



Husky Nutrition

Programs Overview



Husky Smart Shopping



Child & Parent Nutrition



SNAP4CT.org

Through funding from the SNAP-Education grant of the USDA, the Husky Nutrition team of dietitians, researchers, and UConn students, delivers health education to preschoolers, parents, and adults throughout Connecticut.

Our programs include:



Husky Reads Nutrition & literacy program for preschoolers



Husky Nutrition On-the-Go Nutrition education for parents



Little City Sprouts Gardening program for Hartford youth conducted with Hartford Food System



Husky Smart Shopping Consumer education on healthy and economical choices at grocery stores and farmers markets.



SNAP4CT.org An online platform providing healthy recipes, nutrition videos, CT farmers market locations, and more, 24/7.



Since 1994, Husky Nutrition has been engaging Connecticut residents in highest need in food, nutrition, and physical activity programming, policy development, and research.



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Husky Reads FY 2018



For over 20 years, the Husky Reads **nutrition literacy program** has been serving Connecticut preschoolers. The much-loved program combines the **benefits of reading** with the basics of **good nutrition**.

Taught by UConn students as a **service-learning course** and as part of the **Husky Summer Scholars Internship**, Husky Reads:

- is a series of 10, 30-minute lessons
- educates and excites young children about **fruits & vegetables**
- enables college students to gain valuable **teaching experience**
- assists **underserved children** in Hartford, E. Hartford, Willimantic, Bloomfield, Manchester, Vernon, Wethersfield, and Groton

"When we talk with our children about nutrition and MyPlate, they always said: 'The teacher from Husky told me.' They have a lot of knowledge about the different [food] groups because you helped them to learn about it. Thank you very much." - ECE Staff

In FY 2018, Husky Reads:



Impacted **2,915** preschoolers



Conducted **882** sessions at **46** community sites



Supported the early childhood education in **8** under-served towns



Gave UConn students **1,185** service-learning hours



Program Coordinator

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Husky Nutrition On-the-Go FY 2018



**Husky Nutrition
On-the-Go**



Husky Nutrition On-the-Go offers **parent & caregiver nutrition education** in preschools and community settings.

UConn students teach the "Healthy Beverage Series" as part of a **service-learning course** and through the **Husky Summer Scholars Internship**.

The program:

- teaches caregivers of young children the importance of **limiting sugar sweetened beverages** and **drinking more water**
- enables college students to gain valuable nutrition education and **teaching experience**
- assists **underserved families** in Hartford, E. Hartford, Willimantic, Manchester, Willington, Columbia, Griswold, Coventry, Middletown, Somers, and South Windsor

"Frequently drinking sugar-sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis." - www.CDC.gov

In FY 2018, Husky Nutrition On-the-Go:

- Reached **1,989** participants
- Conducted **92** sessions at **33** community sites
- Supported the early childhood education in **11** under-served towns
- Gave UConn students **361** service-learning hours



Nutrition Education Specialist

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Little City Sprouts FY 2018



Little City Sprouts is a hands-on **gardening** and **nutrition program** for preschoolers. Children learn where their food comes from and develop a love and appreciation for fruits and vegetables that they grow themselves.

Little City Sprouts supports Husky Nutrition's coordinated **child and parent education** and provider-engaged efforts to change food, nutrition, and physical activity policies in early care and education (ECE) settings to **prevent childhood obesity**. The innovative program has been conducted in partnership with **Hartford Food System** since 2015.

"The children had a great experience planting a garden that they were so proud of and I give Courtney thanks for that because she came in consistently teaching about the process, caring for the garden, picking and tasting foods and even planned a family event where parents came in and picked vegetables from the garden along with their child and cooked with them." - Maria Silvia, Kings Chapel Early Learning Center

In FY 2018, Little City Sprouts:

-  Sparked a love of gardening in 330 preschoolers
-  Conducted 256 sessions at 10 ECE sites
-  Maintained 10 gardens in Hartford
-  Made 3,825 contacts



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Husky Smart Shopping FY 2018

Husky Smart Shopping



The Husky Smart Shopping (HSS) program teaches low-income CT residents **nutrition principles**, healthy **cooking techniques**, and **food budgeting skills**.

Dietitians, with the assistance of UConn students, conduct:

- Live and classroom-based **grocery store tours**
- **Food demonstrations** at food stores and in community settings
- Education at **farmers markets**

HSS programs take place in food stores, community health centers, farmers markets, low-income housing sites, and libraries.

"[It] was a day where we truly learned how to feed ourselves healthily and without spending a lot of money. For me it was a great help, as a Latina I like eating rich [food] but not healthy. Now I am conscious of what I should and should not eat."
-Program Participant



In FY 2018, Husky Smart Shopping:

- \$\$\$ Reached over 2,000 participants
- \$\$\$ Delivered 184 sessions at 51 sites
- \$\$\$ Provided programs in 23 CT towns



Community Nutrition Educator

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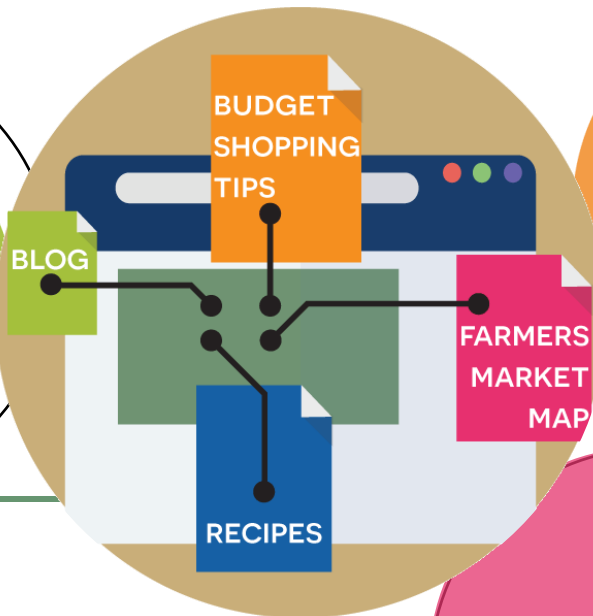
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SNAP4CT.org FY 2018



SNAP4CT.org is an **online platform** that includes a mobile-friendly website and popular social media accounts that deliver simple nutrition and lifestyle tips to SNAP-Ed participants throughout Connecticut.

The SNAP4CT.org website includes:


- **"Ask a Nutritionist"** where visitors can ask nutrition questions
- Easy, **healthy recipes** with videos and preparation tips
- A **Healthy Living Blog** that includes tips on healthy eating on a budget
- A free seasonal **cookbook** and monthly **eNewsletter** subscription
- An interactive **farmers market map**
- A **Free CT Health Events Calendar**, FAQs, and resources for accessing SNAP benefits

In FY 2018, SNAP4CT.org:

- Had **448,981** online interactions
- Had visitors from **165** of CT's 169 towns
- Increased eNewsletter list from 852 to **1,326 subscribers**
- Helped **2,127 visitors** find CT Farmers Markets

In 2018, 89% of U.S. adults reported using the internet and 69% used at least one social media site. - Pew Research Center

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