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 Smart Shopping**
  - Nutrition & literacy program for preschoolers
  - Consumer education on healthy and economical choices at grocery stores and farmers markets.

- **Husky Reads**
  - Nutrition education for parents

- **Husky Nutrition On-the-Go**
  - Gardening program for Hartford youth conducted with Hartford Food System

- **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.

**Director**

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USDA Husky Nutrition is funded by the USDA, an equal opportunity provider.
For over 20 years, the Husky Reads nutrition literacy program has been serving Connecticut preschoolers. The much-loved program combines the benefits of reading with the basics of good nutrition.

Taught by UConn students as a service-learning course and as part of the Husky Summer Scholars Internship, Husky Reads:

- is a series of 10, 30-minute lessons
- educates and excites young children about fruits & vegetables
- enables college students to gain valuable teaching experience
- assists underserved children in Hartford, E. Hartford, Willimantic, Bloomfield, Manchester, Vernon, Wethersfield, and Groton

"When we talk with our children about nutrition and MyPlate, they always said: 'The teacher from Husky told me.' They have a lot of knowledge about the different [food] groups because you helped them to learn about it. Thank you very much." - ECE Staff

In FY 2018, Husky Reads:
- Impacted 2,915 preschoolers
- Conducted 882 sessions at 46 community sites
- Supported the early childhood education in 8 under-served towns
- Gave UConn students 1,185 service-learning hours

Program Coordinator
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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
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

Executive Director
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The Husky Smart Shopping (HSS) program teaches low-income CT residents nutrition principles, healthy cooking techniques, and food budgeting skills.

Dietitians, with the assistance of UConn students, conduct:

- Live and classroom-based grocery store tours
- Food demonstrations at food stores and in community settings
- Education at farmers markets

HSS programs take place in food stores, community health centers, farmers markets, low-income housing sites, and libraries.

"[It] was a day where we truly learned how to feed ourselves healthily and without spending a lot of money. For me it was a great help, as a Latina I like eating rich [food] but not healthy. Now I am conscious of what I should and should not eat."

-Program Participant

In FY 2018, Husky Smart Shopping:

- Reached over 2,000 participants
- Delivered 184 sessions at 51 sites
- Provided programs in 23 CT towns

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