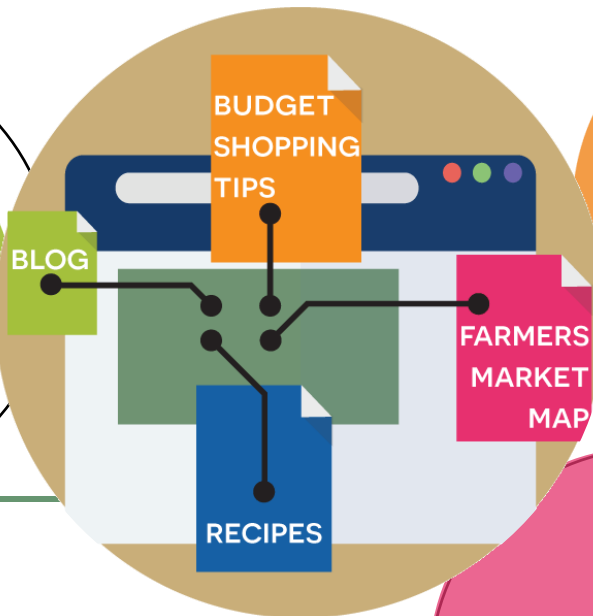




Husky Nutrition

SNAP4CT.org FY 2018



SNAP4CT.org is an **online platform** that includes a mobile-friendly website and popular social media accounts that deliver simple nutrition and lifestyle tips to SNAP-Ed participants throughout Connecticut.

The SNAP4CT.org website includes:


- **"Ask a Nutritionist"** where visitors can ask nutrition questions
- Easy, **healthy recipes** with videos and preparation tips
- A **Healthy Living Blog** that includes tips on healthy eating on a budget
- A free seasonal **cookbook** and monthly **eNewsletter** subscription
- An interactive **farmers market map**
- A **Free CT Health Events Calendar**, FAQs, and resources for accessing SNAP benefits

In FY 2018, SNAP4CT.org:

- Had **448,981** online interactions
- Had visitors from **165** of CT's 169 towns
- Increased eNewsletter list from 852 to **1,326 subscribers**
- Helped **2,127 visitors** find CT Farmers Markets

In 2018, 89% of U.S. adults reported using the internet and 69% used at least one social media site. - Pew Research Center

   @SNAP4CT

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Web Communications

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UConn HEALTH **SNAP4CT.ORG**
Eat well. Spend less. 
HUSKY NUTRITION