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

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

“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

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Husky Nutrition is funded by the USDA, an equal opportunity provider.