



Husky Nutrition

Programs Overview

Husky Smart Shopping

Child & Parent Nutrition

SNAP4CT.org

Through funding from the SNAP-Education grant of the USDA, the Husky Nutrition team of dietitians, researchers, and UConn students, delivers health education to preschoolers, parents, and adults throughout Connecticut.

Our programs include:



Husky Reads Nutrition & literacy program for preschoolers



Husky Nutrition On-the-Go Nutrition education for parents



Little City Sprouts Gardening program for Hartford youth conducted with Hartford Food System



Husky Smart Shopping Consumer education on healthy and economical choices at grocery stores and farmers markets.



SNAP4CT.org An online platform providing healthy recipes, nutrition videos, CT farmers market locations, and more, 24/7.

Since 1994, Husky Nutrition has been engaging Connecticut residents in highest need in food, nutrition, and physical activity programming, policy development, and research.



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