



Husky Nutrition

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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Husky Nutrition is funded by the USDA, an equal opportunity provider.

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SNAP4CT
Eat well. Spend less.

