



# Husky Nutrition

Little City Sprouts FY 2018



## Little City Sprouts

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

HARTFORD  
FOOD  
SYSTEM

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