



Husky Nutrition

Programs Overview




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.



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Husky Nutrition

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 is funded by the USDA, an equal opportunity provider.





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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

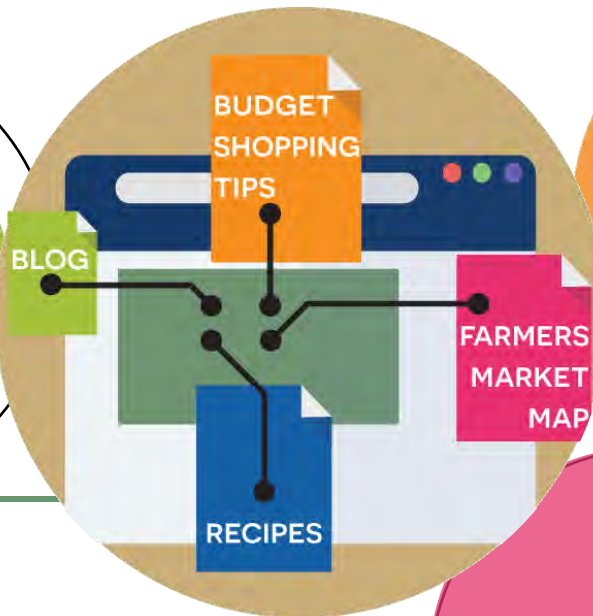
In FY 2018, Husky Smart Shopping:

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



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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

   @SNAP4CT

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UConn HEALTH **SNAP4CT.ORG**
Eat well. Spend less. 
HUSKY NUTRITION