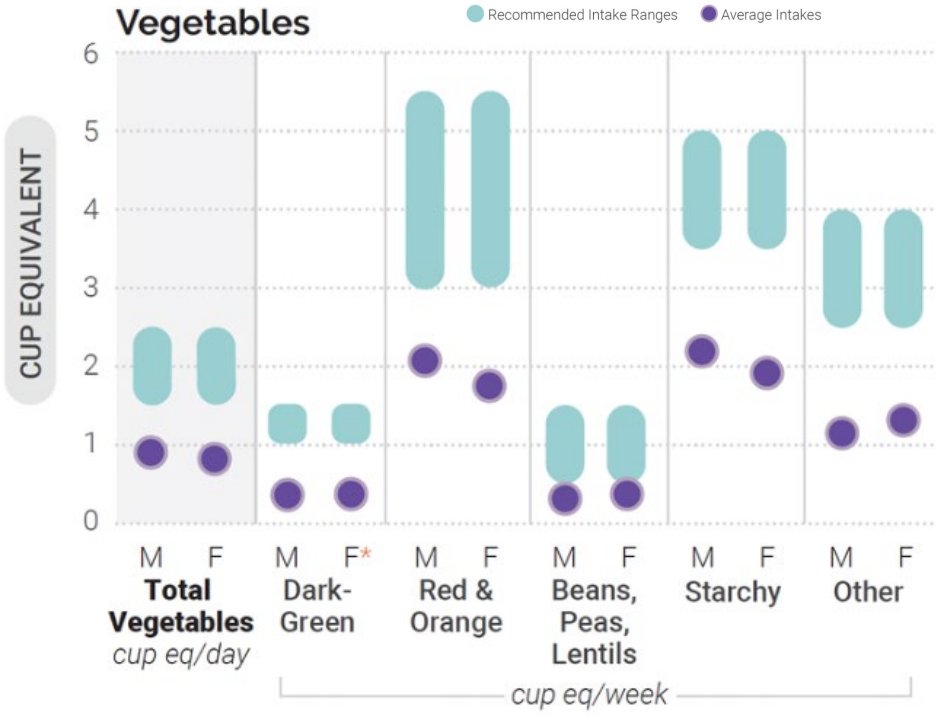

Dietary Guidelines for Americans

**Data Source:** *Average Intakes and HEI-2015 Scores*: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. *Recommended Intake Ranges*: Healthy U.S.-Style Dietary Patterns.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.

# Fruit & Vegetable Consumption

## Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 5 Through 8




Dietary Guidelines for Americans

***Note:** Estimates may be less precise than others due to small sample size and/or large relative standard error.

**Data Source:** *Average Intakes*: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. *Recommended Intake Ranges*: Healthy U.S.-Style Dietary Patterns.

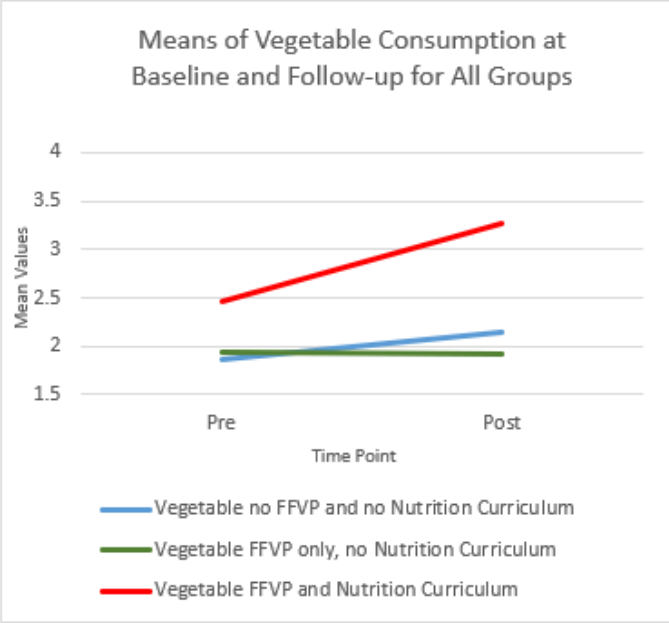
U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.

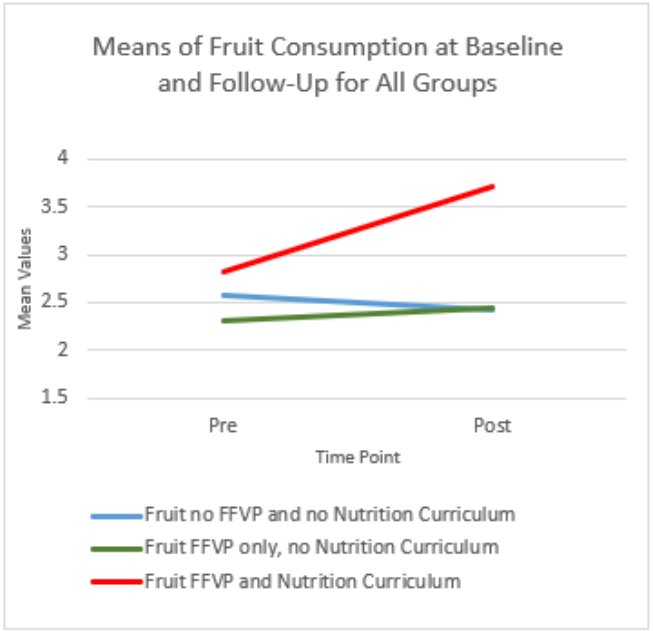
# URI SNAP-Ed Fresh Fruit and Vegetable Program (FFVP) **History**

Began in 2010 as a masters thesis project for two students

2014, (89 youth)

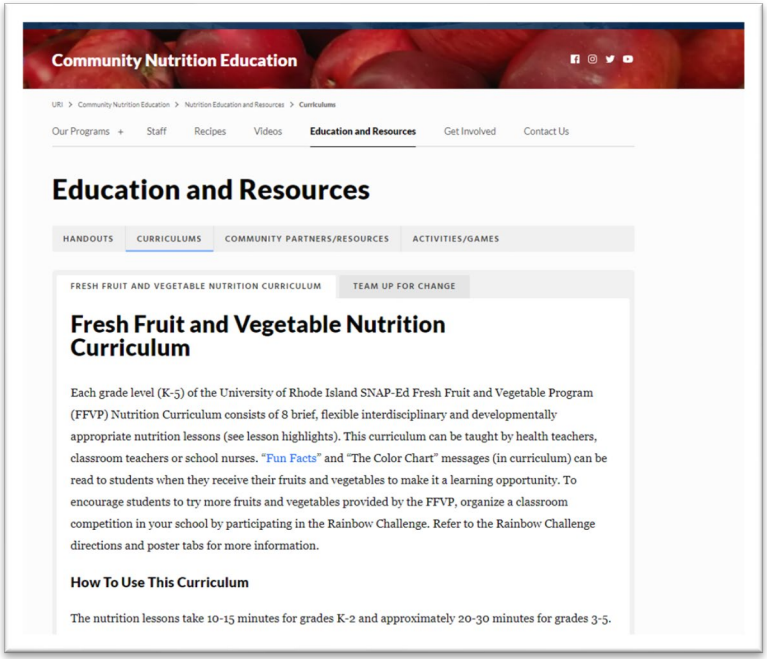
Data from its early stages showed the education component helpful with fruit and vegetable consumption



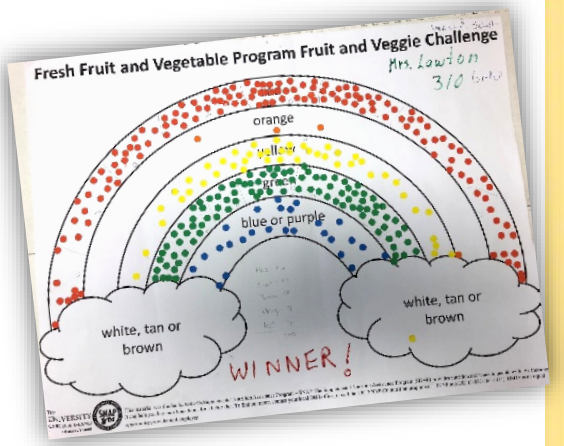
# URI SNAP-Ed Fresh Fruit and Vegetable Program (FFVP) **History**

Has evolved from binders with lesson plans and handouts to the addition of electronic resources and accessible through our website




Our collaboration with the FFVP is featured in a national SNAP-Ed guide

# 2021-2022 Data




10,288 unique students reached

6 new teachers at 3 new schools and 5 teachers at 5 existing schools were provided curriculum

18 teachers at 16 schools responded to technical assistance to receive updates on curriculum materials

3,550 Fun Facts distributed

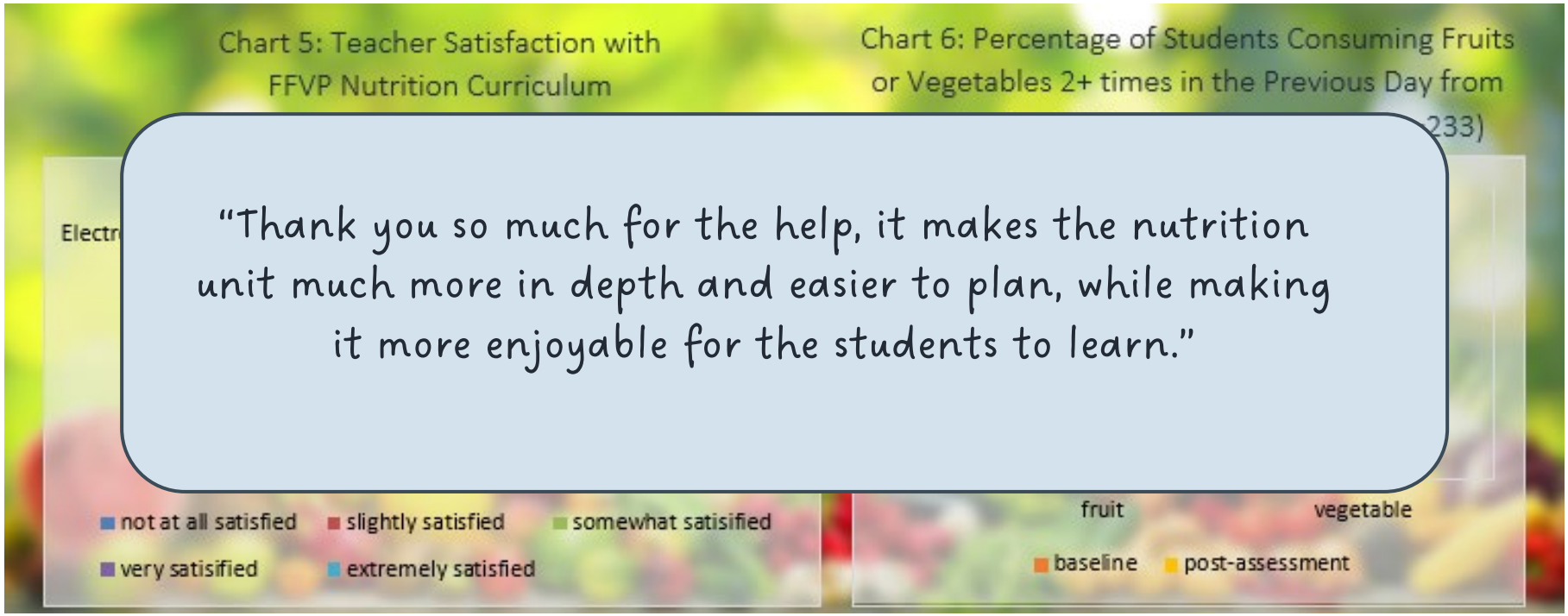
RIDE **USDA Fresh Fruit and Vegetable Program** ROCH'S FRESH FOODS

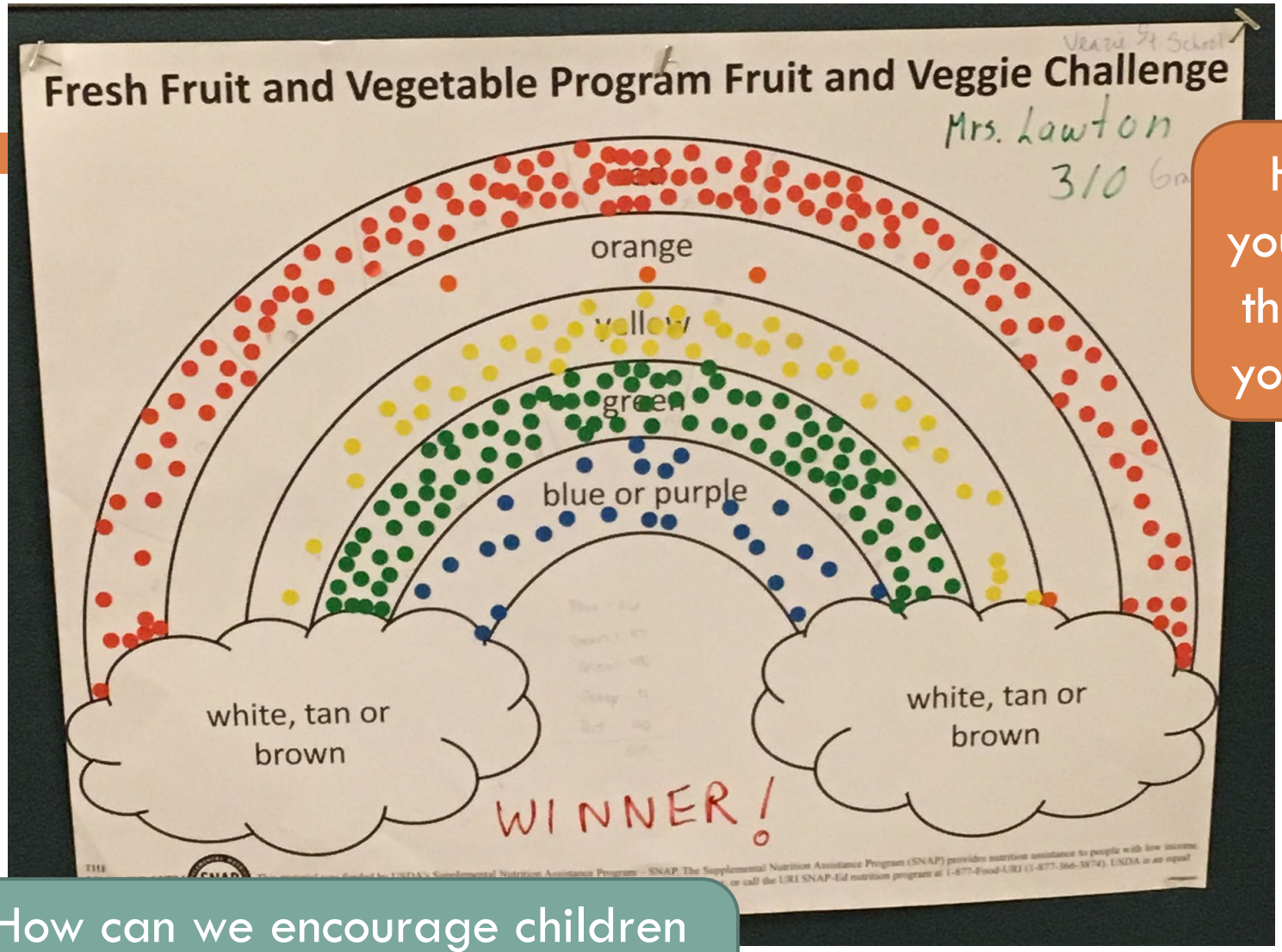
MARCH 2023

Teachers: When the fruits and vegetables are provided to your students, please read the fun fact. Thank you!

| Date | Fruit or Vegetable | Fun Fact |
|---|---|---|
| Mar. 1<br>Mar. 2 | Blood Orange Bags | They turn dark red when the temperature gets low.<br>Packed with vitamin C, they keep you healthy as you grow! |
| Mar. 3 | Celery Stix Bags | Celery keeps you full with all the fiber it packs, eat with peanut butter or hummus, it makes a great snack! |
| Mar. 6 | Blueberry Cups | Blueberries are considered to be a "superfood" because they are loaded with nutrients and can help fight disease. |
| Mar. 7<br>Mar. 8 | Sliced Cucumber Cups | Pickles can be made from cucumbers by soaking them in vinegar, salt and spices. They are ready to eat in five to seven days. |
| Mar. 9<br>Mar. 10 | Papaya & Strawberry Cups | Full of vitamin C, papayas are sweet,<br>Try it in a smoothie for a tropical treat. |

# 2021-2022 Data






How can you promote the FFVP in your school?

How can we encourage children to eat more of the fruits and vegetables offered by the FFVP?

# Rainbow Challenge

## Eat a Rainbow with SNAP-Ed's FFVP Rainbow Challenge!

Our *FFVP Rainbow Challenge* promotes trying new foods in schools that participate in the USDA Fresh Fruit & Vegetable Program. This year, 484 students in 6 schools took part!

Interested classrooms engage in friendly competition to see who can get the most fruit & veggie "tries" on their rainbow poster

"The challenge promoted the students to try foods they ordinarily would not."
*-Participating teacher*

Kids eat more fruits and vegetables!

Winning classes play fruit & veggie bingo and taste smoothies with our SNAP-Ed team

# FFVP Fun Facts

URI & Roch's

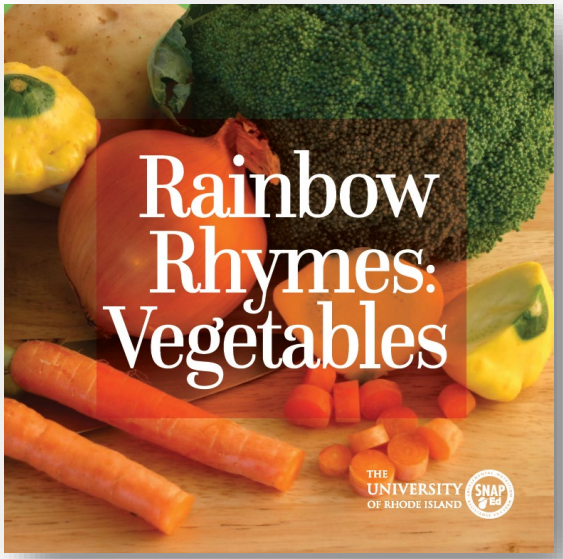
FFVP Fun Facts

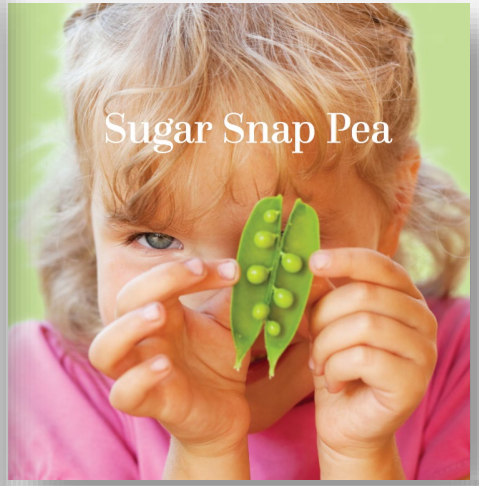
THE UNIVERSITY OF RHODE ISLAND SNAP Ed | RIDE Rhode Island Department of Education **USDA Fresh Fruit and Vegetable Program** ROCH'S FRESH FOODS **October 2016**

**Teachers:** When the fruits and/or vegetables are provided as the FFVP snack, please read the short fun fact. Thank you!

| Date | Fruit or Vegetable | Fun Fact |
|---|---|---|
| Oct. 3<br>Oct. 4 | Starfruit Cups |  Cut them up in slices to eat the fun shape,<br>They taste like a mix between an apple, pear, and a grape. |
| Oct. 5<br>Oct. 6 | Sugar Snap<br>Pea Bags |  They are like regular peas, but taste a little more sweet,<br>The pod holds peas inside, and both parts you can eat. |
| Oct. 7 | Strawberry Bags |  There's about 200 seeds that a strawberry can't hide,<br>It's the only fruit that wears seeds on the outside. |
| Oct. 11<br>Oct. 12 | Sliced Daikon<br>Radish Bags |  A Daikon radish is crunchy, and its flavor has a kick,<br>It helps your muscles, and keeps you from getting sick. |
| Oct. 13<br>Oct. 14 | Cranberry &<br>Blueberry Cups |  A Thanksgiving tradition, this fruit can be tart,<br>The vitamins inside are good for your heart.<br>  Blueberries are wholesome and can help your brain,<br>Have with breakfast or a snack, it helps all the same. |
| Oct. 17<br>Oct. 18 | Jicama Stick Bags |  Jicama is a root vegetable that is crisp and sweet,<br>Eat it raw like an apple for a snack that can't be beat. |
| Oct. 19<br>Oct. 20 | Honeydew Cups |  Keep colds away with vitamin C in honeydew,<br>Have a sweet slice if you want to try something new. |
| Oct. 21 | Zucchini and<br>Yellow Squash Bags |  A healthy green veggie that helps your tummy work right,<br>A dinnertime favorite to eat any night.<br>  Also called "summer squash," it has vitamin A,<br>That's important for your eyes every single day. |
| Oct. 24<br>Oct. 25 | Pineapple Cups |  Pineapples can take some work to peel,<br>Their sweet taste is worth it with any meal. |
| Oct. 26<br>Oct. 27 | Asparagus Bags |  Asparagus comes in green, purple, and white,<br>Eat roasted or grilled, take a bite! |
| Oct. 28 | Red Grape Cups |  Green, red and purple grapes grow on a vine,<br>Eat with a cheese stick—a great snack anytime! |
| Oct. 31 | Red Grapefruit Bags |  Usually for breakfast, red grapefruit tastes sour,<br>It's healthy for your heart at any hour! |

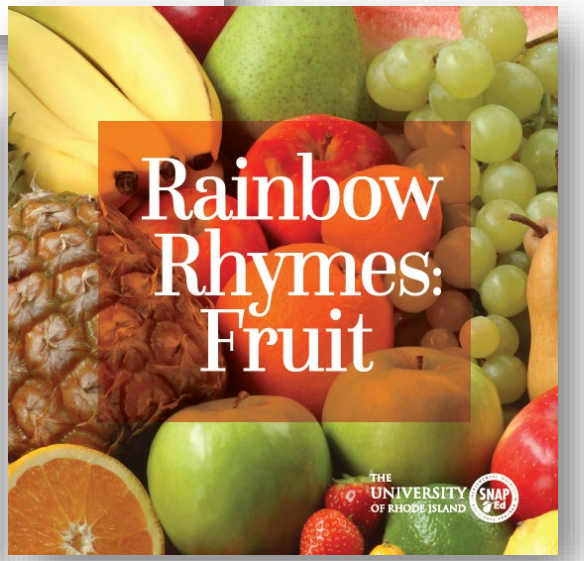
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.



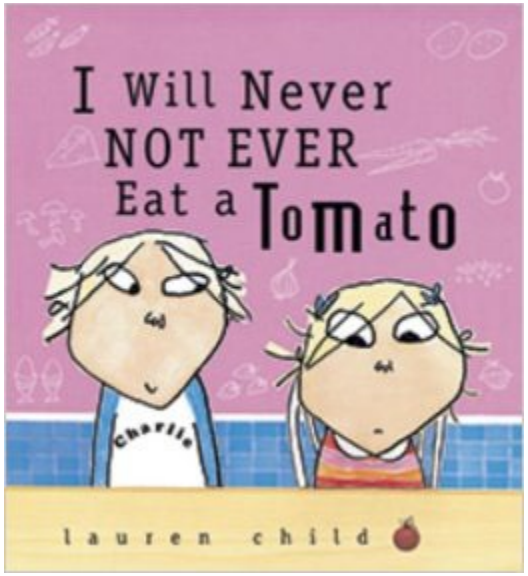




They're like regular peas,
but taste a little more sweet.
The pod holds peas inside
and both parts you can eat.

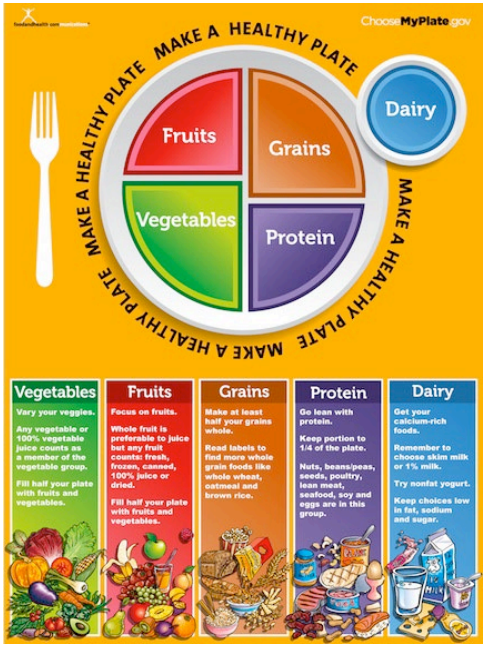

Full of water
and very sweet–
watermelon's the perfect
cool, refreshing treat!

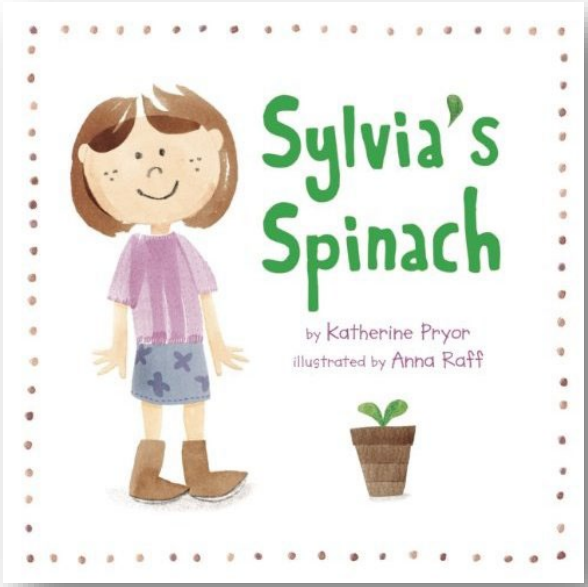


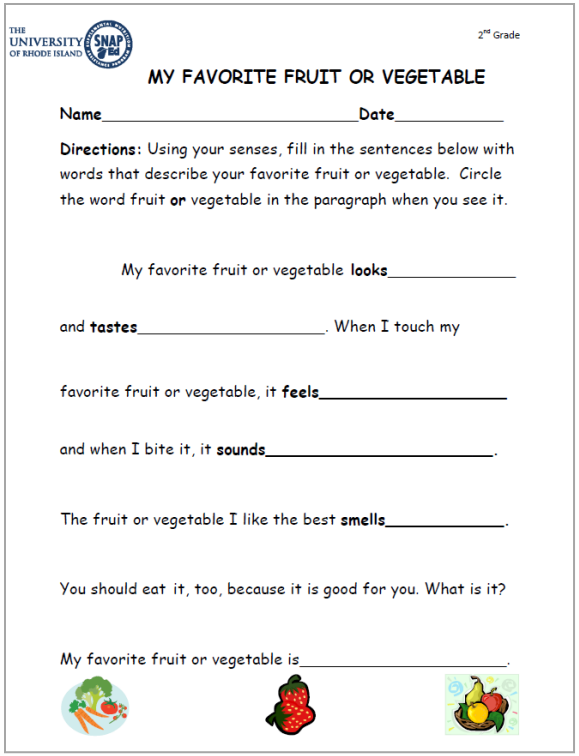
# URI FFVP Curriculum- 1st Grade

# URI FFVP Curriculum- 2nd Grade

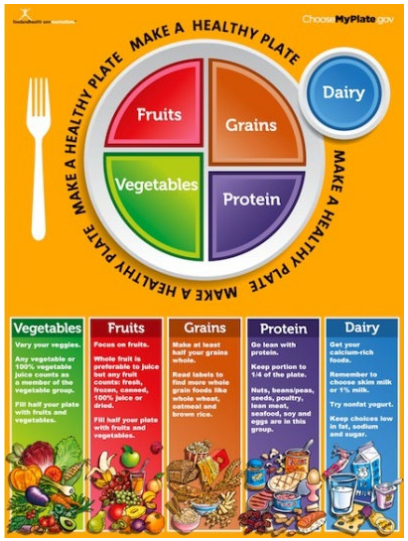


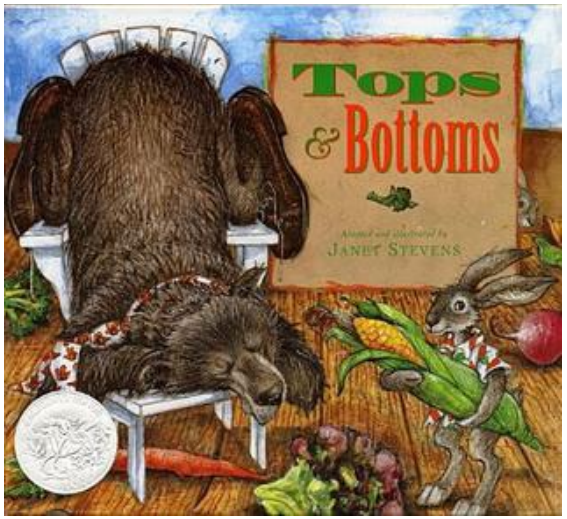



# URI FFVP Curriculum- K-2nd grade


# URI FFVP Curriculum- 3rd Grade



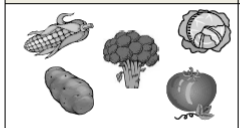
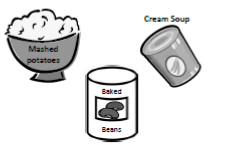
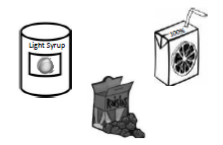
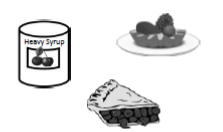

**Fruit & Vegetables: Make Healthy Choices**

*Some fruit & vegetables are more healthy for our bodies than others. Use the chart below to choose the best options.*

**GO Foods** ➡ ***Eat everyday*** **-** Foods that have a lot of vitamins & minerals to keep you healthy.

**SLOW Foods** ➡ ***Eat sometimes*** **-** Foods with less nutrients and more added sugar, salt, or fat.

**WHOA Foods** ➡ ***Eat once in a while*** **-** Foods very high in calories, fat, added sugar, or sodium.

| | Vegetables | Fruits |
|---|---|---|
| GO |  |  |
| SLOW |   |   |
| WHOA |  |   |

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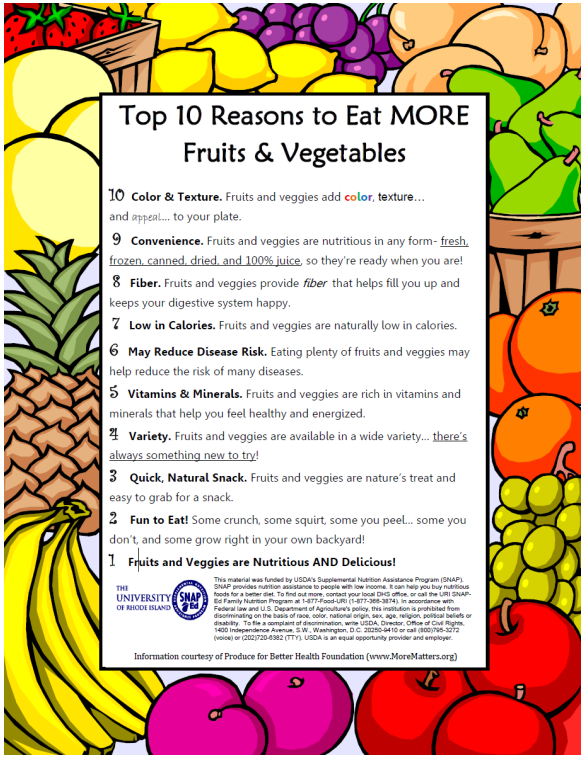
# URI FFVP Curriculum- 5th Grade



## Top 10 Reasons to Eat MORE Fruits & Vegetables

10 **Color & Texture.** Fruits and veggies add color, texture… and appeal… to your plate.

9 **Convenience.** Fruits and veggies are nutritious in any form- fresh, frozen, canned, dried, and 100% juice, so they're ready when you are!

8 **Fiber.** Fruits and veggies provide *fiber* that helps fill you up and keeps your digestive system happy.

7 **Low in Calories.** Fruits and veggies are naturally low in calories.

6 **May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases.

5 **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

4 **Variety.** Fruits and veggies are available in a wide variety… there's always something new to try!

3 **Quick, Natural Snack.** Fruits and veggies are nature's treat and easy to grab for a snack.

2 **Fun to Eat!** Some crunch, some squirt, some you peel… some you don't, and some grow right in your own backyard!

1 **Fruits and Veggies are Nutritious AND Delicious!**

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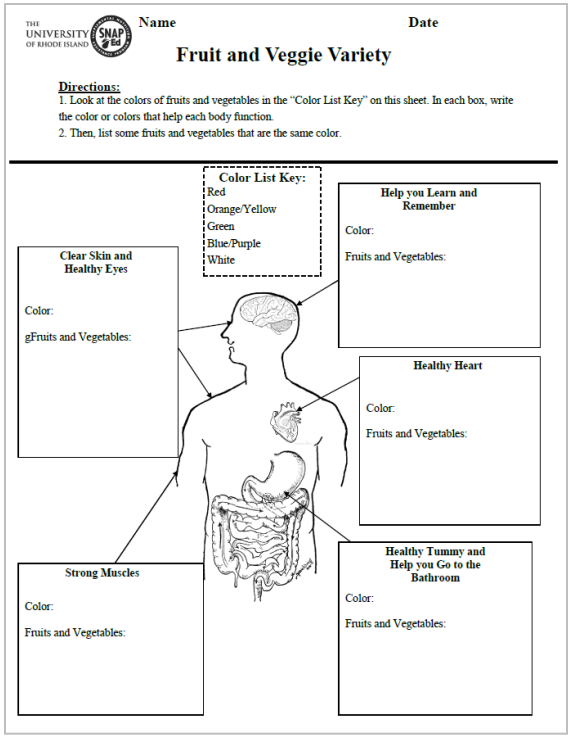
Information courtesy of Produce for Better Health Foundation (www.MoreMatters.org)



Name Date

## Fruit and Veggie Variety

**Directions:**
1. Look at the colors of fruits and vegetables in the "Color List Key" on this sheet. In each box, write the color or colors that help each body function.
2. Then, list some fruits and vegetables that are the same color.

**Color List Key:**
Red
Orange/Yellow
Green
Blue/Purple
White

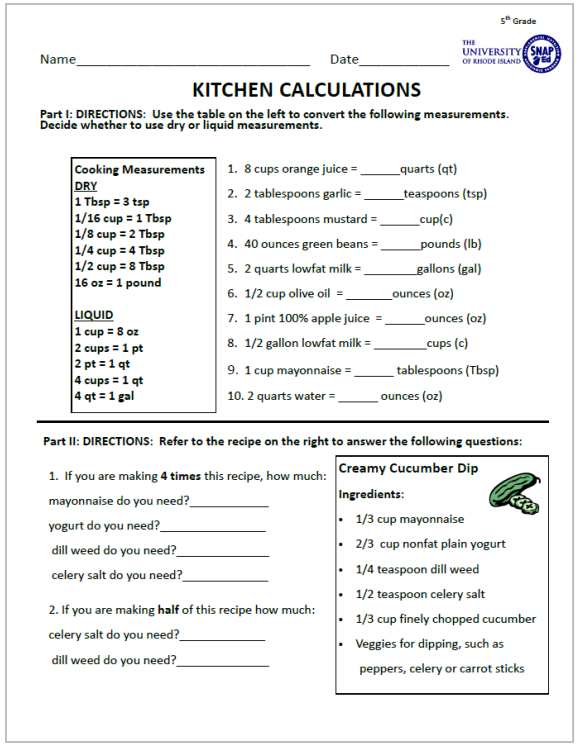
**Help you Learn and Remember**
Color:
Fruits and Vegetables:

**Clear Skin and Healthy Eyes**
Color:
gFruits and Vegetables:

**Healthy Heart**
Color:
Fruits and Vegetables:

**Strong Muscles**
Color:
Fruits and Vegetables:

**Healthy Tummy and Help you Go to the Bathroom**
Color:
Fruits and Vegetables:



5th Grade

Name_____ Date_____

## KITCHEN CALCULATIONS

**Part I: DIRECTIONS: Use the table on the left to convert the following measurements. Decide whether to use dry or liquid measurements.**

| Cooking Measurements |
|---|
| **DRY** |
| 1 Tbsp = 3 tsp |
| 1/16 cup = 1 Tbsp |
| 1/8 cup = 2 Tbsp |
| 1/4 cup = 4 Tbsp |
| 1/2 cup = 8 Tbsp |
| 16 oz = 1 pound |
| **LIQUID** |
| 1 cup = 8 oz |
| 2 cups = 1 pt |
| 2 pt = 1 qt |
| 4 cups = 1 qt |
| 4 qt = 1 gal |

1. 8 cups orange juice = _____quarts (qt)
2. 2 tablespoons garlic = _____teaspoons (tsp)
3. 4 tablespoons mustard = _____cup(c)
4. 40 ounces green beans = _____pounds (lb)
5. 2 quarts lowfat milk = _____gallons (gal)
6. 1/2 cup olive oil = _____ounces (oz)
7. 1 pint 100% apple juice = _____ounces (oz)
8. 1/2 gallon lowfat milk = _____cups (c)
9. 1 cup mayonnaise = _____ tablespoons (Tbsp)
10. 2 quarts water = _____ ounces (oz)

**Part II: DIRECTIONS: Refer to the recipe on the right to answer the following questions:**

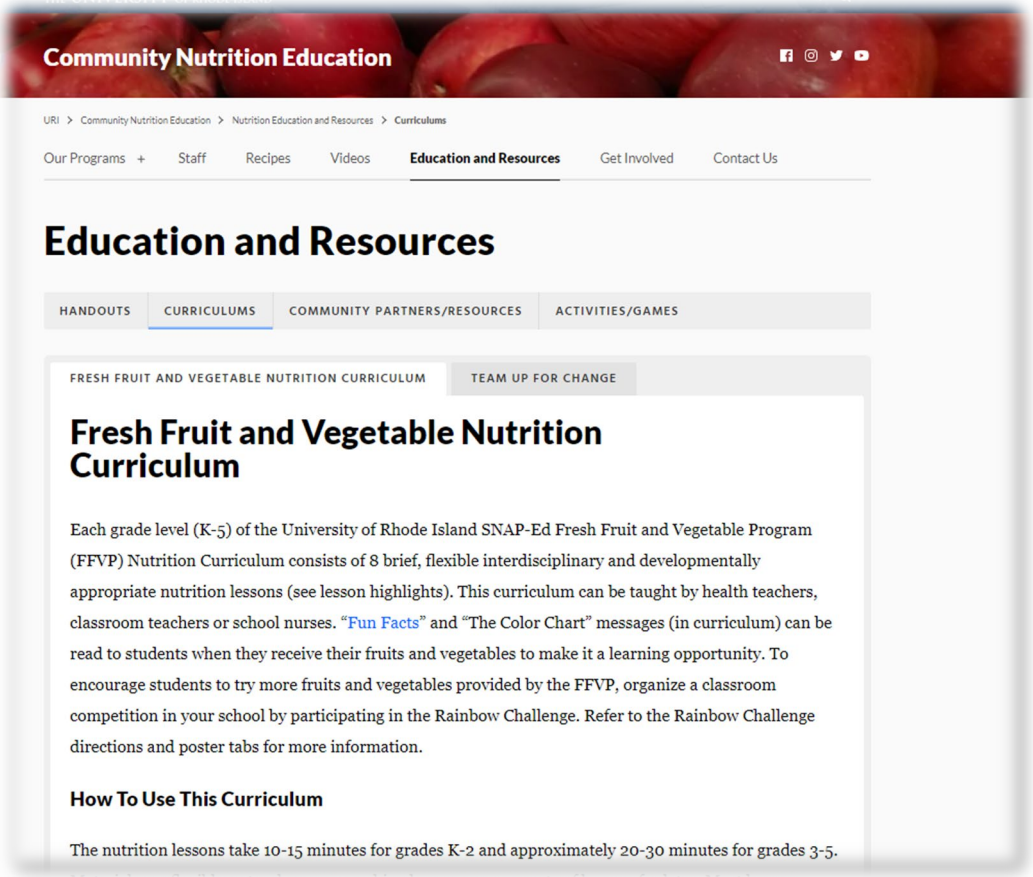
1. If you are making **4 times** this recipe, how much:
mayonnaise do you need?_____
yogurt do you need?_____
dill weed do you need?_____
celery salt do you need?_____

2. If you are making **half** of this recipe how much:
celery salt do you need?_____
dill weed do you need?_____

**Creamy Cucumber Dip**

**Ingredients:**
- 1/3 cup mayonnaise
- 2/3 cup nonfat plain yogurt
- 1/4 teaspoon dill weed
- 1/2 teaspoon celery salt
- 1/3 cup finely chopped cucumber
- Veggies for dipping, such as peppers, celery or carrot sticks

# URI Nutrition Education Website



# Taste Test

## Creamy Ranch Dip

**Prep time: 5 minutes**
**Cook time: 0 minutes**
**Servings per recipe: 6**
**Serving size: 2 tablespoons**
**Cost: $2.94 per recipe, $0.49 per serving**

### Ingredients

- ⅓ cup mayonnaise
- ⅓ cup nonfat plain yogurt
- ¼ teaspoon dill weed
- ½ teaspoon celery salt
- 3 cups of your favorite cut-up vegetables

### Directions

1) In a small bowl, stir together the mayonnaise, yogurt, dill, and celery salt. Blend until creamy.
2) Serve with baby carrots, celery sticks, cucumber slices, cherry tomatoes, or any other fresh veggies.

**Fruits and vegetables keep your eyes healthy and your skin glowing!**

### Nutrition Facts

6 servings per container
**Serving size** 2 Tablespoons

**Amount per serving**
**Calories** 50

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| **Cholesterol** 5mg | 2% |
| **Sodium** 190mg | 8% |
| **Total Carbohydrate** 2g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 0mg | 0% |
| Potassium 8mg | 0% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**$$ Money-Saving Tip:** Pre-cut produce costs more. Save money by cutting your own fruits and vegetables.

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

**Questions about nutrition? Call 1-877-FOOD-URI**

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

## Cucumber Yogurt Dip

**Prep time: 10 minutes**
**Chill time: 2 hours**
**Servings per recipe: 5**
**Serving size: ¼ cup dip**
**Cost: $3.66 per recipe, $1.13 per serving**

### Ingredients

- 1 medium cucumber, grated
- 2 garlic cloves, minced
- ¼ teaspoon salt
- 1 cup low-fat plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 tablespoon fresh minced dill
- ½ teaspoon black pepper
- 2 cups fresh vegetables, washed and sliced (red pepper, celery, broccoli, etc.)

### Directions

1) Place grated cucumber in a strainer and press to remove excess liquid. Discard liquid.
2) Place cucumber in small bowl. Add minced garlic, salt, yogurt, lemon juice, olive oil, dill and black pepper. Mix well.
3) Cover and refrigerate for at least 2 hours.
4) Serve as a dip with fresh v

*Other Se*
- On the side wi
- As a spread
- As a dip wit

### Nutrition Facts

8 servings per container
**Serving size** 1/4 cup

**Amount per serving**
**Calories** 70

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | 4% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 11mg | 3% |
| **Sodium** 130mg | 6% |
| **Total Carbohydrate** 4g | 2% |
| Dietary Fiber 0g | 0% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 55mg | 6% |
| Iron 0mg | 0% |
| Potassium 184mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**$$ Money-Saving T**
Buying the store bra
can help reduce the

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## Honey Yogurt Dip

**Prep time: 5 minutes**
**Cook time: 0 minutes**
**Servings per recipe: 8**
**Serving size: 2 tablespoons**
**Cost: $5.20 per recipe, $0.65 per serving**

### Ingredients

- 1 cup low-fat plain yogurt
- 2 tablespoons honey
- ½ teaspoon cinnamon
- Fruit slices or chunks, for dipping (like apples, bananas, or peaches)

### Directions

1) In a small bowl, combine yogurt, honey, and cinnamon. Mix well.
2) Serve with fruit slices or chunks. Use any of your favorite fruits!

### Nutrition Facts

8 servings per container
**Serving size** 2 Tablespoons

**Amount per serving**
**Calories** 35

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 20mg | 1% |
| **Total Carbohydrate** 7g | 3% |
| Dietary Fiber 0g | 0% |
| Total Sugars 6g | |
| Includes 4g Added Sugars | 8% |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 58mg | 4% |
| Iron 0mg | 0% |
| Potassium 75mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**$$ Money-Saving Tip:** Freeze this dip in a popsicle mold for a healthy dessert. Mix in frozen berries for extra vitamins and minerals.

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**Questions about nutrition? Call 1-877-FOOD-URI**

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"Good nutrition makes children hungry to learn."

Unknown

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