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

Susan Furbish, RDN
furbish@uchc.edu
Assistant Director

Martha Page, MPH, CPH
mpage@hartfordfood.org
Executive Director