



# Husky Nutrition

Husky Nutrition On-the-Go FY 2018



## Husky Nutrition On-the-Go



Husky Nutrition On-the-Go offers **parent & caregiver nutrition education** in preschools and community settings.

UConn students teach the "Healthy Beverage Series" as part of a **service-learning course** and through the **Husky Summer Scholars Internship**. The program:

- teaches caregivers of young children the importance of **limiting sugar sweetened beverages** and **drinking more water**
- enables college students to gain valuable nutrition education and **teaching experience**
- assists **underserved families** in Hartford, E. Hartford, Willimantic, Manchester, Willington, Columbia, Griswold, Coventry, Middletown, Somers, and South Windsor

"Frequently drinking sugar-sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis." - [www.CDC.gov](http://www.CDC.gov)

### In FY 2018, Husky Nutrition On-the-Go:

- Reached **1,989** participants
- Conducted **92** sessions at **33** community sites
- Supported the early childhood education in **11** under-served towns
- Gave UConn students **361** service-learning hours



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HUSKY NUTRITION

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Eat well. Spend less.

