

What is our goal?

To improve family dietary quality, energy balance, food resource management, and food safety.

What do we do?

Our SNAP-Ed team of registered dietitian-nutritionists and trained dietetics paraprofessionals offer communication and outreach to SNAP-Ed families. Our work is fueled by strong partnerships within our target communities, including community health care centers, food pantries, preschools, public housing sites, Title 1 schools, and WIC offices.

Who do we serve?

- Adults
- Parents of children under 5
- Teens and tweens

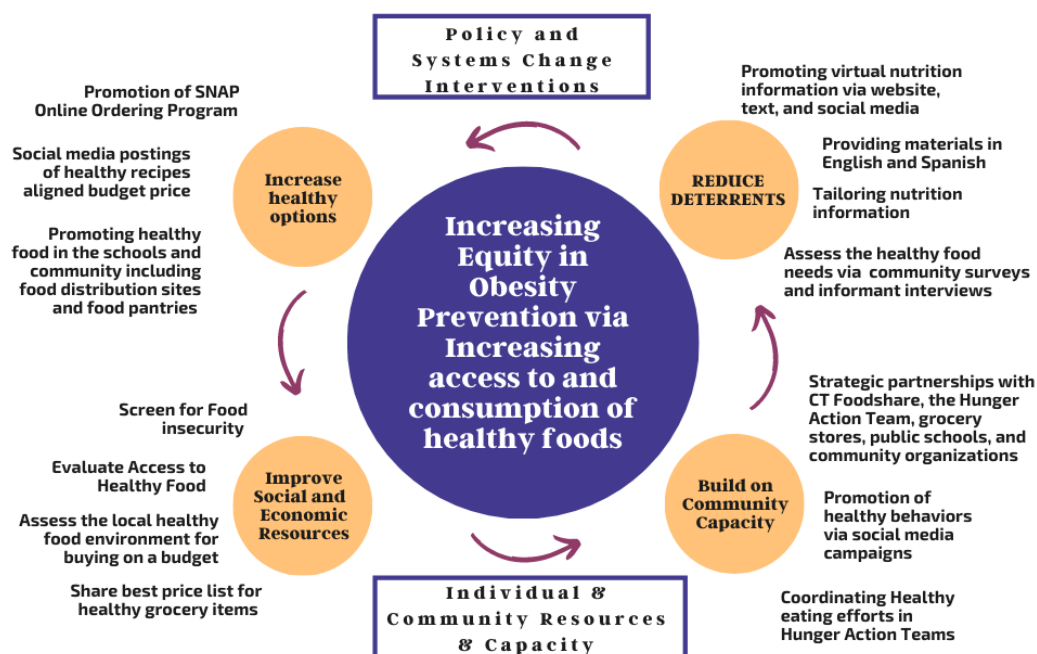


Our Projects

Applying an Equity Framework to Increase Access to and Consumption of Affordable Healthy Food

We aim to increase access to affordable healthy food, improve diet quality, and promote healthy weight for our target audience. Using a community-based participatory approach, we work with partners to identify and address the most important concerns in the community. Guided by an Equity Framework (below), we:

- **Build on community capacity** through strategic partnerships.
- **Improve social and economic resources** through community assessments of food availability, public transit routes, and food security.
- **Reduce deterrents** by gathering real-time feedback from target communities via our social media platforms.
- **Increase healthy options** by promoting SNAP online ordering, posting budget-friendly recipes on social media, and promoting accessible and healthy food in the community.



Direct education to promote healthy diets in adults and older adults in connection with available, local affordable healthy food.

We provide:

- **Tailored nutrition education** that utilizes interactive food models and displays
- **PowerPoint slide presentations** or **traditional face-to-face education**
- **Food/Recipe demonstrations**

Addressing High Risk of Obesity in Young Toddlers and Preschoolers

We aim to provide *clear, coordinated, and consistent messages* on healthy feeding behaviors for parents of toddlers and preschoolers. We leverage technology for:

- **Behavioral screening** and **tailored messages**
- **Face-to-face education**, and
- **Reinforcing private Facebook groups**

UConn Dietetics students provide **school-based Veggie Sensory Lessons** in the preschool setting. By helping students work through the sight, smell, touch, and taste of novel vegetables, our students:

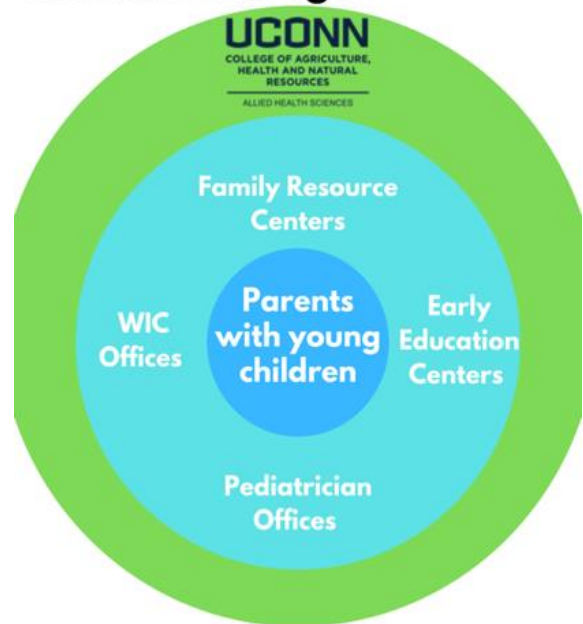
- Work to improve **child preference for vegetables**
- Encourage **vegetable consumption** in classroom meals

Nutrition education partnerships to improve diet quality and decrease obesity risk of children in school and healthcare settings

We target children age 5-18 years in school and healthcare settings that reach children of income-disadvantaged families. This project involves:

- **Tailored messages** to children
- **Low-intensity support** of school nutrition programs, wellness policies, and afterschool activities.
- Fun, educational **nutrition games**
- **Face-to-face group nutrition education**

Our vision for clear, consistent, and coordinated nutrition messages



Our Effectiveness:





In the **2020 fiscal year**, we provided:



329 educational sessions,
111 interactive multimedia sessions,
and reached over **40** community partners
with fact-based nutrition messages

for a total reach of **70,097 participants.**

Find us online at:

- ➔  [Healthy Family CT Website](#)
-  [@UConnHealthyFamilyCT](#)
-  [@UConnHealthyFamilyCT](#)
-  [@HealthyFamilyCT](#)