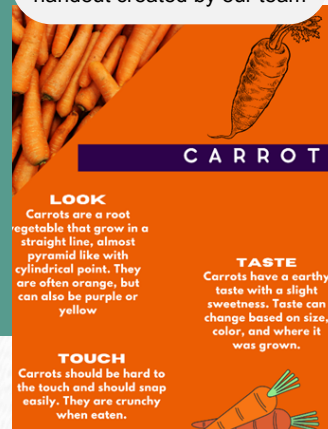


PARTNERSHIP OPPORTUNITIES WITH UCONN HEALTHY FAMILY CT SNAP-ED: SCHOOL NUTRITION

Our team partners with schools and organizations to support the health of children and communities. We offer support for the USDA's Fresh Fruit and Vegetable Program and school-based tailored messaging programs.

Valerie Duffy valerie.duffy@uconn.edu

sample "look, touch, taste"
handout created by our team



sample program promotion
social media post

FRESH FRUIT AND VEGETABLE PROGRAM (FFVP) COLLABORATION

History

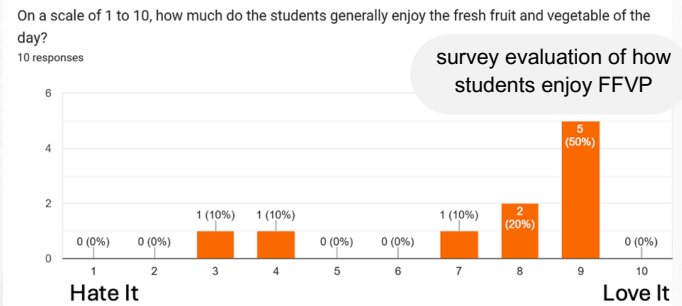
Our team partnered with the Connecticut State Department of Education and five CT school districts to explore FFVP implementation. Through this collaboration, we have developed nutrition resources and **best practices for effective and impactful programming**. Additionally, we provided direct support to school districts, especially with nutrition education resource development, program promotion, and program evaluation.

Moving Forward: Future Partnership Opportunities

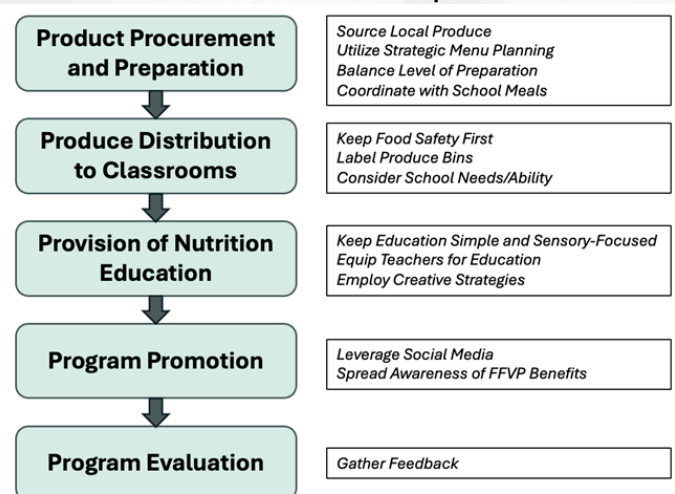
We partner to assist with FFVP implementation and nutrition education for quality and impactful programming.

We can do the following for your district's FFVP:

- Share best practices to support your program
- Partner to provide nutrition education in conjunction with FFVP
- Assist in developing plans for program logistical improvement and nutrition education
- Assist in program evaluation: help develop and administer surveys with teachers or food service staff to understand how FFVP implementation can be improved and tailored to the schools' needs



Best Practices for FFVP Implementation



TAILORED MESSAGING AND GOAL SETTING PROGRAM COLLABORATION

History

Our team has partnered with school districts to survey student health and provide tailored messages. The tailored messaging program provides individualized health-promoting messages based on student survey responses. We also have partnered with a middle school to provide a tailored messaging program in conjunction with a goal setting program. We provided a brief lesson on making diet and physical activity goals, then worked with students to set goals. A follow-up survey tracked student progress in goals and provided tailored messages to student email to support students in achieving goals.

Moving Forward: Future Partnership Opportunities

We partner to provide the tailored messaging and goal setting programs for school-wide health promotion. Collaboration activities can be tailored to each school's needs and health concerns.

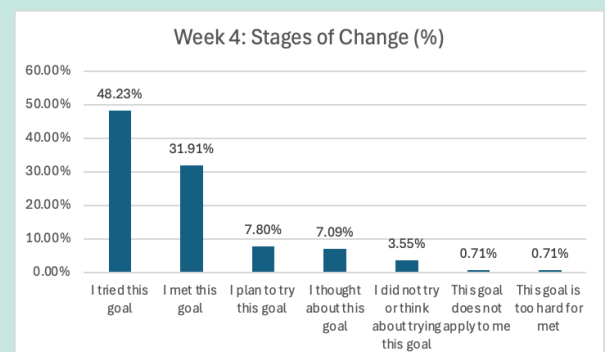


Students reported liking/disliking, willingness to act on target behaviors, and confidence using a facial hedonic scale.

Stop your thirst with water - sugary drinks will just make you thirstier!



Student Goal Progress: 4 Week Follow-Up



48% of students had reported they had tried their goal, and over 30% had met their goal!

Students received tailored messages based on survey responses. This is an example of a tailored message encouraging students to replace sugary beverages with water.