

UConn Healthy Family CT SNAP–Ed Services to Connecticut Fiscal Year 2024 Impact Report



Providing Fact-Based Food and Nutrition Information and Policy/System/
Environmental (PSE) Changes to Help Families Spend Smart, Eat Well and Feel Great!
<https://healthyfamilyct.cahn.uconn.edu>

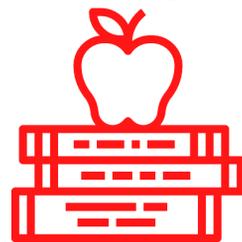
Our Goal: To improve access to healthy, affordable foods that fit into a limited budget and help individuals and families make healthy food choices to improve their diet quality and overall health.

Our Impact



147,727

Total Participants Reached



411

Educational Sessions



114

Community Sites

Our Work

**HEALTHY FOOD
ACCESS**

1,817



1817 adults, seniors, and families in Windham County reached via nutrition education in schools, food assistance/distribution sites (churches, public housing sites, soup kitchen, pantries), community and recreation centers, summer meal sites, garden events, and parks spaces. PSE work to leverage online resources to access affordable healthy food through Digital, Food and Nutrition literacy training and opportunities.

**COMMUNITY
PARTNERS**

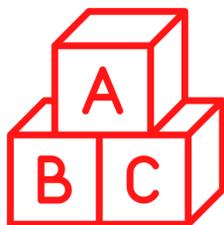
43,188



43,188 adults and seniors reached via work with community partners at public housing sites, senior centers, food assistance sites, community centers, farmers markets, and grocery stores.

PRESCHOOLS

5,963



5,963 preschoolers and parents reached in preschool/Head Start/early learning programs, elementary schools, family resource centers, public libraries, grocery stores, and WIC clinics. In-person and tailored digital nutrition and dental lessons with parents and children.

SCHOOLS

3,108



3,108 children and adolescents reached via interactive nutrition education lessons in schools, tailored messaging, cafeteria tastings, libraries, summer meal sites, dental offices, and nutrition information sent home to caregivers. PSE work increases grants to schools to offer Farm to School activities and increases Fresh Fruit and Vegetable Program nutrition education.

**WEBSITE & SOCIAL
MEDIA PLATFORMS**

93,651



93,651 total reach via fact-based food and nutrition information, recipes, and short videos posted to the UConn Healthy Family CT website and social media platforms (Facebook, Instagram).

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider.

UConn SNAP-Ed Food Security Project 2024 Impacts

REPORT BY UCONN EXTENSION



OVERVIEW

The UConn Food Security Project is funded by USDA Supplemental Nutrition Assistance Program Education (SNAP-Ed). SNAP-Ed helps residents with limited resources gain skills necessary for improved nutrition and physical activity. SNAP-Ed provides nutrition and physical activity education to adults and youth and works with local partners to support healthier communities. Through these efforts our programs aim to help Connecticut families with limited resources eat healthier for less while decreasing chronic disease and obesity. Our programs cover every county in Connecticut and the Mashantucket Pequot Tribal Nation.

CHALLENGE

Food insecurity affects between 10.4% and 17% of Connecticut's population and has been rising in recent years.

Food prices increased 25% from 2019 to 2023, and are projected to continue increasing by smaller amounts in the coming year



INCREASING FOOD SECURITY

Our SNAP-Ed team of Registered Dietitians and nutritionists provided nutrition education in partnership with food banks, food pantries and mobile food pantries to reach 792 adults with direct education in 2024 via 27 in-person sessions.

3K

participants reached

75+

community partners

UConn
COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL
RESOURCES

EXTENSION

UConn SNAP-Ed Food Security Project 2024 Impacts

REPORT BY UCONN EXTENSION



FOOD AND HEALTH FOR FAMILIES, ADULTS AND CHILDREN

CT SNAP-Ed teaches science-based lessons to adults covering topics including MyPlate, food safety, cooking, menu planning, budgeting and physical activity.

CT SNAP-Ed programs teach K-12 grade youth using age-appropriate curricula in alignment with CT education standards.

In 2024, lessons were tailored to SNAP audiences and taught in person and online. This program reached 916 families via 118 in person sessions.



NUTRITION FOR OLDER ADULTS

Seniors Eating Well Nutrition Seminars sought to improve the produce consumption and physical activity levels of older adults over age 60 years old. Lessons included ways to incorporate fruits and vegetables in their diet using budget friendly meals. This program reached 1,375 older adults through 115 in-person seminars.



CONTACT US

This program is possible thanks to USDA FNS SNAP-Ed funding. A special thank you to our tremendously supportive community partners and agencies across the state. To learn more about upcoming SNAP-Ed programs, please visit <https://communitynutrition.cahn.uconn.edu/snap-ed-uconn-food-security-project/> or contact Dr. Michael Puglisi, michael.puglisi@uconn.edu.

260 SESSIONS

3,083 PARTICIPANTS

UCONN
COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL
RESOURCES

EXTENSION

3000+

yearly participants in
direction education
programs focusing
on nutrition and
physical activity

30+

years of community-
campus engagement
and sustained
partnerships

100+

students complete
affiliated UConn courses
focusing on critical service
learning and respectful
community engagement
each year

Connect

UConn Husky Nutrition & Sport
UConnHNS@uconn.edu
Scan for Website | @UConnHNS



UCONN
HUSKY NUTRITION & SPORT



Potential Partners

Interested in having a conversation about potentially partnering with UConn HNS? Scan the QR code to connect.



Get Involved

There are a variety of ways to get involved with UConn HNS, including UConn courses and student jobs. Scan the QR code to learn more.



Healthy Recipes

Hundreds of healthy recipes are available, developed by registered dietitians working with UConn HNS. Scan the QR code to learn more.



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



UConn Husky Nutrition & Sport

UConn Husky Nutrition & Sport (UConn HNS) is a U.S. Department of Agriculture, AmeriCorps, small local foundation, and private donation funded effort to engage in nutrition and physical activity education alongside Connecticut children, adult caregivers of children, and adults eligible to receive Supplemental Nutrition Assistance Program - Education (SNAP-Ed).

Managed by representatives of the UConn HNS Leadership Team, the organization operates through five different teams (People, Partners, Impact, Communications, Operations). UConn HNS staff, faculty, graduate and undergraduate students, and interns collaborate within and across teams to promote equity-focused values and engage in equity-focused practices.

UConn HNS is committed to:

RELATIONSHIPS - reciprocal campus-community partnerships built on respect and "right" relationships, where one treats individuals as equal authorities on their own lives. In doing so, we challenge inequitable individual behaviors and social structures.

RELEVANCY - programs and partnerships designed based on the specific needs and interests of participants, in alignment with SNAP-Ed guidance, to support nutrition and physical activity education and engagement across the lifespan.

REPRESENTATION - talented partners, college students, and staff with diverse identities and experiences working in collaboration and towards enhanced equity-focused values and practices as engaged professionals and community members.



COMMUNITY



Husky Reads

Husky Reads is a SNAP-Ed toolkit evidence-based program and one of Husky Nutrition & Sport's most enduring programs. Since 1998, this program has combined the benefits of reading with the building blocks of healthy nutrition and physical activity. The learning objectives aim to increase MyPlate and food group knowledge, the ability to name fruits and vegetables, and willingness to eat a variety of foods from different food groups.

Husky Sport @ Wish School

Husky Sport @ Wish School utilizes the power of sport to build relationships and support youth development as part of the everyday culture and climate of a school environment. The program focuses resources at Fred D. Wish School in the North End of Hartford, CT. Through shared program planning, delivery, and evaluation Wish School and Husky Sport stakeholders work together for teaching, learning, and application of physical activity, healthy nutrition, transferable life skills, and academic enrichment.

Husky Nutrition Workshops

Husky Nutrition Workshops, most often designed to engage small groups of adult participants, integrate nutrition education as part of interactive cooking classes, are led at partnering health care centers, public libraries, senior centers, recreation centers, and schools. Single sessions and series of workshops are both offered, with focus on food resource management, food prep safety, idea sharing on healthy cooking and eating, as well as nutrition messaging associated with MyPlate.

Husky Nutrition & Sport Clinics

Husky Nutrition & Sport Clinics, most often hosted at partnering middle and high schools as well as recreation and community centers working with teens, leads participants and partner staff through a series of interactive stations. HNS Clinics are set up to range from 30-90 minutes per session for both small and large groups, with curriculum focusing on nutrition education connected with USDA's MyPlate, sport specific physical activity, the ABCDEs of physical literacy, interactive food demonstrations, and healthy snacks.

CAMPUS



Academic Output

With a rich history as part of the Neag School of Education and UConn Health, UConn HNS continues to align with the values and mission of the greater UConn community. We do this work through sustained funding, active partnerships across disciplines, student and alumni empowerment, and consistent scholarly productivity.

Affiliated Courses

UConn HNS offers a range of affiliated courses that aim to guide enrolled students through a combination of critical learning and community engagement. Courses are housed in the Neag School of Education's Department of Educational Leadership, yet are available for students across academic programs.

- Early College Experience (High School) — 1 Credit Course
- Health & Education in Urban Communities — 1 Credit Course
- Husky Reads: Food & Nutrition with Children through Literacy — 2 Credit Course
- UConn HNS Internship (Paid Opportunities) — 3 Credit Course
- Intro to Sport Based Youth Development — 4 Credit Course

Workforce Development

UConn HNS takes pride in our recruitment, support, funding, and promotion of talented UConn students. As a Community of Practice, we are committed to shared learning and critical reflection alongside students and partners. Each year 100+ students are involved with affiliated courses and 10+ Program Leaders are funded as Graduate Assistants or AmeriCorps Interns. We have a growing network of alums leading in fields such as education, public health, nutrition education, social work, sport management, digital media & design, and higher education.