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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**Community Nutrition Educator**

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