



Husky Nutrition

Husky Reads FY 2018



Husky Reads



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

Susan Coleman
susan.coleman@uconn.edu



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HUSKY NUTRITION

SNAP4CT ORG
Eat well. Spend less.

