

2024 Annual Plan: Amendment 1

Connecticut Department of Social Services (State Agency)

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Target Audience and Needs Assessment

Needs Assessment Process

This needs assessment is a **comprehensive needs assessment**.

Stakeholders engaged in the needs assessment process

The process for conducting this needs assessment included compiling data and additional information available from Connecticut state agencies, the CT SNAP-Ed implementing agencies (IAs), community partners, census bureau data, USDA reports, websites and publications.

The first section of the needs assessment provides a demographic profile of the SNAP-Ed target audience using five data sources. The data sources include:

- Connecticut Department of Social Services' (DSS) eligibility management system reports for January 2018, October 2019 and October 2020
- USDA Food and Nutrition Service report, "Addendum to the Characteristics of Supplemental Nutrition Assistance Program Households, Fiscal Year 2018"
- Department of Public Health (DPH) town population estimates for calendar year 2019
- CT Data Collaborative town-level median household income estimates based on the 2015-2019 American Community Survey
- State Department of Education school district 2019/2020 eligibility rates for free and reduced lunch

The second section of the needs assessment provides an overview of access to food, food insecurity, obesity and overweight, diet and diet-related chronic disease in Connecticut and for the SNAP-Ed eligible population. Information for this section comes from the USDA Food Access Atlas, Feeding America's Map the Meal Gap research, Data Haven 2018 Community Well Being Survey, the Department of Public Health reports summarizing results from the statewide 2019 Behavioral Risk Factor Surveillance Survey and the 2019 Youth Risk Behavior Surveillance Survey. Additional information about child weight status comes from a 2018-19 BMI surveillance report of children in New Britain schools, a 2017 DPH surveillance study of weight status among kindergarten and 3rd grade children, CT DPH WIC program data from 2020, and results from 2018/2019 surveys conducted with middle schoolers at two SNAP-Ed eligible schools.

Process used to determine the State's priority goals and develop objectives and indicators to track progress toward them

The process for conducting this Needs Assessment is as follows;

The first section of the needs assessment provides a demographic profile of the SNAP-Ed target audience using five data sources.

The second section of the needs assessment provides an overview of access to food, food insecurity, obesity and overweight, diet and diet-related chronic disease in Connecticut and for the SNAP-Ed eligible population.

The third section of the needs assessment highlights nutrition activities within the state beyond those implemented as part of SNAP-Ed. Information about nutrition activities came from discussions with the SNAP-Ed IAs about state-level initiatives, the councils and organizations they work with and their awareness of other initiatives, including Connecticut's implementation of federal and state initiatives related to obesity prevention, nutrition and physical activity. This information supplements the 2018 review of community needs assessments conducted by hospitals throughout the state and a web-based review of activities offered through local health departments.

The final section identifies underserved / unserved populations by analyzing SNAP-Ed administrative program data from the IAs to describe the location and intensity of programming for children and adults.

Needs Assessment Findings

State-Specific Nutrition and Physical Activity-Related Data on Target Population

Topic	Age Group Range	Finding	Data Source
Obesity	18 to 34	30.0 %	2019 Behavioral Risk Factor Surveillance System (<i>applies to all age groups</i>)
	35 to 54	33.0 %	
	55 to 99	24.0 %	
	3 to 3	22.0 %	
	4 to 4	22.0 %	
	11 to 13	30.0 %	
	14 to 16	25.0 %	
5 to 5	21.0 %		
Type 2 diabetes	55 to 99	17.0 %	2019 Behavioral Risk Factor Surveillance System (<i>applies to all age groups</i>)
	35 to 54	7.0 %	

Topic	Age Group Range	Finding	Data Source
High cholesterol	55 to 99	46.0 %	2019 Behavioral Risk Factor Surveillance System <i>(applies to all age groups)</i>
	35 to 54	29.0 %	
Fruit consumption	18 to 34	64.0 %	2019 Behavioral Risk Factor Surveillance System <i>(applies to all age groups)</i>
	35 to 54	63.0 %	
	55 to 99	71.0 %	
Vegetable consumption	18 to 34	76.0 %	2019 Behavioral Risk Factor Surveillance System <i>(applies to all age groups)</i>
	35 to 54	80.0 %	
	55 to 99	84.0 %	

Community Food Access Data

File Attachments: [Community Access Chart 3.PNG](#)

Demographic Characteristics of SNAP-Ed Target Audiences

The SNAP gross income limit (as a percentage of the Federal Poverty Level): **185%**

Age

102,816	60-75
54,354	76 or older
62,230	Younger than 5
136,637	5-17
361,291	18-59

Source: American Community Survey, 2021

Race

31,114	Asian
480	Native Hawaiian or Other Pacific Islander
159,165	Other
397,716	White
124,860	Black or African American
3,993	American Indian or Alaska Native

Source: American Community Survey, 2021

Ethnicity

476,995	Not Hispanic/Latino
240,333	Hispanic/Latino

Source: American Community Survey, 2021

Primary language spoken in household

1,082	Akan (incl. Twi)	2,381	Albanian
17	Amharic	4,730	Arabic
62	Armenian	2,181	Bengali
400	Cantonese	5,282	Chinese
8,738	Creole	383,350	English
477	Farsi	5,898	French
1,407	German	2,537	Gujarati
879	Hindi	9	Hmong
6,075	Italian	661	Khmer
1,673	Korean	415	Laotian
1,633	Mandarin	1,414	Pashto
6,107	Polish	12,756	Portuguese

Source: American Community Survey, 2021

1,824 Russian	55 Serbo-Croatian
0 Somali	208,198 Spanish
1,315 Tagalog	744 Thai
2,354 Urdu	2,390 Vietnamese

Source: American Community Survey, 2021

County, Ward, Parish

180,459 Fairfield	191,553 Hartford	29,218 Litchfield	23,462 Middlesex	194,099 New Haven
52,460 New London	24,256 Tolland	25,298 Windham		

Source: American Community Survey, 2021

SNAP Participation

County, Ward, Parish

40,648 Fairfield	68,073 Hartford	8,003 Litchfield	6,468 Middlesex	68,366 New Haven
16,343 New London	4,986 Tolland	8,066 Windham		

Source: Prepopulated from Bi-Annual County Level SNAP Participation and Issuance Data, 2023. Values may have been adjusted by the State agency.

Program Access for Diverse Target Audiences

Gaps in geographic reach of SNAP-Ed and related programs for the target audiences

Description of the areas of the State that have a significant number of SNAP-Ed-eligible individuals but little or no current programming from SNAP-Ed or other nutrition programs

During the 2019 and 2020 federal fiscal years (FFY), Connecticut SNAP-Ed efforts spanned the state, reaching the SNAP-Ed eligible population at approximately 550 community sites located in 86 of the state's 169 towns. Conversely, in more than half of the towns with SNAP-Ed programming there were just one or two program sites. SNAP-Ed programs were delivered at one site in 38 towns and two sites in 13 towns. . Table A-6 lists the towns with fewer than 9 community sites by number of sites. Potentially underserved towns. Further analyses were conducted to identify potentially underserved towns among the 42 towns.

Shown in Table A-7, SNAP-Ed Group 1 town, New London has proportionately fewer community sites and programs than Group 2 towns (Norwich and Manchester) and Group 3 towns (Danbury and Stamford) with a similar number of SNAP participants.

File Attachments: [TABLE A-6 and A-7.docx](#)

Factors that limit the geographic reach of SNAP-Ed in the State

Funding: SNAP-Ed programs rely on federal funding, and the amount of funding available can limit the program's reach. Limited funding may result in fewer resources and staff available to implement and expand the program across the state.

Program Capacity: The capacity of SNAP-Ed programs to reach different geographic areas can be limited by the number of trained educators and staff available. If there are not enough educators to cover all regions of the state, the program's reach may be limited.

Access to SNAP-Ed Services: The availability and accessibility of SNAP-Ed services can also limit its geographic reach. If there are limited locations or resources available in certain areas, individuals in those areas may have less access to SNAP-Ed programs.

Awareness and Outreach: Limited awareness and outreach efforts can also limit the geographic reach of SNAP-Ed. If individuals in certain areas are not aware of the program or its benefits, they may be less likely to participate or seek out SNAP-Ed services.

Cultural and Language Barriers: Connecticut is a diverse state with various cultural and language barriers. If SNAP-Ed programs do not have the resources

or capacity to address these barriers, it can limit their reach to certain communities or regions.

Transportation and Infrastructure: The availability and accessibility of transportation and infrastructure can also impact the geographic reach of SNAP-Ed. If individuals in rural or underserved areas do not have reliable transportation or lack access to necessary infrastructure, it can limit their ability to participate in SNAP-Ed programs.

The SNAP-Ed State agency and implementing agencies can address the identified gaps in the State by:

Geographic Underserved: Although the SNAP-Ed implementing agencies (IAs) deliver services across Connecticut, we plan to increase the focus on reaching geographically underserved towns with the highest risk and highest potential for reaching SNAP-Ed eligible populations that had proportionately less programming, including Bridgeport, New London, New Haven, Waterbury and others as identified in the needs assessment. IAs will enhance existing or build new partnerships in target towns to support increased programming and reaching areas of the state that were previously underserved. Additional details about each IAs target communities/towns are included in the project description.

Other factors affecting program access for diverse target audiences

Description of how SNAP-Ed programming is reaching all groups within its target audiences

The CT SNAP-Ed programming is delivered by a variety of methods including face-to-face where the target audience lives or is engaged, through digital platforms that leverage telephone and internet, and through social media accessible by SMART phone and internet-connected devices. Nutrition education on demand through internet may decrease feelings of discomfort, time, and burden with traveling to implementing agencies and partners for face-to-face encounters. Social media also supports community connectedness through local programming and announcements.

- The CT SNAP-Ed implementing agencies have partnered with multiple sectors that influence food access in a community, creating maps of food resources to identify areas of low food access, and to identify food resources for the target audience. The agencies are partnering to increase digital and nutrition literacy to improve the target audience's ability to access healthy food in a low-income, food access community.
- One CT SNAP-Ed implementing agency individual tailored nutrition education messages and feasible digital interventions to participant's food and physical activity preferences.

By providing various programing options in locations such as senior centers, schools day cares, grocery stores, health events, this allows as to reach different populations is different communities.

Key factors supporting access to SNAP-Ed programming for each of these groups

The SNAP-Ed strategy for the State of Connecticut is to provide culturally-appropriate, behaviorally-focused, and evidence-based interactive nutrition and physical activity direct education, as well as activities designed to promote more equitable policies, systems and/or environments that improve the likelihood that persons eligible for SNAP-Ed will make healthy food choices, establish healthy eating habits, and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and Physical Activity Guidelines for Americans. Our plan promotes equity by building on community capacity, reducing deterrents, improving socio-economic resources, and increasing healthy options.

Key factors limiting access to SNAP-Ed programming

Limited digital and nutrition literacy of the target audience that is needed to navigate and evaluation information on the internet, social media, food labels, and food advertisements.

- Limited broadband access and access that is residence specific instead of being available across a community so that effective nutrition education can be delivered through a variety of digital methods.
- Limited transportation to access healthy food at a good value and that is culturally acceptability and to participate in face-to-face nutrition education.
- Creating effective nutrition education to address the intersection between local grocery stores and online ordering to increase access to culturally acceptable and locally growth produce while increasing food purchasing power.

The State agency and implementing agencies can address the above limiting factors by:

The IA can continue to pursue alternate forms of funding

Encourage the sharing of information between implementing agencies (e.g., best practices).

- Continue to provide flexibility in nutrition education programming to allow tailoring to the needs of the participants and the partnering agencies.
- Continue to share information from USDA FNS, SNAP, and other state agencies.

Program appropriateness for diverse target audiences

Strengths of current SNAP-Ed programming regarding its appropriateness for target audiences

One important strength of our current SNAP-Ed programming is that the implementing agencies coordinate to address need based on our very thorough and collaborative needs assessment. The assessment provided the important basis for targeted communities based on income (adults and children), access to healthy food, food security, and nutrition security.

Another important strength is the ability to offer SNAP-Ed programming that is tailored to the needs of the target group and the community partners as well as capitalizes on the strengths of the implementing agency.

The CT SNAP-Ed programming is delivered by a variety of methods including face-to-face where the target audience lives or is engaged, through digital platforms that leverage telephone and internet, and through social media accessible by SMART phone and internet-connected devices. Nutrition education on demand through internet may decrease feelings of discomfort, time, and burden with traveling to implementing agencies and partners for face-to-face encounters. Social media also supports community connectedness through local programming and announcements.

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One CT SNAP-Ed implementing agency individual tailored nutrition education messages and feasible digital interventions to participant's food and physical activity preference

Weaknesses of current SNAP-Ed programming regarding its appropriateness for target audiences

Some target need areas may be unmet due to location and a range of barriers.

Current SNAP-Ed programming may assume they understand adequate accounting of the target audiences need and comfort level with quality and effect SNAP-Ed programming.

Different activities, requirements, and functions of community partners, including federal programs like WIC and Head Start, may challenge effective collaborations.

The SNAP-Ed State agency and implementing agencies can address weaknesses related to the appropriateness of programming for its target audiences by:

Offering a menu of programming delivery methods can help to address this unmet need, including leveraging technology.

Current implementing agencies utilize a variety of evaluation methods, including quantitative and qualitative methods, to assess the appropriateness and effectiveness of the programming. The results of the evaluation methods are shared with stakeholders, in reporting to SNAP-Ed, and in peer-reviewed scholarly conferences and publications.

Using method like the ADAPT-IT framework can determine were evidence-based nutrition education can be adapted to retain the evidence-base yet address the partner's requirements to increase effective and collaboration nutrition education program delivery.

Coordination and Partnerships With Programs and Organizations From Multiple Sectors

Strengths of coordination and partnerships among SNAP-Ed and other nutrition education, obesity prevention, and health programs and organizations from multiple sectors

Nutrition programs include the WIC program, SNAP, the Child Nutrition Program, the Elderly Nutrition Program, Meals on Wheels, community congregate cafes, CTFB and numerous food pantries and soup kitchens. State level programs that provide nutrition education along with food subsidies include WIC and SNAP. Nutrition education also reaches SNAP-Ed eligible populations through the UCONN Expanded Food & Nutrition Education Program (EFNEP), State Department of Education, DPH initiatives, CT School Readiness Program, Discovery Communities, Head Start and Early Head Start Programs, some local health departments, health care providers or institutions and University or community-based public health initiatives. In addition, Connecticut Food Corps collaborates with schools the state's highest need towns to help facilitate healthy school environments though hands-on lessons and promoting access to healthy school meals.

Other local nutrition education programs for children found in SNAP-Ed town groups 1-4 include, but are not limited to *KIDS' FANS*, *Fit Kids*, *Y Be Fit* and *You Go Girl*. There are also a number of nutrition education programs for adults and families such as *Healthy for Life*, *Growing Gardens Growing Health* and *Fit 5*. Examples of local level initiatives to promote physical activity include *Fit Together*, *Become a NorWALKER*, *Live Well* and *Get Healthy CT* as well as the development and revival of designated walking, biking and other community recreational areas.

Important areas for improved coordination and partnerships among SNAP-Ed and other nutrition education, obesity prevention, and health programs and organizations from multiple sectors

SPAN expands upon activities from a previous five-year CDC grant to work in early care and education (ECE) settings, hospitals, health centers, communities and worksites to improve PSE in a number of ways, including:

- Increasing healthier food options in community sites and worksites through adoption of food service guidelines and nutrition standards;
- Increasing nutrition and physical activity policies and practices in ECE settings;
- Reducing the environmental barriers to breastfeeding; and
- Connecting everyday places to increase safe and accessible physical activity

Under the BRIC program grant, DPH will be working with state and local partners to implement three projects aimed at improving nutrition security and increasing access to healthy foods in response to COVID-19 and with a focus on improving health equity.

- Connecticut Food Bank / Food Share (CTFB) will provide a series of statewide virtual trainings to interested food pantries on recovering from COVID-19 and improving equity. Interested pantries will be identified to work with CTFB on assessing capacity for and implementing SWAP and client choice.
- In Hartford, the CTFB, Hartford Food System, and other local partners will work together to build a coordinated, holistic network of food pantries.
- In Bridgeport, DPH and local partners will work through BRIC to increase access to healthier foods by coordinating food recovery systems and increasing financial incentives offered to residents.

Agency/Workforce Capacity

Strengths of the SNAP-Ed workforce at the State and implementing agency levels for program planning, implementation, and evaluation

HHC-SNAP-Ed Program successfully established multiple community partnerships in order to increase food security, especially through a partnership with community-based clinics and the American Heart Association (AHA). The program has been delivering services across the seven targeted cities at blood pressure screenings organized AHA targeting communities of color.

DPH SNAP-Ed Program continues to employ a systematic method for collecting, analyzing, and using information from SNAP-Ed participants to assess program effectiveness and efficiency. The Preschool, Families, and Community Project will involve process and outcome evaluation of the main nutrition activities.

Food Security has created brief electronic surveys for participants, to complete by participants after classes. Surveys will assess knowledge, intent to change behavior or actual behavioral changes for class series, using a retrospective pre-format.

Husky Programs Evaluation Plan outlines, measures and describes data collection methods that will be used to track process towards state goals.

Needs of the SNAP-Ed workforce at the State and implementing agency levels for program planning, implementation, and evaluation

IAs will attend a webinar series coordinated by the SNAP-Ed Toolkit team, to help grantees apply racial, social and health equity considerations to program planning, implementation, and evaluation.

Husky Programs staff who implement direct education participate in racial, social and health equity training (e.g., critical service learning, food (in)justice, abolitionist education).

Selected State Priority Goals Based on Needs Assessment

PRIORITY GOAL 1

Increase healthy food choices and diet quality among population groups who are eligible to receive SNAP-Ed, including adult caregivers of children.

Goal Type(s)

- Improve health behaviors

PRIORITY GOAL 2

Duplicate- Increase healthy food choices and diet quality among population groups who are eligible to receive SNAP-Ed, including adult caregivers of children.

Goal Type(s)

- Improve health behaviors

PRIORITY GOAL 3

duplicate- Increase age-appropriate physical activity among population groups who are eligible to receive SNAP-Ed.

Goal Type(s)

- Improve health behaviors

PRIORITY GOAL 4

Improve policies, systems, and/or environments to facilitate access to affordable healthy food and physical activity choices among population groups who are eligible for SNAP-Ed.

PRIORITY GOAL 5

Increase age-appropriate physical activity among population groups who are eligible to receive SNAP-Ed.

Goal Type(s)

- Improve health behaviors

Goal Type(s)

- Improve policies, systems, or environment of settings

Action Plans

This is a **single-year plan**.

Priority Goals

PRIORITY GOAL 1

Increase healthy food choices and diet quality among population groups who are eligible to receive SNAP-Ed, including adult caregivers of children.

Goal Types

- Improve health behaviors

SMART Objectives

Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)

Other Performance Indicators: None

Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)

Other Performance Indicators: None

Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)

Other Performance Indicators: None

Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)

Other Performance Indicators: None

Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)

Other Performance Indicators: None

Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)
Other Performance Indicators: None

Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)
Other Performance Indicators: None

Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)
Other Performance Indicators: None

Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1)
Other Performance Indicators: None

PRIORITY GOAL 2

Duplicate- Increase healthy food choices and diet quality among population groups who are eligible to receive SNAP-Ed, including adult caregivers of children.

Goal Types

- Improve health behaviors

SMART Objectives

abc duplicate

SNAP-Ed Evaluation Framework Indicators: Agricultural Sales and Incentives (LT14)
Other Performance Indicators: None

PRIORITY GOAL 3

duplicate- Increase age-appropriate physical activity among population groups who are eligible to receive SNAP-Ed.

Goal Types

- Improve health behaviors

SMART Objectives

abc duplicate

SNAP-Ed Evaluation Framework Indicators: Agricultural Sales and Incentives (LT14)
Other Performance Indicators: None

PRIORITY GOAL 4

Improve policies, systems, and/or environments to facilitate access to affordable healthy food and physical activity choices among population groups who are eligible for SNAP-Ed.

Goal Types

- Improve policies, systems, or environment of settings

SMART Objectives

Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.

SNAP-Ed Evaluation Framework Indicators: Government Policies (MT7)

Other Performance Indicators: None

Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.

SNAP-Ed Evaluation Framework Indicators: Government Policies (MT7)

Other Performance Indicators: None

Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts

SNAP-Ed Evaluation Framework Indicators: Government Policies (MT7)

Other Performance Indicators: None

Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.

SNAP-Ed Evaluation Framework Indicators: Government Policies (MT7)

Other Performance Indicators: None

PRIORITY GOAL 5

Increase age-appropriate physical activity among population groups who are eligible to receive SNAP-Ed.

Goal Types

- Improve health behaviors

SMART Objectives

Objective 2.2 Report practices utilized to increase daily physical activity.

SNAP-Ed Evaluation Framework Indicators: Physical Activity and Reduced Sedentary Behavior (LT3)

Other Performance Indicators: None

Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

SNAP-Ed Evaluation Framework Indicators: Physical Activity and Reduced Sedentary Behavior (LT3)

Other Performance Indicators: None

Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

SNAP-Ed Evaluation Framework Indicators: Physical Activity and Reduced Sedentary Behavior (LT3)

Other Performance Indicators: None

Objective 2.4 Increase willingness to reduce sedentary behaviors.

SNAP-Ed Evaluation Framework Indicators: Healthy Eating (ST1), Physical Activity and Reduced Sedentary Behavior (LT3)

Other Performance Indicators: None

Projects Linked to the State Objectives

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
Activities for Children	Hispanic Health Council Inc. (HHC) (Implementing Agency)	<ul style="list-style-type: none">• Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.• Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
		<ul style="list-style-type: none"> • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • abc duplicate • abc duplicate • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.4 Increase willingness to reduce sedentary behaviors.
PSE Initiatives	Hispanic Health Council Inc. (HHC) (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • abc duplicate • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
Activities for Adults	Hispanic Health Council Inc. (HHC) (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
		<ul style="list-style-type: none"> • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • abc duplicate • Objective 2.2 Report practices utilized to increase daily physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors.
A-2. Husky Nutrition On-the-Go: Sugary Drink Reduction	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
A-3. Husky Sport @ Wish School	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors.
B-1. Husky Food Pantry Collaborations	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
A-5. Husky OST (Out-of-School-Time)	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
		<ul style="list-style-type: none"> Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
A-6. Husky Nutrition & Sport Clinics	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
A-1. Husky Reads	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
B-2. Husky Smart Shopping Partnerships	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
A-4. Husky Nutrition Workshops	UConn Husky Programs (Implementing Agency)	<ul style="list-style-type: none"> Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
The Preschool, Families, and Community Project	Department of Public Health (DPH) (Implementing Agency)	<ul style="list-style-type: none"> Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
Nutrition education partnership to improve diet quality and decrease obesity risk in children via school settings	UConn Healthy Family CT (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. <ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices. • Objective 2.2 Report practices utilized to increase daily physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
Applying an Equity Framework to Increase Access to and Consumption of Affordable Healthy Food	UConn Healthy Family CT (Implementing Agency)	<ul style="list-style-type: none"> • Objective 2.4 Increase willingness to reduce sedentary behaviors. • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 2.2 Report practices utilized to increase daily physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors.
Direct education to promote healthy diets in adults and older adults in connection with available, local affordable healthy food	UConn Healthy Family CT (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 2.2 Report practices utilized to increase daily physical activity.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
Addressing High Risk of Obesity in Young Toddlers and Preschoolers	UConn Healthy Family CT (Implementing Agency)	<ul style="list-style-type: none"> • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors. <ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors.
Nutrition for Older Adults	UConn Food Security (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
Food and Health for Families, Adults and Children	UConn Food Security (Implementing Agency)	<ul style="list-style-type: none"> • Objective 2.2 Report practices utilized to increase daily physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors. <ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget. • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices. • Objective 2.2 Report practices utilized to increase daily physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors.
Increasing Food Security	UConn Food Security (Implementing Agency)	<ul style="list-style-type: none"> • Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern. • Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains. • Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day. • Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods. • Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods. • Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.

Project Name/Title	Agency Conducting Project	SMART Objective(s) to be Addressed
		<ul style="list-style-type: none"> • Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins. • Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training. • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts • Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices. • Objective 2.2 Report practices utilized to increase daily physical activity. • Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels. • Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week. • Objective 2.4 Increase willingness to reduce sedentary behaviors.

Nonproject Activities Linked to the State Objectives

Nonproject Activity	Agency Conducting Activity	SMART Objective(s) to be Addressed
<p>Since its inception in 2014, the snap4ct.org website has served as a statewide educational resource available for both SNAP-Ed eligible individuals and organizations who directly engage SNAP-Ed eligible individuals.</p> <p>During FY24, as our organization makes the name, branding, and operational change to UConn Husky Nutrition & Sport (UConn HNS) we will be moving away from the name “snap4ct.org” as our brand for webpage and social platforms. Moving forward, while we work to maintain the audience and followers within the existing network, we will also continue to showcase the many established assets associated with snap4ct.org.</p> <p>As part of our new organization, with plans to center and promote the large menu of healthy and budget-friendly recipes, featured recipe campaigns by category, the free cookbook in English and Spanish, and more. We will be working to establish further connectivity through webpage and social media through additional engagement and promotion with community partners and SNAP-Ed eligible individuals during programs and outreach events during FY24 and as part of plans moving forward (ie., “Ask a Nutritionist”; “Recipe Sharing”). The website is also promoted throughout the state by utilizing a variety of web marketing techniques, including keyword optimization utilizing Google AdWords for pertinent terms, and by regular social media posts. Site traffic has been monitored through Google Analytics and social media via Facebook Analytics.</p> <p>In FY24, UConn Husky Nutrition & Sport (UConn HNS) webpage is expected to engage with page visitors from Connecticut at a total rate of 40,000 pageviews. Website usage and reach will be tracked via direct interactions such as page views and form submissions. Approximately 50% of online interactions will be with participants from SNAP-Ed priority 1 towns.</p>	<p>UConn Husky Programs (Implementing Agency)</p>	<ul style="list-style-type: none"> • Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity. • Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts

Nonproject Activity	Agency Conducting Activity	SMART Objective(s) to be Addressed
<p>UConn Husky Nutrition & Sport (UConn HNS) Social Media: Facebook, Instagram, and YouTube are used to broaden the reach of and reinforce food, nutrition, and physical activity promotion information through simple, targeted, educational messages in a concise, web and mobile-friendly format integrating imagery, videos or concise SNAP-Ed educational messaging. In addition to sharing educational messages, UConn HNS social media platforms will host individual and campaign series including information about food security programs, nutrition education and physical activity opportunities, and more in collaboration with SNAP-Ed IAs and community partners. In FY24, UConn HNS Social Media expects to reach visitors from Connecticut at a total rate of 150,000 interactions. Reach will be measured using direct interactions such as user responses, “likes,” “follows,” and videos viewed. We will collaborate with different partners to cross-post and develop a series of posts in promotion of educational messaging, events, and other opportunities.</p>		

SNAP-Ed Outreach

Methods that the State agency will use to notify SNAP applicants, participants, and eligible individuals of the availability of SNAP-Ed activities. Including a description of any specific target groups for these outreach efforts and, if relevant, how SNAP-Ed is working with State and local SNAP offices to reach participants and applicants.

The CAHNR Food Security team is utilizing external funding with SNAP-Ed to build in traditional growing practices, language and cultural aspects into classes with the Mashantucket Pequot Tribal Nation, which they will expand upon in FY2023. UConn Healthy Family’s project 3 addresses food insecurity and promotes healthy diets to decrease the risk of obesity and dental caries. Within their online platform, they confidentially screen for food insecurity.

Both the Husky Programs and DPH collaborate with CT Foodshare and local food pantries to transition to Supporting Wellness At Pantries (SWAP) partnership, a research-tested evidence-based stoplight nutrition ranking system designed to help promote healthy food choices at food banks / pantries

DPH SNAP-Ed provides multi-sectoral nutrition education in many community settings that are frequented by SNAP eligible adults, using evidence-based education and behavior change strategies to improve overall nutrition and physical activity, as well as to achieve positive obesity prevention and health promotion outcomes for the SNAP eligible adult population.

UConn Healthy Family projects translate the latest science into tailored nutrition education by leveraging technology to address cultural foodways and making healthier eating relevant and highly accessible in English and Spanish.

Husky Programs staff who implement direct education participate in racial, social and health equity training (e.g., critical service learning, food (in)justice, abolitionist education). IAs will attend a webinar series coordinated by the SNAP-Ed Toolkit team, to help grantees apply racial, social and health equity considerations to program planning, implementation, and evaluation.

SNAP Ed shares SNAP ed with the regional offices specifically SNAP4 CT website.

Action Plan Overview

Overview of how the planned SNAP-Ed efforts across implementing agencies and subgrantees fit together to address the target audiences’ needs, accomplish SMART objectives, and complement other programs in the State to support individuals and families with low incomes in improving their healthy eating and physical activity behaviors.

The plan incorporates the current Dietary Guidelines for Americans and U.S. Department of Agriculture food guidance, and SNAP Ed guidance. The implementing agencies in collaborate with DSS to address food insecurity and promote healthier diets and increase access to affordable healthy food within a limited budget for obesity prevention. To remain relevant within our communities, we address diet-related disparities with culturally-appropriate curricula, materials, and recipes/foods. We are committed to continue our efforts pursuant to Executive Order on Advancing Racial Equity and Support for Underserved Communities.

The CAHNR Food Security team is utilizing external funding with SNAP-Ed to build in traditional growing practices, language and cultural aspects into classes with the Mashantucket Pequot Tribal Nation, which they will expand upon in FY2023.

UConn Healthy Family's project 3 addresses food insecurity and promotes healthy diets to decrease the risk of obesity and dental caries. Within their online platform, they confidentially screen for food insecurity. Caregivers who report food insecurity receive a text message or email with information on how to enroll in SNAP and food resources in their community. Their public and private Facebook pages provide information about food resources as well as provide healthy recipes and food preparation tips to stretch the food dollar. In their target communities, they work collaboratively with agencies and public health nutritionists to increase access to healthy food and decrease the diet-related risk of chronic diseases.

Both the Husky Programs and DPH collaborate with CT Foodshare and local food pantries to transition to Supporting Wellness At Pantries (SWAP) partnership, a research-tested evidence-based spotlight nutrition ranking system designed to help promote healthy food choices at food banks / pantries

Husky Programs Healthy Lifestyles During Childhood Project delivers multi-level interventions through its ECE, Hartford Public Schools and Northeast Hartford Partnership. Partnership activities include direct education with children and their adult family members paired with PSE interventions and social media campaigns.

DPH SNAP-Ed provides multi-sectoral nutrition education in many community settings that are frequented by SNAP eligible adults, using evidence-based education and behavior change strategies to improve overall nutrition and physical activity, as well as to achieve positive obesity prevention and health promotion outcomes for the SNAP eligible adult population. Education provided promotes lifestyle changes via nutrition education sessions, group workshops, and cooking demonstrations that include food tastings and the distribution of healthy recipes.

Planned Projects and Activities

Connecticut Department of Social Services (State Agency) Projects and Activities

No data submitted

Hispanic Health Council Inc. (HHC) (Implementing Agency) Projects and Activities

Activities for Children

This project is entering year 27 of implementation

Project Description

Puppet Shows: The program offers nutrition education for children from preschool to 3rd grade using a series of six interactive puppet shows with follow-up classroom activities, as well as nutrition education information for parents of children attending the puppet shows. These nutrition and exercise presentations cover the following topics: a) eating healthy by using My Plate; b) preventing chronic diseases by eating healthy and exercising; c) eating plenty of fresh fruits and vegetables; d) eating healthy, drinking water and exercising every day; and d) avoiding foodborne illness by following the 4 steps to keep foods safe from bacteria. Puppet shows last between 30 to 40 minutes, have pre/post questions for the children, a song, and a review of the main messages using visual aids. Teachers are provided with follow-up classroom materials, and nutrition and exercise hand-outs for the parents. The program works in partnership with Early Childhood Centers (ECC), public schools, public libraries, City's recreational services and community agencies among seven main targeted towns (Hartford, New Haven, Bridgeport, Waterbury, New London, New Britain, Norwich). In fiscal year 2024, we are planning to reach a total of 12,000 participants with this activity distributed among towns as follows: Hartford: 3,000, New Haven:3,000, Bridgeport:3,000 Waterbury: 1000, New Britain: 1100, Norwich: 600, and New London: 300.

Jeopardy Games: this activity is for children from 4th grade and up with follow-up classroom activities, and nutrition and exercise education information for parents of children attending these presentations. The main topics of these jeopardy games are: a) eating healthy with My Plate and exercise daily, 2) the four steps to food safety, and 3) the nutrition facts and choosing healthy drinks. In the delivery of these services, the program works in partnership with public schools, after school programs for low-income youth, summer feeding programs, and park and recreation services. Each presentation last 60 minutes. In fiscal year 2024, the program is planning to reach a total of 1500 participants among all targeted towns, as follows: Hartford: 400, NH:400, Bridgeport:400 Waterbury: 100, New Britain: 100, Norwich: 50, New London:50

Media-Smart-Youth: Eat, Think and Be Active! is an interactive afterschool/summer camp program for youth between the ages 11 to 13. The main purpose of this program is to teach youth to make better exercise and food choices that will help them to discern what media tells them. It consists of 10- 90 minutes lessons, which includes a healthy snack preparation and a physical activity break. In addition, children work on teams developing healthy eating and exercise messages for their peers. Parents receive printed recipes of the healthy snack and nutrition tips. Our main partners for the delivery of this activity is HHC's Youth Program, and other youth focused community agencies. In fiscal year 2024, the program plans to reach 50 participants since it is only offered in Hartford.

All services are provided among low-income populations with a high levels of poverty and with a high percentage of SNAP recipients, and offered primarily in person, with a virtual option if preferred.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
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- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

The program offer services at towns with the highest levels of SNAP participants in Connecticut (Hartford, New Haven, Waterbury, Bridgeport, New Britain, as well as others smaller cities with a significant population of SNAP Participants (Norwich and New London, and others). All program activities are posted at the calendar shared by all SNAP-Ed state contractors at the CT website. In addition, we sent flyers through regular and/or e-mail to the main location where these activities are taking place. These activities are also posted in our program's social media venues.

Settings and Approaches

Direct Education	PSE Initiatives
<p>Direct Ed Stages: Implementing</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none">• Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 30 total)• Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 80 total)• Community and recreation centers (0 tribal / 0 rural / 8 total)• Parks and open spaces (0 tribal / 0 rural / 5 total)• USDA Summer Meal sites (0 tribal / 0 rural / 5 total)• Farmers' markets (0 tribal / 0 rural / 4 total)• Before- and afterschool programs (0 tribal / 0 rural / 2 total)• Family resource centers (0 tribal / 0 rural / 10 total)• Libraries (0 tribal / 0 rural / 5 total)	<p>PSE Stages: This project does not include PSE initiatives</p>

Social Marketing Campaigns

Activities for Children Campaign 1
<p>Campaign Stages: This project does not include social marketing</p>

Priority Populations

Priority Age Groups	Priority Racial Groups	Priority Ethnic Groups	Priority Gender Groups
<ul style="list-style-type: none"> • Younger than 5 • 5-17 <ul style="list-style-type: none"> ◦ 5-7 (or grades K-2) ◦ 8-10 (or grades 3-5) 	<ul style="list-style-type: none"> • No racial group priority 	<ul style="list-style-type: none"> • Hispanic/Latino • Not Hispanic/Latino 	<ul style="list-style-type: none"> • No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)
No data submitted

Previously Developed Interventions
<p>PANA Nutrition and Exercise Puppet Shows</p> <p><input checked="" type="checkbox"/> Approved for use by FNS.</p> <p>Not adapted for this project</p> <p><u>Practice tested:</u></p> <p>Pérez-Escamilla R.; Himmelgreen, David; Ferris, Ann; González, Anir; Bermúdez-Vega, Angela; Méndez, Ivette; DeLéon, Jessica; and Segura-Millán, Sofia. The Connecticut Inner City Children Family Nutrition Program (CTIC- FNP): Building Bridges Between Academia and Community Health Agencies. Society for Applied Anthropology Annual Meeting. San Juan, Puerto Rico, April 21-26, 1998</p> <p>Segura-Millán, Sofia; Himmelgreen, David; González, Anir; Méndez, Ivette; Haldeman, Lauren; Bermúdez-Vega, Angela; Romero-Daza, Nancy; Pérez-Escamilla R. The PANA Program: Reaching the Puerto Rican Community through Culturally Appropriate Nutrition Education Approaches. Society for Applied Anthropology Annual Meeting. San Juan, Puerto Rico, April 21-26, 1998</p> <p>Himmelgreen, D., Pérez-Escamilla R., Segura-Millán, S., González, A., and Méndez, I. The PANA Program: A community-participatory bilingual nutrition education initiative. Society for Nutrition Education Annual Meeting Proceedings, Albuquerque, NM, July 18-22, 1998. Abstract # 054, p. 38</p> <p>Sofia Segura-Pérez, Anir González, Angela Bermúdez-Millán, Harby Bonello, Grace Damio, Pérez-Escamilla R. Translating nutrition knowledge into practice. Abstracts of the 128th American Public Health Association Annual Meeting, Boston, MA, November 12-16, 2000, session # 4205, p. 334.</p>

New Interventions
No data submitted

PSE Initiatives

This project is entering year 27 of implementation

Project Description

1) The Holcomb Farm Project is the result HHC partnership with a Community Supported Agriculture farm, known as Holcomb Farm, located in Granby CT. This farm offers memberships to community organizations providing services to low-income, so they can provide their clients with organic vegetable from June through the end of the season. During the time that the programs runs, the SNAP-Ed program provides nutrition education with vegetable recipes according to the season featured on SNAP-Ed connection site available at <https://snaped.fns.usda.gov/seasonal-produce-guide>. During fiscal year 2024, 600 individuals will participate in this activity, which is offered only in Hartford.

2) Train of trainers for Community Health Workers working at HHC Maternal & Child (MCH) programs. It consist of a series of sessions for CHW working with pregnant and post-partum women and their infants from MCH programs working with low-income mothers. The training consist in 4 lessons: Nutrition during pregnancy and postpartum; Infant feeding during the first 6 months; and infant feeding from 6 mo. to 12 months; and Nutrition during the second year of life. All the information provided will be based on the latest recommendations from the 2020 DGAs. It will be offered in-person and/or virtually. The program will use the Eating Smart/Being Active curriculum lesson to provide one-on-one education to clients. During fiscal year 2024, 100 CHW will be trained, and they will be providing this information to about 300 clients. This activity will be offered in Hartford and New Haven.

3) Food as Medicine Project (Foods4Moms). Low-income pregnant women will be invited to participate during their first trimester in community-based research. The project will combine the provision of prenatal care, monetary semi-monthly incentives for fresh produce, and knowledge and skill-building nutrition education. The main objective of this project is to improve the food security, nutrition and health outcomes of low-income minority pregnant women and their infants through a multiple partnership and develop an evidence-based food as medicine model that can improve the overall health and nutrition of low-income populations. The program will deliver at least three nutrition education interactive 60 minutes sessions in English and Spanish, with option to take these series virtually or in-person. Participants will be enrolled in text message reinforcing the main nutrition messages, reminders of using their incentives, and places to use the incentives. A total of 60 women will be participating in this activity in Hartford only.

4) SNAP Voices is a partnership with End Hunger CT! (EHC!), SNAP Outreach program, and Templo Fe food pantry. Templo Fe in Hartford will host twice a month a food pantry and EHC! and HHC SNAP-Ed staff will be providing nutrition and exercise information on site. EHC! also provides information about other food assistance programs and Farmer Market doubling SNAP benefits. In addition, HHC is partnering with EHC! and other community advocacy groups conducting community listening sessions in how to improve access to healthy foods among SNAP recipients. We are planning to reach about 1000 clients with information in the Hartford area.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- abc duplicate
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.

Project Outreach

The Hispanic Health Council (HHC) SNAP-Ed program post all activities with all the other state SNAP-Ed providers on the calendar of the 4CT Connecticut.

Settings and Approaches

<p>Direct Education</p> <hr/> <p>Direct Ed Stages: Developing (design and consumer testing), Implementing</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none"> • Faith-based centers/places of worship (0 tribal / 0 rural / 2 total) • WIC clinics (0 tribal / 0 rural / 1 total) • Community and recreation centers (0 tribal / 0 rural / 5 total) • Family resource centers (0 tribal / 0 rural / 10 total) • Healthcare clinics and hospitals (0 tribal / 0 rural / 2 total) 	<p>PSE Initiatives</p> <hr/> <p>PSE Stages: Implementing changes, Conducting follow-up assessments, evaluation, and/or monitoring</p> <p>Settings</p> <ul style="list-style-type: none"> • Faith-based centers/places of worship (0 tribal / 0 rural / 2 total) • WIC clinics (0 tribal / 0 rural / 1 total) • Community and recreation centers (0 tribal / 0 rural / 5 total) • Family resource centers (0 tribal / 0 rural / 10 total) • Healthcare clinics and hospitals (0 tribal / 0 rural / 2 total)
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Social Marketing Campaigns

PSE Initiatives Campaign 1

Campaign Stages: Implementing, Evaluating

Provided in [English](#), [Spanish](#)

[Towns/cities](#) is the largest geographic unit.

Areas covered:

- Bridgeport
- Hartford
- New Haven
- Waterbury

Projected reach: 6,000

Priority Populations

Priority Age Groups

- 18-59

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- Hispanic/Latino

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

No data submitted

New Interventions

No data submitted

Activities for Adults

This project is entering year 27 of implementation

Project Description

Presentation for Parents. The program uses the Eat Healthy, Be Active Community Workshops that consist in six one hour workshops.

<https://snaped.fns.usda.gov/library/materials/eat-healthy-be-active-community-workshops>, and the Eating Smart/Being Active curriculum a research tested curriculum <http://eatingsmartbeingactive.colostate.edu/eating-smart-%E2%80%A2-being-active/about/evidence-base/>, consisting of 9 lessons lasting from 90 to 120 minutes for longer duration workshops. Both curriculums cover the following topics: eating healthy, food preparation skills development, physical activity, and food resource management. In both cases, these presentations will be offered in dual modality in-person and virtual group presentations. At the end of each workshop participants will be invited to receive e-texting messages for the following month to reinforce the main messages, and to receive

information about food and exercise resources in the community. the program conducts these presentations at family resource centers, community and recreation centers, libraries, faith based centers and others. On fiscal year 2024, the program will be reaching at least 600 participants with these presentations, and it will be distributed among town as follows: Hartford 200, New Haven 100, Bridgeport 100, Waterbury 100, New Britain 50, Norwich/New London 50.

Presentation for older adults. The program will be offering group presentations and one-on-one education to older adults at senior centers, senior housing. Program staff will be using the Eat Smart, Live Strong for older adults, this curricula is available at <https://snaped.fns.usda.gov/snap/ESLS/ProjectOverview.pdf>. It consists in four lessons aimed to increase intake of fruits and vegetables and physical activity levels tailored to the needs of the older adults. The HHC-SNAP-Ed Program will continue the partnership with the American Heart Association (AHA) working to promote healthy Blood Pressure conducting screenings and in partnership with Community Based Clinics and other community partners. On fiscal year 2024, the program will be reaching at least 500 participants with these presentations, and it will be distributed among town as follows: Hartford 250, New Haven 125, Bridgeport 125 and divided as individual education (300) and group education (200). In addition, we will reach about an additional 100 individuals with nutrition education and blood pressure measurement in partnership with the American Heart Association in Hartford (50), New Haven (25) and Bridgeport (25).

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- abc duplicate
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

The Hispanic Health Council (HHC) SNAP-Ed program post all activities with all the other state SNAP-Ed providers on a shared calendars from the 4CT website. In addition, HHC also sends flyers to those providing services so they can announce and promote the activity.

Settings and Approaches

Direct Education	PSE Initiatives
<p>Direct Ed Stages: Implementing</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none">• Family resource centers (0 tribal / 0 rural / 20 total)• Libraries (0 tribal / 0 rural / 5 total)• Community and recreation centers (0 tribal / 0 rural / 6 total)• Farmers' markets (0 tribal / 0 rural / 3 total)• Congregate meal sites/senior nutrition centers (0 tribal / 0 rural / 5 total)• Faith-based centers/places of worship (0 tribal / 0 rural / 2 total)	<p>PSE Stages: This project does not include PSE initiatives</p>

Social Marketing Campaigns

Activities for Adults Campaign 1
<p>Campaign Stages: This project does not include social marketing</p>

Priority Populations

Priority Age Groups	Priority Racial Groups	Priority Ethnic Groups	Priority Gender Groups
<ul style="list-style-type: none">• 18-59• 60-75	<ul style="list-style-type: none">• No racial group priority	<ul style="list-style-type: none">• Hispanic/Latino• Not Hispanic/Latino	<ul style="list-style-type: none">• No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)
Eating Smart • Being Active Not adapted for this project
Previously Developed Interventions
No data submitted
New Interventions
No data submitted

UConn Food Security (Implementing Agency) Projects and Activities

Nutrition for Older Adults

This project is entering year 3 of implementation

Project Description

Workshops will focus on improving food security and health and nutrition status of older adults. Eat Smart, Live Strong is a curriculum used for many of these group sessions. The lessons are tailored to adults 60-74 years of age, and emphasize increasing fruit and vegetable intake and participating in 30 minutes of exercise or more each week. Goal setting, active participation with simple exercises, and easy shopping and cooking tips all help to increase self-efficacy for participants. Lessons are short enough that they can be completed in 45 minutes, but options for adding physical activity can lengthen classes and increase the interactive nature of the class. In order to provide additional options for greater interaction, staff have begun using the new Seniors Eating Well curriculum, which is aligned with the 2015-2020 Dietary Guidelines. This curriculum provides a variety of recipes, along with activities to prepare and taste the recipes. The lessons focus on a format in which discussion is encouraged, allowing greater adaptability to participants' everyday life.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

Outreach efforts will be based primarily upon existing strong partnerships that our program has established with senior programs throughout the state. We will interact with these partners regularly to plan for programs in the community. Additionally, we will provide postcards with QR codes to senior programs, linking them to our website and social media with information about our programs, as well as contacts to schedule classes.

Settings and Approaches

<p>Direct Education</p> <p>Direct Ed Stages: Implementing, Evaluating</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none"> • Healthcare clinics and hospitals (0 tribal / 0 rural / 3 total) • Public housing sites (includes public housing for seniors and disabled individuals) (0 tribal / 0 rural / 4 total) • Faith-based centers/places of worship (0 tribal / 0 rural / 2 total) • Senior centers (0 tribal / 0 rural / 5 total) • Farmers' markets (0 tribal / 0 rural / 2 total) 	<p>PSE Initiatives</p> <p>PSE Stages: Implementing changes, Maintaining changes, Conducting follow-up assessments, evaluation, and/or monitoring</p> <p>Settings</p> <ul style="list-style-type: none"> • Faith-based centers/places of worship (0 tribal / 0 rural / 2 total) • Food assistance sites (e.g. food banks, food pantries food shelves) (0 tribal / 0 rural / 2 total) • Farmers' markets (0 tribal / 0 rural / 2 total)
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Social Marketing Campaigns

<p>Nutrition for Older Adults Campaign 1</p> <p>Campaign Stages: Implementing, Evaluating</p> <p>Provided in English, Spanish</p> <p><u>Entire State (all media markets)</u> is the largest geographic unit.</p> <p>Projected reach: 12,000</p>
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Priority Populations

<p>Priority Age Groups</p> <ul style="list-style-type: none"> • 60-75 • 76 or older 	<p>Priority Racial Groups</p> <ul style="list-style-type: none"> • No racial group priority 	<p>Priority Ethnic Groups</p> <ul style="list-style-type: none"> • No ethnic group priority 	<p>Priority Gender Groups</p> <ul style="list-style-type: none"> • No gender group priority
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Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

Families Eating Smart and Moving More (FESMM)

Adapted for this project:

We will tailor the lessons to address issues of most importance to seniors

10 Tips for Adults

Not adapted for this project

Cooking Matters

Not adapted for this project

Previously Developed Interventions

Seniors Eating Well

Approved for use by FNS.

Not adapted for this project

Practice tested:

<https://extension.psu.edu/curriculum-seniors-eating-well>

New Interventions

No data submitted

Food and Health for Families, Adults and Children

This project is entering year 3 of implementation

Project Description

The lessons provided in these class series will follow MyPlate and Dietary Guidelines, with the curriculum chosen based on the needs of the population and the amount of time allotted for the classes. Educators use Families Eating Smart and Moving More, an Expanded Food and Nutrition Education Program curriculum from North Carolina State University. This curriculum provides varied options for interactive lessons, in English and Spanish, focusing on nutrition, physical activity, shopping on a budget and food safety. There are 21 lessons from which to choose in the Families Eating Smart and Moving More Curriculum from North Carolina State, and every lesson includes hands-on parts of class for food preparation and short physical activity breaks. This curriculum has been recently updated for the 2020 Dietary Guidelines, with adjustments for offering the lessons online. There are also options for each lesson to be adjusted between 30-90 minutes in length, based on the audience. This is very helpful, as the amount of time provided for lessons varies, and every group moves at a different pace, so this flexible format is very amenable to SNAP-Ed.

When working with youth, educators utilize Choose Health: Food, Fun and Fitness (CHFFF) for youth in 3rd to 5th grade and Teen Cuisine for older youth. Both curricula include fun, interactive lessons to improve nutrition knowledge, improve food preparation skills and promote behavioral change. The designers of each curriculum has also built out online versions of the lessons to facilitate teaching over Zoom or WebEx. Additionally, Families Eating Smart and Moving More is adapted for both parents and youth when they attend classes together.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.

- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

Outreach efforts will be based primarily upon existing strong partnerships that our program has established with programs throughout the state. We will interact with these partners regularly to plan for programs in the community. Additionally, we will provide postcards with QR codes to programs, linking them to our website and social media with information about our programs, as well as contacts to schedule classes. We have also included a sign up page on our website for individuals and partners to request classes.

Settings and Approaches

Direct Education	PSE Initiatives
<p>Direct Ed Stages: Implementing, Evaluating</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none"> • Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 4 total) • Family resource centers (0 tribal / 0 rural / 4 total) • Schools (K-12, elementary, middle, and high) (0 tribal / 5 rural / 20 total) • Group living arrangements/homes (0 tribal / 0 rural / 2 total) • Indian Reservations (1 tribal / 0 rural / 1 total) • Community and recreation centers (0 tribal / 0 rural / 4 total) • Farmers' markets (0 tribal / 0 rural / 2 total) • Adult education, job training and work (e.g, SNAP E&T), TANF, and veteran services sites (0 tribal / 0 rural / 2 total) • Food assistance sites (e.g, food banks, food pantries food shelves) (0 tribal / 0 rural / 5 total) 	<p>PSE Stages: Implementing changes, Maintaining changes, Conducting follow-up assessments, evaluation, and/or monitoring</p> <p>Settings</p> <ul style="list-style-type: none"> • Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 4 total) • Family resource centers (0 tribal / 0 rural / 4 total) • Schools (K-12, elementary, middle, and high) (0 tribal / 5 rural / 20 total) • Indian Reservations (1 tribal / 0 rural / 1 total) • Community and recreation centers (0 tribal / 0 rural / 4 total) • Farmers' markets (0 tribal / 0 rural / 2 total) • Food assistance sites (e.g, food banks, food pantries food shelves) (0 tribal / 0 rural / 5 total)

Social Marketing Campaigns

Food and Health for Families, Adults and Children Campaign 1
<p>Campaign Stages: Implementing, Evaluating</p> <p>Provided in English, Spanish</p> <p>Entire State (all media markets) is the largest geographic unit.</p> <p>Projected reach: 12,000</p>

Priority Populations

Priority Age Groups	Priority Racial Groups	Priority Ethnic Groups	Priority Gender Groups
<ul style="list-style-type: none">• 5-17<ul style="list-style-type: none">◦ 8-10 (or grades 3-5)◦ 11-13 (or grades 6-8)◦ 14-17 (or grades 9-12)• 18-59	<ul style="list-style-type: none">• No racial group priority	<ul style="list-style-type: none">• No ethnic group priority	<ul style="list-style-type: none">• No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)
<p>10 Tips for Adults</p> <p>Not adapted for this project</p> <p>Choose Health: Food, Fun, and Fitness (CHFFF)</p> <p>Not adapted for this project</p> <p>Cooking Matters</p> <p>Not adapted for this project</p> <p>Cooking Matters at the Store</p> <p>Not adapted for this project</p> <p>Families Eating Smart and Moving More (FESMM)</p> <p>Not adapted for this project</p>
Previously Developed Interventions
No data submitted
New Interventions
No data submitted

Increasing Food Security

This project is entering year 3 of implementation

Project Description

This project will focus predominantly on mobile food pantries, as well as other emergency food sites, shelters, soup kitchens, and farmers' markets (where people can use SNAP benefits and WIC vouchers). Education will include general nutrition information, healthy recipes to get the most out of foods provided by emergency food programs and tips for food resource management, or shopping on a budget.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

Outreach efforts will be based primarily upon existing strong partnerships that our program has established with programs throughout the state. We will interact with these partners regularly to plan for programs in the community. Additionally, we will provide postcards with QR codes to programs and individuals at our PSE events, primarily at mobile food pantries, linking them to our website and social media with information about our programs, as well as contacts to schedule classes.

Settings and Approaches

Direct Education

Direct Ed Stages: Implementing, Evaluating

Provided in [English, Spanish](#)

Settings

- Faith-based centers/places of worship (0 tribal / 0 rural / 3 total)
- Indian Reservations (1 tribal / 0 rural / 1 total)
- Senior centers (0 tribal / 0 rural / 5 total)
- Food assistance sites (e.g, food banks, food pantries food shelves) (0 tribal / 0 rural / 30 total)

PSE Initiatives

PSE Stages: Implementing changes, Maintaining changes, Conducting follow-up assessments, evaluation, and/or monitoring

Settings

- Congregate meal sites/senior nutrition centers (0 tribal / 0 rural / 3 total)
- Emergency shelters and temporary housing sites (0 tribal / 0 rural / 2 total)
- Public housing sites (includes public housing for seniors and disabled individuals) (0 tribal / 0 rural / 3 total)
- Faith-based centers/places of worship (0 tribal / 0 rural / 3 total)
- Indian Reservations (1 tribal / 0 rural / 1 total)
- Senior centers (0 tribal / 0 rural / 5 total)
- Food assistance sites (e.g, food banks, food pantries food shelves) (0 tribal / 0 rural / 30 total)

Social Marketing Campaigns

Increasing Food Security Campaign 1

Campaign Stages: Implementing, Evaluating

Provided in [English, Spanish](#)

Entire State (all media markets) is the largest geographic unit.

Projected reach: 20,000

Priority Populations

Priority Age Groups	Priority Racial Groups	Priority Ethnic Groups	Priority Gender Groups
<ul style="list-style-type: none">No age group priority	<ul style="list-style-type: none">No racial group priority	<ul style="list-style-type: none">No ethnic group priority	<ul style="list-style-type: none">No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)
<p>10 Tips for Adults</p> <p>Not adapted for this project</p> <p>Cooking Matters</p> <p>Not adapted for this project</p> <p>Families Eating Smart and Moving More (FESMM)</p> <p>Not adapted for this project</p>
Previously Developed Interventions
No data submitted
New Interventions
No data submitted

Department of Public Health (DPH) (Implementing Agency) Projects and Activities

The Preschool, Families, and Community Project

This project is entering year 3 of implementation

Project Description

The Connecticut Department of Public Health (DPH) SNAP-Ed Program, with its contractor, the University of Saint Joseph (USJ), deliver nutrition education (NE) with the overarching goals of increasing healthy food choices and physical activity among those who are receiving or eligible to receive SNAP benefits. The Project has two components, Preschool Children and Their Families, and Adults/Families. While the age group focus for each component is different, both target SNAP participants, low-income individuals eligible to receive SNAP benefits, and other means-tested federal assistance programs, and those residing in communities with a significant low-income population.

Component 1 works in collaboration with Head Start (HS) and other early care and education (ECE) sites, and Summer Meals programs with a focus on preschool children and families. This component uses a three-pronged approach to synergistically reach the target audience and achieve SNAP-Ed goals.

Coordinated Approach to Child Health (CATCH) ECE (CEC) Staff Training - 45 preschool classrooms, 90 preschool teachers/staff; Classroom Lessons - 900 estimated numbers of unique participants; Nutrition Education Sessions and Workshops (NES/NEW) - 132 sessions/workshops, 990 estimated numbers of unique participants with 1,320 contacts; Supplemental NE materials - 14,500 reach.

Component 2 will reach SNAP eligible households (those 18 years of age and older including adults 60 years old and older) through NE in a variety of community settings frequented by SNAP eligible adults. This component uses evidence-based education and behavior change strategies to improve overall nutrition and physical activity, and health promotion outcomes for SNAP eligible adults. Education provided promotes lifestyle changes through NES, group workshops, and cooking demonstrations that include food tastings and the distribution of healthy recipes.

Teach 45-60-minute Eating Smart Being Active (ESBA) NEW - 64 workshops, 240 estimated numbers of unique participants with 320 contacts; Teach 20-minute ESBA NES - 172 sessions, 1,290 estimated numbers of unique participants with 1,720 contacts; NE Online Sessions - 238 participants, 2390 contacts; Deliver individualized health coaching - 45 participants, 270 contacts; Supplemental NE materials - 23,000 reach.

DPH SNAP-Ed utilizes three USDA-approved policy, systems, and environmental change (PSE) initiatives targeting ECE providers to enhance the Direct Education activities in component 1. These include 1) CEC – 45 classrooms/sites, 900 children; 2) Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC) – 25 sites, 1,500 children; and 3) Breastfeeding Friendly Child Care Recognition Program (BFCCR) – 6 sites, 375 children.

DPH SNAP-Ed will conduct two social marketing campaigns. The Action Pack, a USDA-approved campaign, will run for 3-4 months, targeting the priority towns of Bridgeport, New Haven, and Waterbury. This campaign uses multimedia public service announcements (PSAs) to reinforce nutrition messages, and support and promote the importance of physical activity and healthy eating to adults and families with young children. In partnership with CT WIC, DPH SNAP-Ed will support dissemination of the “It’s Worth It” campaign which includes a recently updated logo and messages based on a CDC-funded evaluation. Campaign materials include a 30 second video and radio spot, and social media graphics that target ECE and employers, and support families.

Linked SMART Objectives

- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

Settings and Approaches

Direct Education	PSE Initiatives
<p>Direct Ed Stages: Implementing, Evaluating</p> <p>Provided in <u>English, Spanish</u></p> <p>Settings</p> <ul style="list-style-type: none">• Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 79 total)• Public housing sites (includes public housing for seniors and disabled individuals) (0 tribal / 0 rural / 2 total)• WIC clinics (0 tribal / 0 rural / 5 total)• Congregate meal sites/senior nutrition centers (0 tribal / 0 rural / 4 total)• USDA Summer Meal sites (0 tribal / 0 rural / 4 total)• Schools (colleges and universities) (0 tribal / 0 rural / 1 total)• Food assistance sites (e.g, food banks, food pantries food shelves) (0 tribal / 0 rural / 30 total)	<p>PSE Stages: Implementing changes, Maintaining changes, Conducting follow-up assessments, evaluation, and/or monitoring</p> <p>Settings</p> <ul style="list-style-type: none">• Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 79 total)

- Individual homes (0 tribal / 0 rural / 65 total)
- Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 1 total)
- Community and recreation centers (0 tribal / 0 rural / 1 total)

Social Marketing Campaigns

The Preschool, Families, and Community Project Campaign 1

Campaign Stages: Implementing, Evaluating

Provided in [English](#), [Spanish](#)

Towns/cities is the largest geographic unit.

Areas covered:

- Bridgeport
- New Haven
- Waterbury

Projected reach: 50,000

Priority Populations

Priority Age Groups

- Younger than 5
- 18-59
- 60-75
- 76 or older

Priority Racial Groups

- Black or African American
- White

Priority Ethnic Groups

- Hispanic/Latino
- Not Hispanic/Latino

Priority Gender Groups

- Male
- Female

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

Go NAPSACC

Not adapted for this project

Telephonic Health Coaching Intervention (THC) Toolkit

Not adapted for this project

CATCH Early Childhood (CEC)

Not adapted for this project

Eating Smart • Being Active

Not adapted for this project

Previously Developed Interventions

MyPlate for My Family

Approved for use by FNS.

Not adapted for this project

Research tested: Food and Nutrition Service: Nutrition Evidence Library [\[Read more\]](#)

Breastfeeding Friendly Child Care Recognition Program (BFCCR)

Approved for use by FNS.

Not adapted for this project

Research tested: U.S. Department of Health and Human Services. Overweight & Obesity Prevention Strategies & Guidelines

Evidence Citation:

U.S. Department of Health and Human Services. The Surgeon General’s Call to Action to Support Breastfeeding. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2011.

U.S. Department of Health and Human Services. Overweight & Obesity Prevention Strategies & Guidelines. Washington, DC: U.S. Department of Health and Human Services, Division of Nutrition, Physical Activity, and Obesity; 2018.

New Interventions

No data submitted

UConn Husky Programs (Implementing Agency) Projects and Activities

A-2. Husky Nutrition On-the-Go: Sugary Drink Reduction

This project is entering year 16 of implementation

Project Description

UConn HNS educators will deliver the SNAP-Ed toolkit research-tested ten-week series entitled “Husky Nutrition On-the-Go: Sugary Drink Reduction” to parents and adult caregivers of preschoolers. Each week of this ten-week intervention, delivered by nutrition educators, centers on a tailored message, game, and supportive display focused on reducing sugary drink consumption, limiting use of fruit juice to American Academy of Pediatrics’ recommended levels, and promoting water consumption for their children. The intervention is administered during pick up times at ECEs as a brief interaction, with the cumulative direct education exposure lasting approximately 50 minutes. This program was originally developed as part of a funded project in the USDA Childhood Obesity Prevention Initiative (USDA/CSREES: 2008-55215-19071, Effectiveness of an IMB-based Intervention for Reducing Sweetened Beverage Consumption in Preschool Children, A. Ferris PI).

In FY24, the UConn HNS team will deliver the Husky Nutrition On-the-Go: Sugary Drink Reduction series with 2 sites that also participate in Husky Reads. Direct education engagement will include approximately 40 unique adult participants and 200 contacts. Program delivery goals will be reviewed with partners to re-assess interest on an annual basis.

Linked SMART Objectives

- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.

Settings and Approaches

Direct Education

Direct Ed Stages: Implementing, Evaluating

Provided in [English](#)

PSE Initiatives

PSE Stages: This project does not include PSE initiatives

Settings

- Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 2 total)

Social Marketing Campaigns

A-2. Husky Nutrition On-the-Go: Sugary Drink Reduction Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- 18-59
- 60-75

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

UConn Husky Nutrition On-the-Go, Sugary Drink Reduction (SDR)

Not adapted for this project

Previously Developed Interventions

No data submitted

New Interventions

No data submitted

A-3. Husky Sport @ Wish School

This project is entering year 20 of implementation

Project Description

Husky Sport @ Wish School is a multi-level intervention that engages students and adult family members through direct education and actively engages in PSE change in the school setting.

Pre-K-2 – The Pre-K-2 program, modeled after Scholastic's [Read and Rise](#), aims to support youth literacy development while promoting positive nutritional choices and physical activity. Throughout the school year, students participate in a weekly session that combines a read aloud with a physical activity (45 minutes total). Thematic cycles are 3-4 weeks long and organized around a section of the MyPlate and an aspect of physical literacy (<https://www.snap4ct.org/physical-literacy.html>). UConn HNS works to select appropriate books, with particular attention to representation (see UConn HNS'

diverse books list [here](#)) and plans activities, in alignment with Hartford Public Schools' current grade level curriculum (<https://www.hartfordschools.org/literacy/>).

Grades 3-5 —UConn HNS aims to reinforce healthy nutritional choices and engage students in interactive physical activities. Students participate in a weekly session for 45 minutes over the 26 weeks of the academic year. Thematic cycles are 3-4 weeks in length and organized around a section of the MyPlate and an aspect of physical literacy (<https://www.snap4ct.org/physical-literacy.html>). Activities align with common core curriculum ([Common Core for PE; Connecticut State Department of Education Physical Education Guidelines](#)).

Grades Pre-K-5 — UConn HNS functional movement integration program, adapted from programming proven to promote future physical activity and joint health, as well as improve student attention and behavior will be delivered to the entire student body at Wish School. Lack of basic motor skills is a major barrier to incorporating physical activity in daily life and obesity prevention efforts. UConn HNS staff will coordinate with Wish School personnel to identify opportunities to engage students in grades Pre-K - 5th in an exercise sport sampling series for 20 minutes per session - providing exposure to a range of both new and familiar sports and activities.

For FY24, UConn HNS projects at least 8,424 contacts for PreK-5th grade youth (18 classrooms with a total of 325 students over 26 weeks of the academic year).

Wish School and Community Culture of Health — UConn HNS will engage with the Wish School community (students, staff, families, and partners) with a focus on sustaining a culture of health and wellness. UConn HNS hosts school wide events integrating nutrition and/or physical activity and offers additional physical activity and nutrition-related activities for classrooms that accumulate points in the Hartford Public Schools district-wide Positive Behavior Interventions and Support (PBIS) system. For FY 22-24, UConn HNS will host at least 4 school-wide nutrition or physical activity events for approximately 1,400 contacts per academic year (324 students plus 25 adults per 4 opportunities). As part of building the community aspect of a culture of health, UConn HNS will host nutritional education and physical activity engagement opportunities for Wish School families; Husky Sport at Wish workshops or events follow the Nutrition Workshops for Adults or Husky Nutrition On-the-Go approach.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Settings and Approaches

Direct Education	PSE Initiatives
Direct Ed Stages: Implementing, Evaluating	PSE Stages: Planning and preparing for implementation (e.g., contacting sites, assessment, training), Implementing changes
Provided in English, Spanish	Settings
Settings	<ul style="list-style-type: none">• Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 1 total)
<ul style="list-style-type: none">• Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 1 total)	

Social Marketing Campaigns

A-3. Husky Sport @ Wish School Campaign 1
Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- Younger than 5
- 5-17
 - 5-7 (or grades K-2)
 - 8-10 (or grades 3-5)

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

Husky RSR!

Approved for use by FNS.

Not adapted for this project

Practice tested:

- Ready Set Read Program Reports (2010/11-2018/2019) <https://huskysport.uconn.edu/ready-set-read/>

Husky Growth

Approved for use by FNS.

Not adapted for this project

Practice tested:

Husky Growth Program Reports (2012/13-2018/19) <https://huskysport.uconn.edu/husky-growth/>

Husky Move

Approved for use by FNS.

Not adapted for this project

Practice tested:

Husky Move Program Reports (2015/16 - 2018/19) <https://huskysport.uconn.edu/husky-move>

Husky Culture of Health @ Wish School

Approved for use by FNS.

Not adapted for this project

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

School and Community Culture of Health component of Husky Sport is modeled after the Alliance for a Healthier Generation Healthy Schools Program (SNAP-Ed Toolkit research-tested) and the The Food Trust Healthy Body, Healthy Minds: Nutrition Workshops for Teachers (SNAP-Ed

Toolkit, Practice Tested). We will collect data from school and community stakeholders at Wish School to learn more about outcomes of intervention

New Interventions

No data submitted

B-1. Husky Food Pantry Collaborations

This project is entering year 2 of implementation

Project Description

In FY24, UConn HNS plans to work in partnership with the CT Department of Public Health and/or other active agencies associated with food pantry focused efforts to partner with food pantries to provide technical assistance for implementing Supporting Wellness At Pantries (SWAP) and client choice. In FY24, UConn HNS will have at least two staff members complete the Connecticut Foodshare train-the-trainer program for providing technical assistance, will schedule and promote a SWAP train-the-trainer session for interested SNAP-ED IAs, and will provide technical assistance to at least one interested local food pantry, building off collaborations started in FY23. Given that this project is in the planning stage and leverages funding streams, details, including reach estimates, partnerships will be developed in FY24 and updated moving forward.

Linked SMART Objectives

- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.

Settings and Approaches

Direct Education

Direct Ed Stages: This project does not include direct education

PSE Initiatives

PSE Stages: Planning and preparing for implementation (e.g., contacting sites, assessment, training), Implementing changes

Settings

- Food assistance sites (e.g, food banks, food pantries food shelves)
(0 tribal / 0 rural / 1 total)

Social Marketing Campaigns

B-1. Husky Food Pantry Collaborations Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- 18-59
- 60-75

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

SWAP (Supporting Wellness at Pantries)

Approved for use by FNS.

Not adapted for this project

Practice tested:

Martin KS, Wolff M, Callahan K, Schwartz MB. Supporting Wellness at Pantries: Development of a Nutrition Stoplight System for Food Banks and Food Pantries. J Acad Nutr Diet. 2019 Apr;119(4):553-559. doi: 10.1016/j.jand.2018.03.003. Epub 2018 May 1. PMID: 29728328.

New Interventions

No data submitted

A-5. Husky OST (Out-of-School-Time)

This project is entering year 11 of implementation

Project Description

Husky OST (Out-of-School-Time) (Ex: After School & Weekends): UConn HNS will collaborate with neighborhood community organizations and school-based programs, as part of the Northeast Hartford Partnership, to increase physical activity opportunities and opportunities to explore healthy eating and nutrition during after school, weekend, and summertime hours (i.e., "out-of- school-time"). Partnerships and curriculum will offering activities for youth such as Cooking Matters, food demonstrations, leading youth in a game or activity that requires a high degree of movement and participation, sports-based physical activity clinics, physical activity stations about the ABCDEs of physical literacy and/or a MyPlate-themed nutrition lesson. Program duration will range from a minimum of 30 minutes up to 2 hours. In FY24, UConn HNS will partner with at least 4 organizations to provide after school, weekend or summer programming to youth ages 5-17. Activities will engage at least 300 youth participants in a series of at least 4 sessions.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

Settings and Approaches

Direct Education

Direct Ed Stages: Planning (formative research), Developing (design and consumer testing), Implementing, Evaluating

Provided in [English](#)

Settings

- Before- and afterschool programs (0 tribal / 0 rural / 1 total)
- Community and recreation centers (0 tribal / 0 rural / 2 total)

PSE Initiatives

PSE Stages: This project does not include PSE initiatives

- Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 1 total)

Social Marketing Campaigns

A-5. Husky OST (Out-of-School-Time) Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- 5-17
 - 5-7 (or grades K-2)
 - 8-10 (or grades 3-5)
 - 11-13 (or grades 6-8)
 - 14-17 (or grades 9-12)

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

Husky After School & Weekends

Approved for use by FNS.

Not adapted for this project

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

The After School & Weekends component of Husky OST is informed by:

- Out of School time Program Reports (2012/13 -2018-19) <https://huskysport.uconn.edu/after-school-collaborations/>
- Fuller, R.D., Bruening, J. E., Percy, V. E, & Cotrufo, R. A. (2013). Early adolescent male development: A study of a sport-based after-school program in an urban environment. Research Quarterly in Exercise and Sport, 84 (4), 469-482.
- Bruening, J. E., Dover, K. M., & Clark, B. S. (2009). Pre-adolescent female development through sport and physical activity: A case study of an urban afterschool program. Research Quarterly for Exercise and Sport, 80, 87-101.

We will collect data from participants and partner stakeholders to establish the evidence base for this emerging intervention.

New Interventions

No data submitted

A-6. Husky Nutrition & Sport Clinics

This project is entering year 7 of implementation

Project Description

Husky Nutrition & Sport Clinics: UConn HNS will collaborate with neighborhood community organizations and school partners to offer nutrition & physical activity clinics for middle and high school-aged participants. Students will travel through a series of stations where they will engage with UConn HNS staff and curriculum focusing on age-appropriate; food demonstrations with healthy snack preparation and tastings, game or activity that requires a high degree of movement and participation, sports-based physical activity stations, physical activity stations about the ABCDEs of physical literacy, and/or a MyPlate-themed nutrition lesson. Clinic durations will range from a minimum of 30 minutes up to 2 hours. In FY 24, UConn HNS will host at least 8 clinics held at schools, recreation or community centers that will engage at least 300 participants ages 5 to 17 (grades K-12) through hands-on learning delivered as a series or single session event. These youth programs will be held in collaboration with partners in Hartford and at least one additional SNAP-Ed priority group 1 town (Bridgeport, New Britain, New London, New Haven, Waterbury, or Windham).

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

Settings and Approaches

Direct Education Direct Ed Stages: Planning (formative research), Developing (design and consumer testing), Implementing, Evaluating Provided in English Settings <ul style="list-style-type: none">• Before- and afterschool programs (0 tribal / 0 rural / 2 total)• Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 2 total)• Community and recreation centers (0 tribal / 0 rural / 4 total)	PSE Initiatives PSE Stages: This project does not include PSE initiatives
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Social Marketing Campaigns

A-6. Husky Nutrition & Sport Clinics Campaign 1 Campaign Stages: This project does not include social marketing
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Priority Populations

Priority Age Groups <ul style="list-style-type: none">• 5-17<ul style="list-style-type: none">◦ 5-7 (or grades K-2)◦ 8-10 (or grades 3-5)◦ 11-13 (or grades 6-8)	Priority Racial Groups <ul style="list-style-type: none">• No racial group priority	Priority Ethnic Groups <ul style="list-style-type: none">• No ethnic group priority	Priority Gender Groups <ul style="list-style-type: none">• No gender group priority
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o 14–17 (or grades 9–

12)

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

Husky Nutrition & Sport Clinics

Approved for use by FNS.

Not adapted for this project

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

The Husky Nutrition & Sport Clinics are informed by:

- McGarry, E. Jennifer, Mala, Jesse, Corral, Michael (2018). Program Development within Authentic Partnerships. Journal of Educational Leadership and Policy Studies, 1(2).
- Bruening, J., Fuller, R., & Percy, V. A (2015). Multilevel Analysis of a Campus-Community Partnership. Journal of Service Learning in Higher Education. 4(1), 86-11

We will collect data from participants and partner stakeholders to establish the evidence base for this emerging intervention.

New Interventions

No data submitted

A-1. Husky Reads

This project is entering year 26 of implementation

Project Description

Husky Reads is a well-established SNAP-Ed toolkit practice-tested program that has been ongoing since 1998. Inspired by the nationally accepted American Academy of Pediatrics' program "Reach Out and Read," Husky Reads was originally designed for promotion of health and nutrition habits by reading nutrition-focused, health-oriented books to young children in pediatric health clinics. A USDA Higher Education Challenge Grant (2005-2010), supported the early development of the Husky Reads' curriculum and its delivery method. Over time, Husky Reads evolved into a literacy-based healthy eating intervention designed to introduce preschool age children to MyPlate® concepts and foods from different food groups. The learning objectives aim to increase MyPlate® and food group knowledge, the ability to name fruits and vegetables, willingness to eat a variety of foods from different food groups, and reported liking of fruits and vegetables. The lessons, taught by UConn HNS educators, include reading food, health, and physical activity-themed books, playing activities that reinforce the learning objectives, and offering food samples that encourage children to taste different foods in a positive and supportive environment. Each of the books selected for use with the Husky Reads lessons come from the Food and Nutrition Fun for Preschoolers Resource List. The foods selected for tasting correspond to the MyPlate® food groups with an emphasis on fruits and vegetables. The curriculum includes a series of 10 lessons each lasting 30 minutes. The program is typically implemented in ECE classrooms as the full series of weekly lessons (10) during each academic year session: the fall, spring, and summer. Annually, the UConn HNS team will partner with at least 10 ECE partners to engage approximately 600 children in a series of 8-10 Husky Reads lessons. The series will be delivered in an estimated 45 classrooms.

1. Poehlitz PM, Pierce MB, and Ferris AM. (2006). Delivering nutrition education in a service-learning course. J. Nutr. Educ. Behav. 38:388-9.
2. Pierce MB, Havens E, Poehlitz M, Ferris, AM. (2012) "Evaluation of Community Nutrition Service-Learning Program: Changes to Student Leadership and Cultural Competence." North American Colleges and Teachers of Agriculture, 56:3, 10-16.
3. https://www.nal.usda.gov/sites/default/files/fnic_uploads/fun_preschool.pdf

Linked SMART Objectives

- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Settings and Approaches

<p>Direct Education</p> <hr/> <p>Direct Ed Stages: Implementing, Evaluating</p> <p>Provided in <u>English</u></p> <p>Settings</p> <ul style="list-style-type: none"> • Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 10 total) 	<p>PSE Initiatives</p> <hr/> <p>PSE Stages: This project does not include PSE initiatives</p>
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Social Marketing Campaigns

<p>A-1. Husky Reads Campaign 1</p> <hr/> <p>Campaign Stages: This project does not include social marketing</p>

Priority Populations

<p>Priority Age Groups</p> <hr/> <ul style="list-style-type: none"> • Younger than 5 	<p>Priority Racial Groups</p> <hr/> <ul style="list-style-type: none"> • No racial group priority 	<p>Priority Ethnic Groups</p> <hr/> <ul style="list-style-type: none"> • No ethnic group priority 	<p>Priority Gender Groups</p> <hr/> <ul style="list-style-type: none"> • No gender group priority
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Interventions

<p>SNAP-Ed Interventions (Formerly Toolkit Interventions)</p> <hr/> <p>Husky Reads: A Food and Nutrition Literacy Program for Preschool Children</p> <p>Not adapted for this project</p>
<p>Previously Developed Interventions</p> <hr/> <p>No data submitted</p>
<p>New Interventions</p>

No data submitted

B-2. Husky Smart Shopping Partnerships

This project is entering year 10 of implementation

Project Description

Husky Smart Shopping Partnerships are a collaboration with food retailers and shoppers to improve the healthy eating environment while offering learning opportunities for SNAP-Ed eligible adult populations in the form of interactive Grocery Store Tours (with point-of-decision promotions) and brief Nutrition On-the-Go interactions using curricula that highlights food-resource management skills, new ideas for preparing healthy foods, and dietary guidelines.

Grocery Store Tours: Follow the SNAP-Ed toolkit practice-tested “Cooking Matters at the Store” format at grocery stores and retail food outlets serving a high number of SNAP recipients. As part of the Food Retailer Partnership, recipe tastings and taste tests may be offered by UConn HNS educators as a way to introduce SNAP-Ed eligible shoppers to healthy foods and new, affordable ways of preparing healthy foods while they are in the retail food environment. The UConn HNS team collaborates with food retailers to co-locate featured recipe ingredients next to the tasting table to facilitate purchases of the healthy foods featured in the tasting. Videos of grocery store tours and other single topic education modules that highlight shopping the perimeter of the store, label reading and unit pricing, and other related topics are maintained online on UConn HNS SNAP4CT.org platform and are available for sharing on partner websites and social media.

Nutrition On-the-Go: Implemented as a complementary adult education component of an ECE Partnership, Northeast Hartford Partnership or Food Retailer Partnership. Each lesson, delivered by nutrition educators, promotes key messages through interactive demonstrations, multimedia games or activities, and skill practice opportunities. Curricula and demonstrations may also include a food sample, recipe(s), and nutrition or culinary tips. Total contact time per participant is usually under 15 minutes; however, this activity is intended as part of a larger multi-level or PSE intervention. Nutrition On-the-Go curricula includes interactive display boards with dietary guidelines and strategies to identify foods that meet recommendations related to eight topics: 1) grains, 2) protein, 3) calcium, 4) fats/oils, 5) sodium, 6) beverage calories and sugar content, 7) food safety, and 8) label reading.

In FY24, UConn HNS will partner with at least 3 food retailers for Husky Smart Shopping Partnerships as part of the Food Retailer Partnership for a mixture of Grocery Store Tours and/or Nutrition On-the-Go engagements with SNAP-Ed eligible adults during point-of-decision and tasting events with an estimated 200 shoppers participating.

Linked SMART Objectives

- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.

Settings and Approaches

Direct Education

Direct Ed Stages: This project does not include direct education

PSE Initiatives

PSE Stages: Planning and preparing for implementation (e.g., contacting sites, assessment, training), Implementing changes

Settings

- Large food stores and retailers (four or more registers) (0 tribal / 0 rural / 3 total)

Social Marketing Campaigns

B-2. Husky Smart Shopping Partnerships Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

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Priority Age Groups	Priority Racial Groups	Priority Ethnic Groups	Priority Gender Groups
<ul style="list-style-type: none"> • 18-59 • 60-75 	<ul style="list-style-type: none"> • No racial group priority 	<ul style="list-style-type: none"> • No ethnic group priority 	<ul style="list-style-type: none"> • No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

Cooking Matters at the Store

Adapted for this project:

As part of the Food Retailer Partnership, recipe tastings and taste tests may be offered by UConn HNS educators as a way to introduce SNAP-Ed eligible shoppers to healthy foods and new, affordable ways of preparing healthy foods while they are in the retail food environment. The UConn HNS team collaborates with food retailers to co-locate featured recipe ingredients next to the tasting table to facilitate purchases of the healthy foods featured in the tasting.

Previously Developed Interventions

Husky Nutrition On-the-Go, Brief interventions

Approved for use by FNS.

Not adapted for this project

Practice tested:

The Husky Nutrition On-the-Go, Brief interventions component of Husky Smart Shopping is informed by:

- Husky Nutrition, Annual Report, FY 2019, Appendix 2: Husky Smart Shopping: Process & Outcome Evaluation Report
- Husky Nutrition Annual Report, FY 2018, Appendix 5: Husky Smart Shopping Outcome & Process Evaluation Report
- Pierce, M.B., K. A. Hudson, K. R. Lora, E. Havens, and A. M. Ferris. (2011). The Husky Byte Program Delivering Nutrition Education One Sound Byte at a Time; J. Nutr. Edu. Behav. 43:135-7.

New Interventions

No data submitted

A-4. Husky Nutrition Workshops

This project is entering year 11 of implementation

Project Description

Husky Nutrition Workshops

Cooking Matters: Cooking Matters for Adults and Cooking Matters for Parents are both six-week programs that include cooking classes and teach about food budgeting, grocery shopping, meal preparation, and nutrition. UConn HNS partners with Cooking Matters to deliver the SNAP-Ed toolkit evidence-based curricula in community settings that serve low-income populations. When possible, UConn HNS will offer Cooking Matters to ECEs and Wish School as part of the Northeast Hartford Partnership. At times, an abbreviated series or single session may be offered. The abbreviated or single session approach has been approved by Cooking Matters.

Nutrition Workshops: Nutrition workshops, delivered in person or virtually for 20 to 60 minutes, include a nutrition lesson, a healthy cooking lesson with a recipe that complements the nutrition lesson topic, and, when possible, a recipe tasting. Each healthy cooking lesson introduces the ingredients and how to select them, the cooking equipment, and the process of following the steps in the recipe to prepare the food. Workshop delivery protocols have been established for five nutrition topics: MyPlate, sodium, fats, grains and heart health. Additional workshop themes will focus on unit pricing, buying in bulk and in season, and interpreting the nutrition facts label. The primary setting for this intervention will be ECE programs and partner schools, as well as at senior centers, community recreation centers, public libraries, or public housing locations.

In FY24, UConn HNS expects to lead in the delivery of 50 educational sessions, primarily with adult caregivers of children, in partnership with at least 15 community sites. Estimating 500 adult participants / contacts of direct nutrition education.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Settings and Approaches

<p>Direct Education</p> <p>Direct Ed Stages: Planning (formative research), Developing (design and consumer testing), Implementing, Evaluating</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none"> • Community and recreation centers (0 tribal / 0 rural / 2 total) • Senior centers (0 tribal / 0 rural / 2 total) • Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 2 total) • Family resource centers (0 tribal / 0 rural / 5 total) • Libraries (0 tribal / 0 rural / 2 total) • Healthcare clinics and hospitals (0 tribal / 0 rural / 2 total) 	<p>PSE Initiatives</p> <p>PSE Stages: This project does not include PSE initiatives</p>
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Social Marketing Campaigns

<p>A-4. Husky Nutrition Workshops Campaign 1</p> <p>Campaign Stages: This project does not include social marketing</p>

Priority Populations

<p>Priority Age Groups</p> <ul style="list-style-type: none"> • 18-59 • 60-75 	<p>Priority Racial Groups</p> <ul style="list-style-type: none"> • No racial group priority 	<p>Priority Ethnic Groups</p> <ul style="list-style-type: none"> • No ethnic group priority 	<p>Priority Gender Groups</p> <ul style="list-style-type: none"> • No gender group priority
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Interventions

<p>SNAP-Ed Interventions (Formerly Toolkit Interventions)</p>
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Cooking Matters

Not adapted for this project

Previously Developed Interventions

Nutrition Education Workshops

Approved for use by FNS.

Not adapted for this project

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

This approach will be informed through the planned formative evaluation that were started in FY22;FY23 and will continue to be conducted in FY 2024 and existing research-tested or practice-tested interventions.

- SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit. Cooking Matters. (Research-tested curriculum).

New Interventions

No data submitted

B-3. Integrating UConn HNS Webpage and Social Media Platforms

Activity Description

Since its inception in 2014, the snap4ct.org website has served as a statewide educational resource available for both SNAP-Ed eligible individuals and organizations who directly engage SNAP-Ed eligible individuals.

During FY24, as our organization makes the name, branding, and operational change to UConn Husky Nutrition & Sport (UConn HNS) we will be moving away from the name "snap4ct.org" as our brand for webpage and social platforms. Moving forward, while we work to maintain the audience and followers within the existing network, we will also continue to showcase the many established assets associated with snap4ct.org.

As part of our new organization, with plans to center and promote the large menu of healthy and budget-friendly recipes, featured recipe campaigns by category, the free cookbook in English and Spanish, and more. We will be working to establish further connectivity through webpage and social media through additional engagement and promotion with community partners and SNAP-Ed eligible individuals during programs and outreach events during FY24 and as part of plans moving forward (ie., "Ask a Nutritionist"; "Recipe Sharing"). The website is also promoted throughout the state by utilizing a variety of web marketing techniques, including keyword optimization utilizing Google AdWords for pertinent terms, and by regular social media posts. Site traffic has been monitored through Google Analytics and social media via Facebook Analytics.

In FY24, UConn Husky Nutrition & Sport (UConn HNS) webpage is expected to engage with page visitors from Connecticut at a total rate of 40,000 pageviews. Website usage and reach will be tracked via direct interactions such as page views and form submissions. Approximately 50% of online interactions will be with participants from SNAP-Ed priority 1 towns.

UConn Husky Nutrition & Sport (UConn HNS) Social Media: Facebook, Instagram, and YouTube are used to broaden the reach of and reinforce food, nutrition, and physical activity promotion information through simple, targeted, educational messages in a concise, web and mobile-friendly format integrating imagery, videos or concise SNAP-Ed educational messaging. In addition to sharing educational messages, UConn HNS social media platforms will host individual and campaign series including information about food security programs, nutrition education and physical activity opportunities, and more in collaboration with SNAP-Ed IAs and community partners. In FY24, UConn HNS Social Media expects to reach visitors from Connecticut at a total rate of 150,000 interactions. Reach will be measured using direct interactions such as user responses, "likes," "follows," and videos viewed. We will collaborate with different partners to cross-post and develop a series of posts in promotion of educational messaging, events, and other opportunities.

Linked SMART Objectives

- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts

UConn Healthy Family CT (Implementing Agency) Projects and Activities

Nutrition education partnership to improve diet quality and decrease obesity risk in children via school settings

This project is entering year 3 of implementation

Project Description

This project reaches eligible families and their children (ages 6 to 18) in educational settings in our high-need target areas (**East Hartford, Manchester, Meriden, Willimantic, Enfield, New London County, and new opportunities in Waterbury**). The project involves tailored messages to students combined with low-intensity support of the school nutrition programs, wellness policies, and afterschool activities. Our pilot work in a single middle school demonstrates the need and shows these activities can improve dietary behaviors. We will couple school-based interventions with partnerships to support the local food environment and outreach to families with our nutrition education.

In partnership with schools, we follow the *Socio-Ecological Model* with low-intensity interventions adapted to the schools' needs. Our team familiarity advances additional collaborations via school's health and wellness committees, parent-teacher organizations, and FoodCorps service members stationed in our target districts. These internal partnerships extend our work and support the school meals, wellness policies, and community partnerships to reinforce the local healthy food environment.

Tailored messages and low-intensity school-based program component combines tailored nutrition education to individual school children to motivate healthier behaviors. The tailored messages drive school-wide message campaigns and activities to reinforce consuming the school breakfast and lunch.

Face-to-face group nutrition education

In afterschool programs we offer interactive lessons tailored to the developmental level of the schoolchildren (typically 8-10 yr olds) and utilize a science-based framework and MyPlate for Kids. Additionally, we couple serious gaming with group lesson in school or afterschool. *Eat and Move as I Like (EAMAIL – <https://eatandmove.game.uconn.edu/>)*, a fun, publicly-available online game to teach about MyPlate, providing information about healthy eating, encouraging self-reflection, and motivating healthier eating.

We also reach children over the summer months through **USDA Summer Meals** (<https://www.endhungerct.org/services/summer-meals/>) and engage selected meal sites in our target towns (**East Hartford, Manchester, Enfield and New London County**). Our team supplies weekly onsite nutrition education to eligibles over the summer, complying with summer meal dates. SNAP-Ed educators utilize *MyPlate for Kids* and *Dietary Guidelines for Americans 2020-2025* to tailor simple and developmentally appropriate lessons to children and their parents who are also onsite during summer meals. Handouts and information on how to enroll in SNAP are included.

Engaging the family and school-based health promotion programs

CT FoodCorps service members collaborate with us to: market/recruit child participants in classrooms and school cafeterias; implement nutrition education to children and parents; enhance parent awareness of nutrition education programs; build and tend school gardens to reinforce SNAP-Ed principles; support inclusion of high-quality local food into public school cafeterias through farm-to-school programs; and participate on school wellness committees to improve school meals, school food environment and wellness policy implementation. FoodCorps collaborations occur primarily during the school year.

Community partnerships to reinforce the local healthy food environment

Grow Windham collaboration expands opportunities to provide education to eligibles and fuel changes to local environments for practical and available healthy choices for individuals and families (e.g., gardens, farmers markets). Our nutrition education team aims to deliver fun, interactive lessons in Willimantic Public Schools.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.

- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

Our team works with school districts and community partners to identify school settings that are willing to partner with our nutrition education team, including the dietetics students paraprofessionals, to identify eligible individuals including children and their families. We work with the school systems to notify eligibles for this project.

Settings and Approaches

<p>Direct Education</p> <hr/> <p>Direct Ed Stages: Implementing, Evaluating</p> <p>Provided in English, Spanish</p> <p>Settings</p> <ul style="list-style-type: none"> • USDA Summer Meal sites (0 tribal / 0 rural / 4 total) • Before- and afterschool programs (0 tribal / 0 rural / 4 total) • Schools (K-12, elementary, middle, and high) (0 tribal / 0 rural / 6 total) 	<p>PSE Initiatives</p> <hr/> <p>PSE Stages: Planning and preparing for implementation (e.g., contacting sites, assessment, training), Implementing changes</p> <p>Settings</p> <ul style="list-style-type: none"> • Gardens (community/school) (0 tribal / 0 rural / 2 total)
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Social Marketing Campaigns

<p>Nutrition education partnership to improve diet quality and decrease obesity risk in children via school settings Campaign 1</p> <hr/> <p>Campaign Stages: This project does not include social marketing</p>
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Priority Populations

<p>Priority Age Groups</p> <hr/> <ul style="list-style-type: none"> • 5-17 <ul style="list-style-type: none"> ◦ 5-7 (or grades K-2) ◦ 8-10 (or grades 3-5) ◦ 11-13 (or grades 6-8) ◦ 14-17 (or grades 9-12) • 18-59 	<p>Priority Racial Groups</p> <hr/> <ul style="list-style-type: none"> • No racial group priority 	<p>Priority Ethnic Groups</p> <hr/> <ul style="list-style-type: none"> • No ethnic group priority 	<p>Priority Gender Groups</p> <hr/> <ul style="list-style-type: none"> • No gender group priority
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Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

Leveraging technology to inform, encourage self-reflection, and motivate tweens for healthier diet and physical activity behaviors

⊘ This intervention has not been approved for use by FNS.

Adapted for this project:

We have feasibly assessed diet, physical activity, and food security via an online platform and delivered tailored nutrition education messages to motivate healthier behaviors in over 750 middle schoolers. This is the basis for programs to improve school meal consumption and school wellness in collaboration with school stakeholders and community members. In addition, we worked with tweens in classroom settings with *Eat and Move as I Like* (EAMAIL – <https://eatandmove.game.uconn.edu/>), a fun, publicly-available online game to teach about MyPlate, providing information about healthy eating, encouraging self-reflection, and motivating healthier eating.

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

Hildrey R, Karner H, Serrao J, Lin CA, Shanley E, Duffy VB. Pediatric Adapted Liking Survey (PALS) with Tailored Nutrition Education Messages: Application to a Middle School Setting. *Foods*. 2021; 10(3):579. <https://doi.org/10.3390/foods10030579>

<https://www.mdpi.com/2304-8158/10/3/579>

Purcell, D., Johnson, L., Killion, K., Sacco, S.J., Lin, C.A. and Duffy, V.B., 2022. Feasibility and Usefulness of Evidence-Based Gaming to Deliver Health Messages to Tweens in a Classroom Setting. *Iproceedings*, 8(1), p.e39400.

<https://www.iproc.org/2022/1/e39400>

New Interventions

No data submitted

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

This project is entering year 3 of implementation

Project Description

This project couples Policy, Systems, and Environment (PSE) changes with direct nutrition education to address each quadrant of the Equity Framework (Kumanyika, 2019) for increasing access to affordable healthy food, which in turn, promotes healthy eating, increased cooking at home, and food resource management for obesity prevention. Our primary target communities include East Hartford, Willimantic, and New London county. This project yields high and cost-effective output via a team of UConn RDs and competent, trained volunteer paraprofessionals in synergy with partnering agencies/organizations' needs.

One level of PSE work is to reduce deterrents through our active social media on multiple platforms (<https://www.facebook.com/uconnhealthyfamilyct>; <https://www.instagram.com/uconnhealthyfamilyct/?igshid=1knzl6soz0m>) and website (<https://healthyfamilyct.cahn.uconn.edu/>). We reach our target audience with engaging formats in English and Spanish and local amplification. Our posts contain evidence-based information on nutrition and physical activity, encourage food resource management, communicate healthy and affordable food resources, and share community resources. Last year, for example, our Instagram posts reached a total of 142,403 users. Through social media analytics and interviews with our social media users, we will identify and post in the format that maximizes engagement of eligibles and promotes willingness to improve dietary behaviors, physical activity, food resource management, and home food preparation.

Another level of PSE work is to increase healthy options through promotion of using EBT benefits to order groceries online as well as delivering a tailored intervention to improve digital, food and nutrition literacy. Our companion funding from USDA/AFRI/NIFA (PI, Dr Ock Chun, Co-PIs Drs. Duffy and Puglisi) will develop and evaluate this tailored intervention and SNAP-Ed will work to implement the intervention in our target communities. Our interactions with eligibles in our target communities revealed need for nutrition education to increase information, motivation, and confidence with ordering groceries online as well as the ability to leveraging online resources to access healthy, affordable food, especially in low-food access communities. Our interactions with local stakeholders identified the importance of local grocery stores for community connections and initiatives that communities can take to improve the role they play in access to healthy and culturally acceptable foods.

For individual and community resource and capacity initiatives, we have strategic partnerships and action with multi-sector organizations that address nutrition and physical activity-related community practices and policies. These organizations include Foodshare's Hunger Action Teams and specific agencies, such as Grow Windham and CliCK, in our target communities. We also work to improve social and economic resources by screening for food insecurity and mapping the local healthy food environment relative to public transportation and community resources. We are working to share the map with eligibles to identify the most useful information in an accessible format to address food and nutrition insecurity as well as with stakeholders to address local regions of poor healthy food access.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

We work directly with eligible individuals to let them know about our social media resources with topics concerning healthy eating, promotion of cooking with healthy recipes and food safety food resource management and improving healthy food access, and promoting healthy behaviors such as physical activity, sleep quality, and stress management. Our partners work with us to amplify and share our social media posts to reach greater audiences. We gather real-time feedback from members of our target communities on nutrition-related resources desired and will tailor future materials to the needs of the community.

Healthy Family Connecticut SNAP-Ed has active social media on multiple platforms (<https://www.facebook.com/uconnhealthyfamilyct>; <https://www.instagram.com/uconnhealthyfamilyct/?igshid=1knzl6soz0m>; <https://twitter.com/healthyfamilyct>) and website (<https://healthyfamilyct.cahnr.uconn.edu/>).

Settings and Approaches

Direct Education	PSE Initiatives
<p>Direct Ed Stages: Implementing, Evaluating</p> <p>Provided in <u>English, Spanish</u></p> <p>Settings</p> <ul style="list-style-type: none"> • Social media to target communities amplified by our partnering agencies (0 tribal / 0 rural / 10 total) 	<p>PSE Stages: Planning and preparing for implementation (e.g., contacting sites, assessment, training), Implementing changes, Conducting follow-up assessments, evaluation, and/or monitoring</p> <p>Settings</p> <ul style="list-style-type: none"> • Hunger Action Teams and other specific agencies (e.g., Grow Windham) in our target communities (0 tribal / 0 rural / 4 total)

- Variety of community agencies serving eligible individuals and families (0 tribal / 0 rural / 10 total)

- Variety of community agencies serving eligible individuals and families (0 tribal / 0 rural / 10 total)
- Social media to target communities amplified by our partnering agencies (0 tribal / 0 rural / 10 total)
- Variety of community agencies serving eligible individuals and families (0 tribal / 0 rural / 10 total)

Social Marketing Campaigns

Applying an Equity Framework to Increase Access to and Consumption of Affordable Healthy Food Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- 18-59
- 60-75
- 76 or older

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

Improving Digital, Food, and Nutrition Literacy

Approved for use by FNS.

Adapted for this project:

We have synergistic funding from USDA/NIFA/AFRI to design this tailored intervention and will use this intervention in our target communities (East Hartford, Manchester, Willimantic, Enfield, Vernon, New London County).

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

Policy changes allowing EBT benefits for online grocery ordering can improve access to healthy food and stretch the food dollars in food deserts/swamps if barriers are addressed (Trude et al, 2022). Based on 2021 data from the Pew Research Center, most (89%) U.S. adults use the internet and 95% own cell phones (including ≥75% low-income adults). Most adults who access the internet use social media sites (e.g., Facebook and Instagram). Our work with low-income CT families supports improved diet quality among low-income participants who use online ordering for groceries (Avelino et al, 2023). Yet, low-income individuals may lack the required digital food and nutrition literacy (DFNL) skills to benefit from online grocery access (Consavage et a, 2021). Promoting equitable expansion of digital learning and application of DFNL for low-income individuals is much needed and can be effectively achieved and reinforced DFNL curriculum, digital food access, and digital communication via collaborative learning and social media activities.(Stotz et al, 2021).

New Interventions

No data submitted

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

This project is entering year 3 of implementation

Project Description

This project partners with agencies in our target communities whose stakeholders report need to reach adults with tailored nutrition education coordinated with local, affordable, healthy food environments, and locally-grown produce in stores, farms, and food pantries. These partnerships create synergy in program delivery to reach the target audiences with effective formats that meet their environmental situations and learning needs.

Our workshops typically utilize a registered-dietitian approved PowerPoint slide deck and traditional face-to-face presentation. We routinely end our sessions with a food/recipe demonstration and tasting to reinforce the lesson. We highlight food safety and greater consumption of vegetables, fruits, or whole grains. We aim for ≥33% participants reporting knowledge gained and greater willingness to improve diet quality.

Partner	Partner sites	Lesson Components & Implementation	Evaluation
Cooking Matters (CM), CM at the Store	<ul style="list-style-type: none"> – CM sites dependent on funding – Grocery stores in Manchester, East Hartford, and Vernon 	<ol style="list-style-type: none"> 1. CM curriculum 2. CM Store Curriculum 3. Grocery stores: MyPlate “stations” or small group tours promoting locally grown and value for healthy foods. 	Pop-up survey shows >33% participants purchase and consume locally grown and increase SNAP expenditures on healthy foods (MT1, MT2).
Pantries. Food or Job Assistance Programs, Recovery Programs	<ol style="list-style-type: none"> 1. Chrysalis Center, Hartford 2. MANNA Pantry, Hartford 3. Enfield Food Shelf Pantry, Enfield 4. Food Shelf/USDA Commodity Foods, Enfield (EFS) 5. CT Foodshare (target towns and additional target communities in CT) 	<ol style="list-style-type: none"> 1. Chrysalis Center pending grant to deliver nutrition ed to clients receiving hydroponically grown greens 2. Lessons at pantries developed from MyPlate, DGA and PA Guidelines. Materials tailored to address client needs and reflect key informant interviews. 3. Supportive role to Enfield Food Shelf to supply nutrition education materials to recipients of Commodity Foods 4. Simple recipes for mobile pantries distributed per CT seasonal produce 	<p>>33% participants report knowledge and confidence in food resource management (ST2), safe food handling (ST4), greater cooking at home with safe food handling (MT2, 4), greater consumption of healthy foods (MT1) and increased motivation to move more (ST3).</p> <p>Pop-up surveys show most clients utilize vegetable recipes and more cooking at home with safe food handling (ST4, MT4).</p> <p>Key informant interviews report recipient use of nutrition materials and recipes, increasing confidence cooking at home, following safe food handling (ST4, MT4).</p>

Charter Oak Health Center	Hartford	<ol style="list-style-type: none"> 1. Lessons developed from MyPlate and DGA and PA Guidelines. Materials address client needs using key informant interviews. 2. Lessons consistently include a healthy snack demonstration and tasting 3. All lessons include resources reinforcing lessons and SNAP enrollment. 	<p>>33% participants will demonstrate knowledge and “action step” to increase dietary quality, food safety, knowledge of food resource management, and physical activity via a written, electronic or oral survey (MT1)</p> <p>33% clients will correctly respond to ≥2 knowledge-based questions and willingness to increase dietary quality.</p>
Public housing/ Senior sites/ Sites housing	West Hartford, Vernon, New Britain, Manchester,	1. Lessons developed from MyPlate, DGA, and PA Guidelines, seniors’ cognitive and developmental abilities. We include	>33% of participants report confidence in food-safe cooking, food resource management, and

developmentally disabled	Hartford, Willimantic, Mansfield	chair/stationary exercises and meditation tips. 2. Materials address client needs from key informant interviews 3. Lessons include healthy snack demonstration and tasting 4. All lessons include resources reinforcing lesson and SNAP enrollment.	improvements for healthy eating and physical activity (MT1-4).
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Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

We work closely with each of our community partners to promote our onsite program activities and notify their clients/residents about their availability via promotional flyers, monthly newsletters and calendars, and reminder robo calls. Many of our site coordinators do onsite pre-registration to estimate attendance and to further promote the activity, if necessary. These communication channels have been effective means of notifying eligible clients of the availability of this project.

Settings and Approaches

Direct Education

Direct Ed Stages: Implementing, Evaluating

Provided in [English, Spanish](#)

Settings

- Public housing sites (includes public housing for seniors and disabled individuals) (0 tribal / 0 rural / 8 total)
- Healthcare clinics and hospitals (0 tribal / 0 rural / 1 total)
- Senior centers (0 tribal / 0 rural / 2 total)
- Food distribution sites (e.g, FDPIR, TEFAP, CSFP) (0 tribal / 0 rural / 1 total)
- Food assistance sites (e.g, food banks, food pantries food shelves) (0 tribal / 0 rural / 32 total)
- Large food stores and retailers (four or more registers) (0 tribal / 0 rural / 3 total)
- Community Centers for Mentally/Physically Disabled, Mental Health/Drug Addiction (0 tribal / 0 rural / 2 total)

PSE Initiatives

PSE Stages: This project does not include PSE initiatives

Social Marketing Campaigns

Direct education to promote healthy diets in adults and older adults in connection with available, local affordable healthy food Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- 18-59
- 60-75
- 76 or older

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

Cooking Matters

Adapted for this project:

As appropriate, an onsite translator will translate the lesson content and cooking instructions for Spanish-speaking participants.

Cooking Matters at the Store

Adapted for this project:

In partnership with Cooking Matters staff, we have had much success in adapting the Cooking Matters At the Store grocery store tour by strategically setting up MyPlate stations/tables throughout the grocery store to speak to groups of participants about a specific food group. Stations are set up within the produce department, meat department, dairy aisle, and cereal/pasta/bread aisles. Participants visit each station while they shop and receive a sticker to show that they visited all the stations. Using this model, we have been able to effectively and efficiently reach large numbers of participants while continuing to deliver high quality direct nutrition education.

Previously Developed Interventions

No data submitted

New Interventions

No data submitted

Addressing High Risk of Obesity in Young Toddlers and Preschoolers

This project is entering year 3 of implementation

Project Description

This project strives to provide clear, coordinated and consistent messages on healthy feeding behaviors for toddlers and preschoolers that are tailored to parents across multiple points of contact in our target communities (**East Hartford, Willimantic, Manchester, New Britain, Hartford, New London County, Enfield**). We leverage technology for behavioral screening to deliver tailored messages to parents/caregivers, provide face-to-face group education, and encourage engagement through private Facebook groups. The messages focus on deviations from healthy eating, responsive feeding, and preventive oral hygiene in young children, food resource management, and accessing healthy and affordable food. In preschool settings, we extend our work with classroom

teachers to improve children’s preference for vegetables and encourage consumption of healthy school meals. We combine nutrition education with healthy food access to improve diet quality, prevent dental caries, and promote healthy weights.

The *tailored messages and coordination* involve an evidence-based, valid, and feasible online survey assessing young children’s nutrition and dental misconceptions, family food security, children’s frequency and liking of foods/beverages, activities, and preventive dental behaviors. The messages are tailored to children’s deviations from recommendations, barriers to behavior change, and the parent’s learning style (autonomous or directed), and if food insecurity is reported. In coordination with the points of contact, the messages parents receive are sharable electronically with a healthcare provider (e.g., WIC nutritionist) for reinforcement and to inform one-to-one goal setting sessions. Responses from the online surveys drive content for direct and social media interventions and amplification by our community partners described in Project 1.

Follow-up to tailored message program—From the tailored message program, parents are encouraged online to join a private Facebook group, which serves as direct intervention to share the local healthy food environment, offer recipes, encourage/motivate healthy feeding practices and consumption in young children, and supports engagement with fact-based information.

The parent/caregiver follow-up aligns with the *Information-Motivation-Behavioral* framework, providing support through personal and social motivation and skills to change health behaviors. We will enroll parents into a brief motivational session with our nutrition education team for S.M.A.R.T. goal setting and to reinforce healthy eating and oral hygiene for young children. Via telephone or online platform, these brief motivational sessions focus on behaviorally-focused strategies to improve the healthiness of toddler feeding as part of multi-channel community approaches to convey healthier toddler feeding messages, and active personal engagement by parents/caregivers. Parents/caregivers who participate in this motivational session will receive weekly follow-up texts/emails for 4 weeks to: reinforce the goals; assess concrete action(s); provide motivation/reinforcing messages; include tips to common barriers; and resources on accessing healthy foods. Week 5 will involve a repeat of the toddler feeding survey to assess change in behaviors.

Face-to-Face educational session—RDs and trained paraprofessionals provide direct contact with young families, parents/caregivers, and children to encourage healthy eating and dental behaviors. We conduct direct nutrition education (e.g., picky eating workshops) in waiting rooms, childcare centers, or family resource centers. We offer fruit and vegetable “sensory lessons,” diet and dental health lessons, and brief contacts with parents/caregivers during pick-up/drop-off and school events.

Linked SMART Objectives

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Project Outreach

We will provide our stakeholders and points of contacts with printed materials to advertise access to our tailored message program, our website, social media, plus a nutrition education message. We are building an advisory board of agency stakeholders to assure the evidence-base, meeting the needs of the target audience, and for recruiting parents/caregivers and points of contact for direct nutrition education described. We recruit at community events, through Hunger Action Teams, and through our other Projects.

Settings and Approaches

Direct Education	PSE Initiatives
Direct Ed Stages: Implementing, Evaluating	PSE Stages: This project does not include PSE initiatives
Provided in English , Spanish	

Settings

- Early care and education facilities (includes childcare centers, daycare homes, Head Start, preschool, and prekindergarten programs) (0 tribal / 0 rural / 10 total)
- Online Tailored Message Program (0 tribal / 0 rural / 400 total)
- Follow-up to tailored message program (0 tribal / 0 rural / 250 total)

Social Marketing Campaigns

Addressing High Risk of Obesity in Young Toddlers and Preschoolers Campaign 1

Campaign Stages: This project does not include social marketing

Priority Populations

Priority Age Groups

- Younger than 5
- 18-59

Priority Racial Groups

- No racial group priority

Priority Ethnic Groups

- No ethnic group priority

Priority Gender Groups

- No gender group priority

Interventions

SNAP-Ed Interventions (Formerly Toolkit Interventions)

No data submitted

Previously Developed Interventions

online program delivering tailored messages to low-income caregivers to motivate healthier nutrition and dental behaviors in young children

⊘ This intervention has not been approved for use by FNS.

Not adapted for this project

Emerging: Reflects the social, cultural, and/or linguistic needs and resources of the low-income population(s) served, Addresses the results and implications of a State or community needs assessment, Addresses State or local priorities/strategic plans

Foundational Evidence:

Lerner, J., Killion, K. and Duffy, V., 2022. Improving diet and dental hygiene behaviours among toddlers through tailored messaging and motivational interviewing: A study protocol for an online multicomponent intervention. *Appetite*, 179, p.106231.

Lerner, J. and Duffy, V., 2022. Feasibility of Online Tailored Messaging and Goal Setting on Short-Term Dietary and Oral Health Behavior Change in Young Children. *Journal of the Academy of Nutrition and Dietetics*, 122(10), p.A125.

Lerner, J., Killion, K. and Duffy, V., 2022. Acceptability and Usefulness of a Web-Based Motivational Interviewing Session to Improve Nutrition and Oral Health Behaviors of Low-Income Children in Connecticut. *Iproceedings*, 8(1), p.e39300.

<https://www.iproc.org/2022/1/e39300/>

Kattan, R., Killion, K., Duffy, V. and Waring, M.E., 2022. Using a Private Facebook Group to Engage Low-Income Families With Young Children With Evidence-Based Nutrition and Dental Health Information. *Iproceedings*, 8(1), p.e39410.

<https://www.iproc.org/2022/1/e39410/>

Jaclyn Lerner and others, Online Program Delivering Tailored Messages Appears Feasible to Motivate Healthier Nutrition and Dental Behaviors in Low-Income Caregivers of Young Children, *Current Developments in Nutrition*, Volume 6, Issue Supplement_1, June 2022, Page 133, <https://doi.org/10.1093/cdn/nzac051.049>

https://academic.oup.com/cdn/article/6/Supplement_1/133/6607095

New Interventions

No data submitted

Planned Evaluations

Connecticut Department of Social Services (State Agency) Evaluations

No data submitted

Hispanic Health Council Inc. (HHC) (Implementing Agency) Evaluations

Activities for Children will be evaluated with pre/post test and qualitative observations

Projects Evaluated

- Activities for Children

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey
- Direct observation (e.g., monitoring tool)
- Self-administered online survey
- In-person survey

Planned Use of Results:

- Intervention adaptation or improvement
- Conference presentations: None

Measurements:

- Other: Observations from teachers, and independent evaluator about children's learning and behaviors.

- Pretest
- Posttest

Prior Evaluations:

87. Segura-Pérez S, Marulanda L, Morel K, Galdamez G, Damio G, Pérez-Escamilla R. Promoting Good Nutrition and Healthy Lifestyles among Children Attending Public Schools in Connecticut. *Journal of Nutrition Education and Behavior*. 2012; 44:S70-S71. Segura-Millán, Sofia; Himmelgreen, David; González, Anir; Méndez, Ivette; Haldeman, Lauren; Bermúdez-Vega, Angela; Romero-Daza, Nancy; Pérez-Escamilla R. The PANA Program: Reaching the Puerto Rican Community through Culturally Appropriate Nutrition Education Approaches. *Society for Applied Anthropology Annual Meeting*. San Juan, Puerto Rico, April 21-26, 1998

Process 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Self-administered paper survey
- In-person survey
- Direct observation (e.g., monitoring tool)
- Self-administered online survey

Planned Use of Results:

- Other report or paper: Monitoring program

PSE Initiatives

Projects Evaluated

- PSE Initiatives

Formative 02/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE

Data Collection Methods:

- Focus group
- In-person survey
- Phone survey

Planned Use of Results:

- Intervention design
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Process 02/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE
- Social Marketing Campaign

Data Collection Methods:

- In-person survey
- Phone survey
- Qualitative interview

Planned Use of Results:

- Intervention design
- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Outcome 02/28/2023 - 09/30/2024**Project Components Evaluated:**

- Direct Education
- PSE

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

Data Collection Methods:

- Self-administered online survey
- In-person survey
- Phone survey
- Qualitative interview
- Focus group

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Measurements:

- Pretest
- Posttest

Nutrition and Exercise for parents and older adult workshops evaluated using pre/post test to assess change in knowledge, attitudes, and behaviors, and customer satisfaction.

Projects Evaluated

- Activities for Adults

Impact 10/01/2023 - 09/30/2024**Project Components Evaluated:**

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.

- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey
- In-person survey
- Phone survey
- Qualitative interview
- Focus group

Planned Use of Results:

- Intervention design
- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Evaluation Design:

Randomized controlled trial (Individual)

Measurements:

- Pretest
- Posttest

Prior Evaluations:

Segura-Perez S, Perez-Escamilla R, Damio G. Improving Access to Fresh Fruit and Vegetables among Inner-City Residents: The NEAT Trial. The FASEB Journal. 2017 Apr 1;31(1 Supplement):313-2.

Process 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey
- In-person survey

Planned Use of Results:

- Intervention adaptation or improvement
- Conference presentations: None
- Peer-reviewed paper: None

Outcome 09/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey

- Self-administered online survey
- In-person survey
- Phone survey
- Qualitative interview
- Focus group

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Measurements:

- Pretest
- Posttest

Prior Evaluations:

Segura-Perez S, Perez-Escamilla R, Damio G. Improving Access to Fresh Fruit and Vegetables among Inner-City Residents: The NEAT Trial. The FASEB Journal. 2017 Apr 1;31(1 Supplement):313-2.Hromi-Fiedler A, Chapman D, Segura-Pérez S, Damio G, Clark P, Martinez J, Pérez-Escamilla R. Barriers and Facilitators to Improve Fruit and Vegetable Intake Among WIC-Eligible Pregnant Latinas: An Application of the Health Action Process Approach Framework. J Nutr Educ Behav. 2016 Jul-Aug;48(7):468-477.

UConn Food Security (Implementing Agency) Evaluations

Knowledge, Attitudes and Behaviors

Projects Evaluated

- Food and Health for Families, Adults and Children
- Nutrition for Older Adults

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

Data Collection Methods:

- Self-administered paper survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Posttest

Department of Public Health (DPH) (Implementing Agency) Evaluations

MyPlate for My Family

Projects Evaluated

- The Preschool, Families, and Community Project

Process 10/01/2022 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement

Outcome 10/01/2022 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Pretest
- Posttest

CEC Training

Projects Evaluated

- The Preschool, Families, and Community Project

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.

Data Collection Methods:

- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Posttest

BFCCR

Projects Evaluated

- The Preschool, Families, and Community Project

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- PSE

Objectives:

- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.

Data Collection Methods:

- Self-administered online survey
- Other: Enrollment survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Other: Enrollment survey

Eating Smart Being Active: Adults/Families Nutritional Education Sessions

Projects Evaluated

- The Preschool, Families, and Community Project

Process 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Self-administered paper survey
- Phone survey

Planned Use of Results:

- Intervention adaptation or improvement

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.

- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Other: 6-week follow-up survey
- Pretest
- Posttest

Health Coaching Sessions

Projects Evaluated

- The Preschool, Families, and Community Project

Process 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Phone survey
- Qualitative interview

Planned Use of Results:

- Intervention adaptation or improvement

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Data Collection Methods:

- Phone survey
- Qualitative interview

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Other: 6-week follow-up survey
- Pretest
- Posttest

Projects Evaluated

- The Preschool, Families, and Community Project

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- PSE

Objectives:

- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 3.3 Communicate information about the availability of healthy and affordable food and physical activity resources in communities across the state to enhance the impact of our nutrition education efforts
- Objective 3.4 Increase collaboration and coordination with statewide and multi-state partners to improve influence on affordable healthy food and physical activity policies and practices.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

Data Collection Methods:

- Self-administered online survey
- Other: Enrollment survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Other: Enrollment survey
- Posttest

Eating Smart Being Active: Parent Workshops/Nutrition Education Sessions

Projects Evaluated

- The Preschool, Families, and Community Project

Process 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Self-administered paper survey
- Phone survey

Planned Use of Results:

- Intervention adaptation or improvement

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.

- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey
- Phone survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Pretest
- Posttest
- Other: 6-week follow-up survey

Eating Smart Being Active: Adults/Families Nutrition Education Workshops

Projects Evaluated

- The Preschool, Families, and Community Project

Process 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Data Collection Methods:

- Self-administered paper survey

Planned Use of Results:

- Intervention adaptation or improvement

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.2 Report practices utilized to increase daily physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey
- Phone survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Pretest
- Posttest
- Other: 6-week follow-up survey

Coordinated Approach to Child Health (CATCH) Early Childhood (CEC)

Projects Evaluated

- The Preschool, Families, and Community Project

Outcome 10/01/2021 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE

Objectives:

- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Data Collection Methods:

- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement

Measurements:

- Posttest

UConn Husky Programs (Implementing Agency) Evaluations

A-5. Husky OST – Participant Survey

Projects Evaluated

- A-5. Husky OST (Out-of-School-Time)

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

Data Collection Methods:

- Self-administered paper survey
- In-person survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination

Measurements:

- Posttest

A-1. Husky Reads - Educator Survey

Projects Evaluated

- A-1. Husky Reads

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None

Measurements:

- Posttest

Prior Evaluations:

SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit. Husky Reads: A Food and Nutrition Literacy Program for Preschool Children. <https://snapedtoolkit.org/interventions/programs/husky-reads-a-food-and-nutrition-literacy-program-for-preschool-children/> ; Coleman A, Coleman S, Ferris AM, Book-based nutritional literacy effects preschoolers' nutritional knowledge and willingness to consume fruits and vegetables: 2013 American Public Health Association National Conference, Boston, MA Paper #289287.

A-5. Husky OST - Educator Survey

Projects Evaluated

- A-5. Husky OST (Out-of-School-Time)

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.

Data Collection Methods:

- Self-administered paper survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination

Measurements:

- Posttest

A-4. Husky Nutrition Workshops - NW Participant Survey

Projects Evaluated

- A-4. Husky Nutrition Workshops

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey

Planned Use of Results:

- Intervention design
- Intervention adaptation or improvement
- Dissemination

Measurements:

- Posttest

A-3. Husky Sport @ Wish School - Educator Survey

Projects Evaluated

- A-3. Husky Sport @ Wish School

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE

Objectives:

- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.2 Increase the number of organizations (serving SNAP-Ed eligible populations) that receive evidence-based nutrition and physical activity promotion intervention training.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Intervention design

Measurements:

- Posttest

A-4. Husky Nutrition Workshops - CM Participant Survey

Projects Evaluated

- A-4. Husky Nutrition Workshops

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination

Measurements:

- Pretest
- Posttest

A-3. Husky Sport @ Wish School - Student Survey

Projects Evaluated

- A-3. Husky Sport @ Wish School

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- In-person survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None

Measurements:

- Pretest
- Posttest
- Other: Mid-year

A-3. Husky Sport @ Wish School - Caregiver Survey

Projects Evaluated

- A-3. Husky Sport @ Wish School

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey
- In-person survey

Planned Use of Results:

- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Intervention design

Measurements:

- Other: 2 school calendar caregiver events

Project 1 - Short-term and medium-term outcomes

Projects Evaluated

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

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE

Objectives:

- Objective 3.1 Build and increase the effectiveness of organizations who serve SNAP-Ed eligible populations by supporting improved policies, systems, and/or environments to promote the selection of healthy foods, healthy eating practices, and physical activity.

Data Collection Methods:

- Self-administered online survey
- Direct observation (e.g., monitoring tool)

Planned Use of Results:

- Intervention design
- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Measurements:

- Other: social media analytics of engagement in our social media platforms

Prior Evaluations:

Avelino, D.C., Duffy, V.B., Puglisi, M., Ray, S., Lituma-Solis, B., Nosal, B.M., Madore, M. and Chun, O.K., 2023. Can Ordering Groceries Online Support Diet Quality in Adults Who Live in Low Food Access and Low-Income Environments?. *Nutrients*, 15(4), p.862; Avelino, D., Killion, K., Waring, M. and Duffy, V., 2022. Leveraging Social Media With Community Partner Amplification As Part Of SNAP-Ed Implementation. *Journal of the Academy of Nutrition and Dietetics*, 122(9), p.A54; Hildrey, R., Gorski, I., Hill, S., Duffy, V. and Stowers, K.C., 2021. Increasing Access to Healthy Food: A Community Case Study of Collaborations Across Nutrition Education, Hunger Action, Food, and Public Schools. *Journal of the Academy of Nutrition and Dietetics*, 121(10), p.A153.

Process evaluation on Projects 1, 2, 3 and 4

Projects Evaluated

- Nutrition education partnership to improve diet quality and decrease obesity risk in children via school settings
- Applying an Equity Framework to Increase Access to and Consumption of Affordable Healthy Food
- Direct education to promote healthy diets in adults and older adults in connection with available, local affordable healthy food
- Addressing High Risk of Obesity in Young Toddlers and Preschoolers

Process 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey
- Qualitative interview
- Direct observation (e.g., monitoring tool)
- In-person survey

Planned Use of Results:

- Intervention adaptation or improvement

Project 2: Short-term and medium-term outcomes

Projects Evaluated

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

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.7 Increase knowledge about preparing healthy foods and/or intent to use newly acquired skills to prepare healthy foods.
- Objective 1.8 Increase knowledge of, or intent to purchase, affordable healthy foods.
- Objective 1.9 Increase knowledge of, or intent to, safely preparing healthy foods on a budget.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.

Data Collection Methods:

- Self-administered online survey
- In-person survey
- Direct observation (e.g., monitoring tool)

Planned Use of Results:

- Intervention adaptation or improvement
- Conference presentations: None

Measurements:

- Pretest
- Posttest

Project 3: Short-term and Medium-term outcomes

Projects Evaluated

- Addressing High Risk of Obesity in Young Toddlers and Preschoolers

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education

Objectives:

- Objective 1.5 Increase knowledge of, and/or willingness to try, healthy foods among children.
- Objective 1.6 Increase knowledge and/or skills among adult caregivers of healthy feeding practices.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.

Data Collection Methods:

- Self-administered online survey
- Qualitative interview
- Direct observation (e.g., monitoring tool)
- In-person survey

Planned Use of Results:

- Intervention design
- Intervention adaptation or improvement
- Dissemination

- Conference presentations: None
- Peer-reviewed paper: None

Measurements:

- Pretest
- Posttest
- Other: social media analytics of engagement in our social media platforms

Prior Evaluations:

Lerner, J., Killion, K. and Duffy, V., 2022. Improving diet and dental hygiene behaviours among toddlers through tailored messaging and motivational interviewing: A study protocol for an online multicomponent intervention. *Appetite*, 179, p.106231.; Lerner, J. and Duffy, V., 2022. Feasibility of Online Tailored Messaging and Goal Setting on Short-Term Dietary and Oral Health Behavior Change in Young Children. *Journal of the Academy of Nutrition and Dietetics*, 122(10), p.A125; Kattan, R., Killion, K., Duffy, V. and Waring, M.E., 2022. Using a Private Facebook Group to Engage Low-Income Families With Young Children With Evidence-Based Nutrition and Dental Health Information. *Iproceedings*, 8(1), p.e39410.

Project 4 - short-term and medium-term outcomes

Projects Evaluated

- Nutrition education partnership to improve diet quality and decrease obesity risk in children via school settings

Outcome 10/01/2023 - 09/30/2024

Project Components Evaluated:

- Direct Education
- PSE

Objectives:

- Objective 1.4 Increase willingness to consume and/or consumption of a MyPlate dietary pattern.
- Objective 1.2 Increase willingness to consume less and/or consumption of less saturated fat, sodium, and refined grains.
- Objective 1.3 Decrease reported sugar-sweetened beverage (SSB) consumption by substituting water for at least one SSB selection per day.
- Objective 1.1 Increase willingness to consume and/or consumption of fruits, vegetables, whole grains, low fat or fat-free dairy, and lean proteins.
- Objective 2.1 Demonstrate increased knowledge about health benefits of physical activity and recommended levels.
- Objective 2.3 Increase willingness to engage and/or engagement in the recommended number of minutes of physical activity per week.
- Objective 2.4 Increase willingness to reduce sedentary behaviors.

Data Collection Methods:

- Self-administered paper survey
- Self-administered online survey
- Direct observation (e.g., monitoring tool)
- In-person survey

Planned Use of Results:

- Intervention design
- Intervention adaptation or improvement
- Dissemination
- Conference presentations: None
- Peer-reviewed paper: None

Measurements:

- Other: Acceptance and willingness to try healthy food recipies; change in school meal participation
- Pretest
- Posttest

Prior Evaluations:

Hildrey R, Karner H, Serrao J, Lin CA, Shanley E, Duffy VB. Pediatric Adapted Liking Survey (PALS) with Tailored Nutrition Education Messages: Application to a Middle School Setting. *Foods*. 2021; 10(3):579. <https://doi.org/10.3390/foods10030579>; Purcell, D., Johnson, L., Killion, K., Sacco, S.J., Lin, C.A. and Duffy, V.B., 2022. Feasibility and Usefulness of Evidence-Based Gaming to Deliver Health Messages to Tweens in a Classroom Setting. *Iproceedings*, 8(1), p.e39400.

Coordination and Collaboration

Connecticut Department of Social Services (State Agency)

Coordination and Collaborations With Other Federal Nutrition, Obesity Prevention, and Health Programs

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Food and Nutrition Service, USDA						
Supplemental Nutrition Assistance Program (SNAP)	⊘	⊘	⊘	⊘	✓	
The Emergency Food Assistance Program (TEFAP)	⊘	⊘	⊘	⊘	✓	
Commodity Supplemental Food Program (CSFP)	⊘	⊘	⊘	⊘	✓	
National Institute of Food and Agriculture, USDA						
Expanded Food and Nutrition Education Program (EFNEP)	⊘	✓	✓	✓	✓	

Engagement With Multisector Partnerships/Coalitions

Consultation, Coordination, and Collaboration With Tribes and Tribal Organizations

Coordination and Collaboration With Minority-Serving Institutions

Hispanic Health Council Inc. (HHC) (Implementing Agency)

Coordination and Collaborations With Other Federal Nutrition, Obesity Prevention, and Health Programs

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Food and Nutrition Service, USDA						
Supplemental Nutrition Assistance Program (SNAP)	✓	✓	⊘	⊘	✓	
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	⊘	✓	⊘	⊘	✓	Regular meeting sharing expertise with prenatal nutrition and BF programs, as well as referrals for both programs
National Institute of Food and Agriculture, USDA						

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Gus Schumacher Nutrition Incentive Program (GusNIP)	✔	⊘	✔	⊘	✔	Testing a produce prescription program model for pregnant low-income mothers to improve their access to fresh produce and reduce food insecurity

Engagement With Multisector Partnerships/Coalitions

Get Healthy CT Coalition is dedicated to promote healthy behaviors such as good nutrition and physical activity. State/Territory

Sectors Represented

- Agriculture: 2
- Public health and healthcare: 6
- Education: 5
- Government: 2

Key Activities

Statewide discussion and sharing of initiatives happening to promote healthy lifestyles

City of New Haven Partnership Local

Sectors Represented

- Education: 10
- Government: 1
- Public health and healthcare: 2

Key Activities

We work with the City of New Haven in planning Nutrition and Physical activity education for students and parents at the schools and resource centers

HHC Family Wellness Center Local

Sectors Represented

- Agriculture: 2
- Education: 3
- Government: 1
- Public health and healthcare: 3
- Media: 1

Key Activities

Working with anchor partners of HHC Family Wellness Center to provide clients with wellness activities and health screenings as well as nutrition and exercise activities.

Hartford Food Policy Local

Sectors Represented

- Agriculture: 2
- Government: 1
- Public health and healthcare: 3
- Food retailers: 1
- Non-Profit: 4
- Education: 1

Key Activities

Increasing awareness among SNAP recipients from the City of Hartford the use of their SNAP benefits at farmer markets offering produce incentives, Improving transportation in the City to places with large supermarkets and areas where healthy foods are more available. Working with the Public School System with establishment of community gardens at schools.

End Hunger CT! and Templo Fe State/Territory

Sectors Represented

- Food Security Advocacy groups: 2
- Food pantry: 1

Key Activities

Conducting community listening sessions among SNAP-Ed recipients to learn more about increasing access to healthy food among them to make policies recommendations.

Consultation, Coordination, and Collaboration With Tribes and Tribal Organizations

Mashantucket Tribe

Primary Contact

Michelle Scott

Contact Title

Chairwoman of the Health Services Board of the Mashantucket Tribe

Nature of Work

- Other: Conversations with Michelle about providing services

Description of the outcome of the consultation and how it impacted the SNAP-Ed plan

The program has met twice online with Michelle Scott, who is the Chairwoman of the Health Service Board of the Mashantucket Tribe. Our last conversation with her was last Summer. She said that most services at that time within the Tribe were limited or online. Thus, we offered virtual activities but she preferred in person activities, and requested to wait until a later date. However, We have tried to contacted her several times but we have not been able to re-connect. We wil continue to reach out to her for an in person meeting.

Description of written comments received and outcome

As shared with FNS attempts to collaborate with the Mashunntucket Tribe has proven to be challenging. Support from FNS in this area would be valuable. FNS can facilitate the connection with the Tribal communities in CT. During a FNS SNAP Meeting there was a discussion regarding some states finding it challenging to collaborate with the Tribal organizations, and the need for support. There was further discussion of the possibility of FNS assisting states with issuing something to different tribes or reaching our to the Office of Tribal relations to encourage collaboration. It will be good to know if this is something that FNS is going to pursue, or if there is something else that FNS is planning to do.

Coordination and Collaboration With Minority-Serving Institutions

UConn Food Security (Implementing Agency)

Coordination and Collaborations With Other Federal Nutrition, Obesity Prevention, and Health Programs

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Food and Nutrition Service, USDA						
Supplemental Nutrition Assistance Program (SNAP)	⊘	⊘	⊘	✓	✓	
National Institute of Food and Agriculture, USDA						
Expanded Food and Nutrition Education Program (EFNEP)	✓	✓	✓	✓	✓	
Food and Nutrition Service, USDA						
Senior Farmers Market Nutrition Program (SFMNP)	✓	✓	✓	⊘	✓	
Child and Adult Care Food Program (CACFP)	✓	✓	✓	⊘	✓	
Commodity Supplemental Food Program (CSFP)	⊘	✓	⊘	⊘	✓	
Community Food Systems Programs (e.g., Farm to School and Community Food Projects)	⊘	✓	⊘	⊘	⊘	

Engagement With Multisector Partnerships/Coalitions

East Hartford Hunger Action Team Local

Sectors Represented

- Agriculture: 1
- Food industry: 1
- Government: 1
- Public health and healthcare: 2

Key Activities

This group meets monthly to discuss nutrition and community/emergency food assistance options for the community, as well as other resources for assistance, led by Connecticut Foodshare.

Connecticut Food Policy Council State/Territory

Sectors Represented

- Agriculture: 1
- Government: 1
- Public health and healthcare: 1

Key Activities

This meeting provides information regarding changes in policies or resources for food insecure populations. This allows us to keep our participants informed about changes to SNAP or emergency food sites and food assistance programs, and we are also able to inform others of our work in the community, so that partners connect us with participants.

Danbury Farmers' Market Community Collaborative Local

Sectors Represented

- University: 1
- Other non-profits (after school provider, emergency food): 3
- FQHC: 2
- Agriculture: 10
- Education: 1
- Government: 1
- Public health and healthcare: 1
- Transportation: 1
- Childcare: 1

Key Activities

Obesity and poor nutrition at all ages, underlying factors in most chronic diseases are strongly associated with the inadequate intake of fruits and vegetables. Those with limited resources tend to purchase less fruits and vegetables. **Through direct market cash incentives, the DFMCC continues to attack disparities in food purchasing power.** Research shows that 79% of the project participants increased their intake of fruits and vegetables.

Striving to provide equitable access to fresh food for all Danbury area residents, and promote health and nutrition, the collaborative of more than 30 community stakeholders, works to both enable those now excluded by limited resources to purchase fresh, local food at the Danbury Farmers' Market and enhance the market experience for all. Healthy shoppers, healthy vendor profits and a healthy local economy are the goals. At its core, Better Food for Better Health is a community-wide health and nutrition enhancement and engagement campaign, a sustainable agriculture initiative, and an economic development strategy.

For those with limited resources, providing additional cash (purchasing power) is the best incentive to increase buying and then eating, of local fresh fruits and vegetables. Using a market coin system, DFMCC enables Supplemental Nutrition Assistance Program (SNAP, formerly know as Food Stamps) recipients to use their benefits at the market and matches an unlimited amount per market to buy nutritious food. DFMCC also matches Senior and Women, Infant & Children's program (WIC) Farmers' Market Nutrition Program Cards (FMNP).

Danbury Early Care Collaboration Meeting Local

Sectors Represented

- Parenting Center: 1
- Education: 1
- Government: 1
- Public health and healthcare: 4
- Childcare: 1

Key Activities

This community coordination meeting hosted by an urban Head Start allows for sharing of resources and upcoming programs available to SNAP eligible families. The relationships and community partnerships formed allow for regular SNAP-Ed outreach and recruitment for classes.

UConn College of Agriculture Health and Natural Resources Strategic Visioning Teams State/Territory

Sectors Represented

- Agriculture: 1
- Education: 1
- Government: 1
- Public health and healthcare: 1

Key Activities

We are working with strategic visioning teams at UConn CAHNR to collaborate with others to address food security and health issues in Connecticut. Strategic Vision teams will help to bring SNAP-Ed efforts to a larger audience, possibly provide additional funding for our efforts and facilitate coordination for events to reach communities in Connecticut, include students in experiential learning and provide resources for other to refer SNAP eligible individuals to us.

Danbury Food Collaborative Local

Sectors Represented

- Agriculture: 1
- Government: 1
- Public health and healthcare: 1
- Education: 1

Key Activities

This group works together to address food security, through work with pantries, congregate meal providers, nonprofits, public agencies, funders, and faith-based organizations. We collaborate with this group to coordinate education through PSE work, through providing recipes and nutrition information, and we also coordinate with the group for direct education.

CT Farm to School Collaborative State/Territory

Sectors Represented

- Education: 1
- Agriculture: 1
- Public health and healthcare: 1

Key Activities

Working on promoting local foods in schools and promotion of local produce to improve dietary intake and health for youth.

People Active on Trails for Health and Sustainability State/Territory

Sectors Represented

- Education: 1
- Agriculture: 1

Key Activities

This group is made up of UConn Extension personnel and other working in research and CT government involved in increasing use of trails and public spaces for physical activity to improve health for low income communities.

Consultation, Coordination, and Collaboration With Tribes and Tribal Organizations

Mashantucket Pequot Tribal Nation

Primary Contact

Jeremy Whipple

Contact Title

Executive Director of the Tribal Department of Agriculture

Nature of Work

- Meet with Tribal Organization for input on SNAP-Ed programming
- Involve Tribal Organization in plan development
- Involve Tribal Organization in SNAP-Ed activities

Description of the outcome of the consultation and how it impacted the SNAP-Ed plan

The PI has been involved in a project through a grant led by UConn Extension that is assisting in growing traditional crops, with nutrition educators providing classes on preparation of traditional recipes, along with nutrition education and food safety for tribal youth in the "Hi-Five" program. We intend to not only continue these efforts, but expand programming to nutrition education and food preparation for adults through SNAP-Ed moving forward, with a continued focus on traditional foods and growing healthy foods on the farm through collaborative efforts between UConn Extension and the Mashantucket Pequot Tribal Nation.

Additionally, the tribe provides locally grown foods to their community through a food box program and a freight farm. SNAP-Ed would be extremely helpful to support this process with nutrition education and information regarding healthy recipes, food preparation, food resource management (shopping on a budget) and food safety. We plan to provide these resources through PSE efforts.

Description of written comments received and outcome

We are in the planning process at this point, but anticipate starting in FY24.

Coordination and Collaboration With Minority-Serving Institutions

Department of Public Health (DPH) (Implementing Agency)

Coordination and Collaborations With Other Federal Nutrition, Obesity Prevention, and Health Programs

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Food and Nutrition Service, USDA						
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	⊘	✓	⊘	⊘	⊘	
Commodity Supplemental Food Program (CSFP)	⊘	⊘	✓	⊘	⊘	
Other Federal Nutrition, Obesity Prevention, and Health Programs						
Other: DPH Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN)	⊘	✓	⊘	⊘	⊘	

Engagement With Multisector Partnerships/Coalitions

DPH Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) State/Territory

Sectors Represented

- Public health and healthcare: 3

Key Activities

DPH SNAP-ED collaborates with the DPH WISEWOMAN Program to provide WISEWOMAN participants located in Hartford, Meriden, Middlesex and New London the opportunity to participate in the USJ THC Program. A process was developed to ensure seamless referral, enrollment and data sharing across both programs. Once a participant is nearing the end of the WISEWOMAN nutrition and physical activity intervention, staff informs the participants about the SNAP-Ed Telephonic Health Coaching program and confirms consent to enroll. Once the participant has agreed to enroll, the WISEWOMAN case number is shared with the SNAP-Ed staff. The SNAP-Ed staff then locates the file in the WISEWOMAN electronic charting system and becomes familiar with the participants previous nutrition and physical activity related behavior and behavior change goals. The SNAP-Ed staff then connect with the participant and complete the THC intervention. SNAP-Ed, USJ and WISEWOMAN will work together to identify improvements to the partnership, opportunities for communicating success, and expansion to other sites.

Consultation, Coordination, and Collaboration With Tribes and Tribal Organizations

Coordination and Collaboration With Minority-Serving Institutions

UConn Husky Programs (Implementing Agency)

Coordination and Collaborations With Other Federal Nutrition, Obesity Prevention, and Health Programs

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Food and Nutrition Service, USDA						
Supplemental Nutrition Assistance Program (SNAP)	✓	✓	✓	⊘	✓	

Engagement With Multisector Partnerships/Coalitions

UConn Collaboratory on School and Child Health (CSCH) State/Territory

Sectors Represented

- Agriculture: 2
- Childcare: 2
- Education: 10
- Food industry: 2
- Government: 2
- Media: 2
- Public health and healthcare: 2
- Public safety: 2
- Transportation: 2
- Food retailers: 2
- Community design: 2
- Commercial marketing: 2

Key Activities

The mission of the Collaboratory on School and Child Health (CSCH) is to facilitate innovative and impactful connections across research, policy, and practice arenas to advance equity in school and child health. CSCH is committed to anti-racist work that prioritizes inclusion, reduces disparities, and creates systemic change.

Trainings for students and staff; Workshops on connecting research and applied best practices; Individual research and grant collaborators participating from UConn HNS.

UConn's Institute for Collaboration on Health, Intervention, and Policy (InCHIP) State/Territory

Sectors Represented

- Agriculture: 2
- Childcare: 2
- Commercial marketing: 2
- Community design: 2
- Education: 5
- Food industry: 2
- Food retailers: 2
- Government: 2
- Media: 2
- Public health and healthcare: 2
- Public safety: 2
- Transportation: 2

Key Activities

Mission

UConn's Institute for Collaboration on Health, Intervention, and Policy (InCHIP) brings together individuals with diverse scientific, clinical, and methodological expertise and supports their evolution into collaborative investigators who conduct innovative interdisciplinary research that impacts public health and well-being.

Vision

To improve the health and well-being of individuals, organizations, and communities in Connecticut and beyond by supporting innovative and high-impact interdisciplinary research.

Values

Collaborative and Interdisciplinary: Health and well-being, which are highly complex and multifaceted, can best be addressed through innovative interdisciplinary research. InCHIP values and fosters collaborations with academics, communities, policymakers, and other key stakeholders from around the world to develop innovative, impactful solutions to complex health issues.

Trainings for students and staff; Workshops on connecting research and applied best practices; Individual research and grant collaborators participating from UConn HNS.

Connecticut State Department of Education (CSDE) - Connecticut School Discipline Collaborative State/Territory

Sectors Represented

- Education: 10
- Government: 2
- Public health and healthcare: 2
- Public safety: 2
- Transportation: 2
- Community design: 2
- Childcare: 2

Key Activities

Purpose of the Connecticut School Discipline Collaborative

The Connecticut School Discipline Collaborative will:

- Advise the State Department of Education on issues, policies and practices relating to school discipline;
- Evaluate and recommend plans for statewide school discipline reform initiatives to the State Board of Education;
- Review effective practices carried out in Connecticut and other states to increase alternatives to exclusionary discipline and determine the feasibility of carrying out those practices in this state; and
- Develop or identify tools for district and school personnel to implement alternatives to exclusionary discipline.

Attend collaborative meetings, bringing back knowledge, data, and practices for UConn HNS staff; Attend workshops on connecting research and applied best practices within school and OST environments; Support integration and planning for enhanced nutrition and physical activity education and initiatives as part of the collaborative.

AmeriCorps Public Allies - Connecticut Public Allies State/Territory

Sectors Represented

- Community design: 2
- Childcare: 1
- Agriculture: 1
- Commercial marketing: 1
- Education: 5
- Food industry: 1
- Government: 1
- Media: 1
- Public health and healthcare: 2
- Public safety: 1
- Transportation: 1
- Food retailers: 1

Key Activities

Public Allies is a social justice organization committed to changing the face and practice of leadership by recruiting and training talented emerging leaders, with a passion for social impact, to create meaningful change in our community. Our Allies are diverse, equity-centered, innovative problem solvers, dedicated to mobilizing community assets to develop solutions to local challenges. In partnership with nonprofit partners, we deliver our

nationally recognized, values-driven, results-led apprenticeship to advance our mission to create a just and equitable society and the diverse leadership to sustain it.

Public Allies Connecticut is intentional about recruiting emerging leaders whose promise and potential are too frequently overlooked, dismissed, or ignored, including young adults aging out of the foster care system; our siblings who must remake their lives following incarceration; and single parents seeking a bridge from GED to college and career. They need – and deserve – opportunities like Public Allies to activate their full leadership potential.

Attend advisory board meetings. Support continued recruitment and training for allies; Support partnership development; Contribute to planning and vision efforts for CT Public Allies as part of National Office.

Consultation, Coordination, and Collaboration With Tribes and Tribal Organizations

Coordination and Collaboration With Minority-Serving Institutions

UConn Healthy Family CT (Implementing Agency)

Coordination and Collaborations With Other Federal Nutrition, Obesity Prevention, and Health Programs

Program/Organization Type	Needs Assessment / Plan Development	Coordination of Messaging/Materials/Approaches	PSE Change Efforts	Social Marketing Campaign(s)	Improvement of SNAP-Ed Access for Target Audiences	Other
Food and Nutrition Service, USDA						
Commodity Supplemental Food Program (CSFP)	⊘	✓	✓	⊘	✓	
Other: SNAP-Ed Northeast LandGrant Universities	✓	✓	✓	✓	✓	

Engagement With Multisector Partnerships/Coalitions

CT Foodshare State/Territory

Sectors Represented

- Community-based Organizations: 200
- Faith-based Organizations: 300
- Agriculture: 30
- Childcare: 5
- Education: 17
- Food retailers: 300
- Government: 8
- Public health and healthcare: 5

Key Activities

CT Foodshare is a long-term community partner of UConn Healthy Family CT. Our dietetics paraprofessionals provide direct and indirect nutrition education to low-income clients who visit the CT Foodshare mobile pantries in various towns CT Foodshare serves, including our target towns in the Greater Hartford area, New Britain, Bristol, Southington, Tolland/Storrs/Willimantic. We work collaboratively with CT Foodshare to support anti-hunger initiatives and advocacy, promote increased access to healthy foods, and encourage consumption of fresh fruits and vegetables.

East Hartford Hunger Action Team Local

Sectors Represented

- Business/Corporation: 2
- Community-based Organizations: 17
- Faith-based Organizations: 9
- Financial Institutions: 2
- Food Assistance/Anti-hunger: 4
- Foundations: 1
- Research: 1
- Education: 14
- Food retailers: 3
- Agriculture: 5
- Food industry: 1
- Government: 10
- Public health and healthcare: 5

Key Activities

UConn Healthy Family CT posts weekly to the East Hartford Hunger Action Team Facebook page to share fact-based food and nutrition information to the East Hartford community. Key messages promote healthy eating and physical activity, cooking more at home, food preparation and food safety tips, buying fresh produce when in season, and visiting local farmers markets. UConn Healthy Family CT staff attends quarterly partnership meetings to stay abreast of EH community events and activities to address access to affordable, healthy foods. UConn Healthy Family CT participates in various food/gardening events, as appropriate, such as the annual Garden Bucket event.

FoodCorps of CT State/Territory

Sectors Represented

- Agriculture: 3
- Education: 41
- Government: 3

Key Activities

As part of Project 4, we partner with CT FoodCorps service members who support school districts in our high-need areas where SNAP recipients and eligibles live. This partnership extends our work and messaging with school-age kids by supporting nutrition education in school cafeterias and wellness policies and community partnerships to reinforce the local healthy food environment. Activities include tailored messages to students in school settings combined with low-intensity support of the school nutrition programs, wellness policies, and afterschool activities. Our pilot work in a single middle school has demonstrated the need and shows these activities can improve dietary behaviors. We will continue to couple school-based interventions with our FoodCorps partnership to support the local food environment as well as outreach to families with our tailored message program and reinforcement.

Community Renewal Team (CRT) of Hartford Health Services Advisory Committee Local

Sectors Represented

- Education: 3
- Agriculture: 1
- Childcare: 2
- Food industry: 2
- Food retailers: 1
- Government: 1
- Public health and healthcare: 5

Key Activities

We meet with this group **bi-annually** to coordinate activities and efforts with partners who provide services at Hartford-based CRT pre-schools. UConn Healthy Family CT provides direct nutrition education to pre-schoolers via veggie sensory lessons in the classrooms several times throughout the year to increase acceptance and consumption of fresh veggies. Nutrition and oral health will be introduced in preschools during FY 2023-2024 which advisory members indicated is a huge need/gap. Indirect nutrition education about the importance of eating fruits and veggies, as well as oral health messages, will be sent home to parents.

End Hunger Connecticut! State/Territory

Sectors Represented

- Banks/Finance: 3
- Research: 3
- Foundations/Philanthropy: 6
- Food Bank/Food Assistance Org: 1
- Retailer: 1
- Food Policy/Anti-Hunger Advocacy Org: 3
- Community Center: 1
- Faith-based Org: 1
- Agriculture: 18
- Education: 1
- Food retailers: 3
- Government: 14
- Public health and healthcare: 2

Key Activities

As part of Project 1, PSE activities, we partner with End Hunger CT! to support and amplify messages on access to affordable healthy food and healthy diet and physical activity behaviors.

UConn Healthy Family CT Toddler Nutrition Advisory Board Local

Sectors Represented

- Education: 3
- Public health and healthcare: 1
- Government: 2

Key Activities

This is a newly formed advisory board established in FY2023 for the UConn Healthy Family CT toddler feeding program. This board will meet regularly to coordinate efforts and messaging geared toward improving toddler nutrition and feeding practices among parents of toddlers and young children in our target towns. This includes shared goals related to good nutrition and dental health, increasing fruit and veggie consumption, increasing milk/water consumption, reducing sugary drinks, responsive feeding, managing portions, and promoting physical activity. Local stakeholders will assist in the refinement of nutrition survey messaging, goal setting sessions, and direct nutrition education follow up.

Windham Community Food Network/Regional Food System Partnership Local

Sectors Represented

- Food Pantries/Food Assistance: 9
- Foundations: 1
- Agriculture: 12
- Commercial marketing: 2
- Education: 8
- Food industry: 2
- Food retailers: 2
- Government: 2
- Public health and healthcare: 3

Key Activities

We are working with key stakeholders on best ways to promote increased access to affordable, healthy foods. In Willimantic, we have strengthened collaborations with both the Windham Community Food Network (WCFN) and Grow Windham to assess perceived food resources and food security via anonymous surveying of SNAP eligibles to map the local food resources and distribute this resource at community events (*Feeding Our Community: A Guide to Food Resources in Windham, CT*), increase the ability to utilize online grocery ordering using EBT benefits, and address transportation to food resources. We are using survey data to identify community needs around increased food access and farmer economic viability for the Eastern Connecticut region which will result in various pilot programs based on survey results.

Human Resources Agency (HRA) of New Britain Health Services Advisory Committee/New Britain, CT Local

Sectors Represented

- Nutrition Consultant: 1
- Education: 4
- Childcare: 1
- Government: 1
- Public health and healthcare: 4

Key Activities

We meet with this group bi-annually to coordinate activities and efforts with partners who provide diverse services at 5 HRA pre-school locations in New Britain. UConn Healthy Family CT provides direct nutrition education to pre-schoolers via veggie sensory lessons delivered in the classrooms several times throughout the year to increase acceptance and consumption of fresh veggies. Nutrition and oral health will be introduced in preschools during FY 2023-2024 which advisory members indicated is a huge need/gap. Indirect nutrition education about the importance of eating fruits and veggies, as well as oral health messages, will be sent home to parents. We also engage in other pre-school events, such as onsite parent workshops, annual open house events, mock farmers markets, and staff in-service trainings.

UConn Center for mHealth and Social Media Multi-State

Sectors Represented

- digital health: 1
- social media: 1
- Childcare: 1
- Education: 1
- Media: 1
- Public health and healthcare: 1

Key Activities

Advancement of best practices in reaching and engaging eligibles in evidence-based information, motivation, and building skills to promote adoption of healthy behaviors, food resource management, and healthy food access for obesity prevention. We collaborate with members of this Center to implement and evaluate our projects 1, 3, and 4.

UConn Rudd Center for Food Policy and Health Multi-State

Sectors Represented

- Agriculture: 1
- Childcare: 1
- Commercial marketing: 1
- Education: 1
- Government: 1
- Public health and healthcare: 1

Key Activities

Collaborations to improve healthy feeding practices of young children and to evaluate policies that improve access to healthy food.

Killion, K., Harris, J.L. and Duffy, V.B., 2023. Caregiver perceptions of snacks for young children: A thematic synthesis of qualitative research. *Appetite*, p.106628.

Harris, J.L., Romo-Palafox, M.J., Gershman, H., Kagan, I. and Duffy, V., 2023. Healthy Snacks and Drinks for Toddlers: A Qualitative Study of Caregivers' Understanding of Expert Recommendations and Perceived Barriers to Adherence. *Nutrients*, 15(4), p.1006.

Hildrey, R., Gorski, I., Hill, S., Duffy, V. and Stowers, K.C., 2021. Increasing Access to Healthy Food: A Community Case Study of Collaborations Across Nutrition Education, Hunger Action, Food, and Public Schools. *Journal of the Academy of Nutrition and Dietetics*, 121(10), p.A153.

Consultation, Coordination, and Collaboration With Tribes and Tribal Organizations

State Budget Summary

	SNAP-Ed Planned Cost (\$)
1. Total State Agency Budget	\$63,245.50
2. Total Implementing Agency Budget	\$4,881,720.15
3. Total Federal Funds	\$4,944,965.65
4. Total Estimated Unobligated balance/carry-over from previous FY	\$478,114.65
5. TOTAL Funds requested from current FY allocation	\$4,466,851.00

Hispanic Health Council Inc. (HHC) (Implementing Agency) Budget

Total Agency Budget

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
1. Direct Cost	\$1,372,955.18	\$0.00
a. Salary/Benefits ?	\$1,224,516.76	\$0.00
b. Contracts/Sub-Grants/Agreements	\$5,700.00	\$0.00
c. Non-Capital Equipment/Office Supplies ?	\$53,149.63	\$0.00
d. Nutrition Education Materials ?	\$5,595.51	\$0.00
e. Travel ?	\$34,108.28	\$0.00
f. Building/Space Lease or Rental	\$49,885.00	\$0.00
g. Cost of Publicly-Owned Building Space ?	\$0.00	\$0.00
h. Maintenance and Repair	\$0.00	\$0.00
i. Institutional Memberships and Subscriptions ?	\$0.00	\$0.00
j. Equipment and Other Capital Expenditures ?	\$0.00	\$0.00
2. Indirect Costs , not including building space/ contracts/subgrants/agreements ?	\$341,813.79	\$0.00
▼ SNAP-Ed Indirect Cost Explanation Indirect cost rate: 25.00% Approved Federal rate base on total direct costs excluding capital expenditures (Buildings, individual items of equipment, alterations and renovations) and subawards.		
▼ Other Indirect Cost Explanation Indirect cost rate: 0.00% NA		

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
3. Total Federal Funds for Agency <i>Current FY allocation + Estimated unobligated balance/Carry-over from previous FY</i>	\$1,714,768.97	\$0.00
4. Estimated unobligated balance/carry-over from previous FY for Agency	\$279,776.97	
5. Funds requested from current FY allocation for Agency	\$1,434,992.00	

Direct Cost Breakdown

Project Budgets

Activities for Adults	
\$439,504.53	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$17,420.89	Non-Capital Equipment/Office Supplies
\$2,274.32	Nutrition Education Materials
\$8,527.07	Travel
\$12,471.25	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$480,198.06	Total Direct Cost

Activities for Children	
\$541,128.04	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$19,069.37	Non-Capital Equipment/Office Supplies
\$3,321.19	Nutrition Education Materials
\$17,054.14	Travel
\$24,942.50	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$605,515.24	Total Direct Cost

PSE Initiatives	
\$243,884.19	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$16,659.37	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$8,527.07	Travel
\$12,471.25	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$281,541.88	Total Direct Cost

Other SNAP-Ed Planned Expenditures

\$0.00	Salary/Benefits
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\$5,700.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$0.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$5,700.00	Total Direct Cost

Planned Staffing

Staff Positions

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Chief Program Officer	0.50	100.00%	0.00%	\$162,162.34	\$81,081.17
Nutrition Educator	0.60	0.00%	100.00%	\$60,368.08	\$36,220.85
Nutrition Educator	1.00	0.00%	100.00%	\$54,526.54	\$54,526.54
Nutrition Educator	1.00	0.00%	100.00%	\$59,664.51	\$59,664.51
Nutrition Educator	1.00	0.00%	100.00%	\$62,353.04	\$62,353.04
Nutrition Educator	1.00	0.00%	100.00%	\$65,319.69	\$65,319.69
Nutrition Educator	1.00	0.00%	100.00%	\$56,654.04	\$56,654.04
Nutrition Educator	1.00	0.00%	100.00%	\$58,493.33	\$58,493.33
Nutrition Educator	1.00	0.00%	100.00%	\$67,574.07	\$67,574.07
Nutrition Educator	1.00	0.00%	100.00%	\$59,522.56	\$59,522.56
Nutrition Educator	1.00	0.00%	100.00%	\$62,556.44	\$62,556.44
Nutritionist	1.00	0.00%	100.00%	\$83,261.60	\$83,261.60
Nutritionist	1.00	0.00%	100.00%	\$77,154.90	\$77,154.90
Nutritionist	0.50	0.00%	100.00%	\$103,185.56	\$51,592.78
Prenatal Nutrition Coordinator	0.25	0.00%	100.00%	\$115,822.35	\$28,955.59
Prenatal Nutrition Educator	0.40	0.00%	100.00%	\$49,797.00	\$19,918.80
Program Assistance	0.50	0.00%	100.00%	\$95,063.35	\$47,531.68
Program Director	1.00	25.00%	75.00%	\$97,996.35	\$97,996.35
Senior Nutritionist	1.00	10.00%	90.00%	\$100,010.51	\$100,010.51
Total SNAP-Ed-funded Salary/Benefits					\$1,224,516.77

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Team Leader	1.00	0.00%	100.00%	\$54,128.32	\$54,128.32
Total SNAP-Ed-funded Salary/Benefits					\$1,224,516.77

Full-Time Equivalent (FTE) Definition and Basis For Calculation

The full-time equivalent is based on a 35-hour work week

Program Chief Officer (PCO): 50% dedicated to SNAP-Ed (0.5 FTE).

Program Director: 100% dedicated to SNAP-Ed (1.0 FTE).

Senior Nutritionist: 100% dedicated to HHC SNAP-Ed (1.0 FTE).

Nutritionists: 2 full-time dedicated 100% to SNAP-Ed (2.0 FTE). and one part-time 50% (.5 FTE)

Team Leader: 100% time dedicated to HHC SNAP-Ed (1.0 FTE).

Nutrition Educator: nine 100% dedicated to SNAP-Ed (9 FTE) and one part-time 60% (0.6 FTE).

Program Assistant: 50% of the time dedicated to HHC SNAP-Ed (0.5 FTE).

Prenatal Nutrition Coordinator: 25% time dedicated to SNAP-Ed (0.25 FTE).

Prenatal Nutrition Educator: 40% time dedicated to SNAP-Ed (0.4 FTE).

Job Description Documents

[Staffing Hispanic Health Council.docx](#)

Planned Travel

In State Travel

Bridgeport Services

TOTAL TRIP COST

\$9,792.72

Staff positions of Nutrition Educators and Nutritionists traveled to Bridgeport

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	3	\$0.670 per mile x 4872 miles	\$9,792.72

Hartford Services

TOTAL TRIP COST

\$1,374.84

Staff positions of Nutrition Educators and Nutritionists traveled to Hartford

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	4	\$0.670 per mile x 513 miles	\$1,374.84

New Britain Services

TOTAL TRIP COST

\$1,634.80

Staff positions of Nutrition Educators and Nutritionists traveled to New Britain

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	4	\$0.670 per mile x 610 miles	\$1,634.80

New Haven Services

TOTAL TRIP COST

\$6,528.48

Staff positions of Nutrition Educators and Nutritionists traveled to New Haven

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	3	\$0.670 per mile x 3248 miles	\$6,528.48

Norwich Services

TOTAL TRIP COST
\$4,894.35

Staff positions of Nutrition Educators and Nutritionists traveled to Norwich

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	3	\$0.670 per mile x 2435 miles	\$4,894.35

Nutrition London Services

TOTAL TRIP COST
\$2,902.44

Staff positions of Nutrition Educators and Nutritionists traveled to New London

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	3	\$0.670 per mile x 1444 miles	\$2,902.44

Waterbury Services

TOTAL TRIP COST
\$3,672.27

Staff positions of Nutrition Educators and Nutritionists traveled to Waterbury

The purpose/benefit to SNAP-Ed: Delivering services

	# of Staff	Units	Total
Mileage	3	\$0.670 per mile x 1827 miles	\$3,672.27

Out of State Travel

Boston Conference

TOTAL TRIP COST

\$492.31

Staff positions of Project Director traveled to Boston, MA

The purpose/benefit to SNAP-Ed: SNAP-ED Partners

	# of Staff	Units	Total
Lodging	1	\$277.30 per day x 1 days	\$277.30
Ground Transportation	1	\$136.01 per day x 1 days	\$136.01
Per Diem	1	\$79.00 per day x 1 days	\$79.00

SNEB 2024 National Conference

TOTAL TRIP COST

\$2,816.07

Staff positions of Project Director traveled to Knoxville, Tennessee

The purpose/benefit to SNAP-Ed: Learn about other SNAP-Ed projects

	# of Staff	Units	Total
Air Travel	1	\$813.17 per person	\$813.17
Registration Fee	1	\$850.00 per person	\$850.00
Lodging	1	\$307.30 per day x 3 days	\$921.90
Per Diem	1	\$77.00 per day x 3 days	\$231.00

Budget Narrative

For the current fiscal year, a total of **\$1,434,992.00** is needed to cover SNAP-Ed operating costs, including **\$1,372,955.18** in direct costs and **\$341,813.79** in indirect costs. Unobligated funds from the previous FY in the amount of **\$279,776.97** will be used to cover the costs of operating SNAP-Ed before funds from the current fiscal year allocation are used.

File Attachments: [Indirect Cost Rate.pdf](#), [602.Budget NarrativeHHCSNAPEdEducational materialonly.xlsx](#), [602.Budget NarrativeHHCSNAPEdProgramSuppliesGG.SS.xlsx](#)

Salary/Benefits

The total amount required for **salary/benefits** is **\$1,224,516.76**.

The total amount required with salary and benefits with carryover is **\$1,224,516.76**

Salaries=\$934,745.52 + fringe 289,771.24=\$1,224,516.76

Contracts/Sub-Grants/Agreements

The total amount required for **contracts/sub-grants/agreements** is **\$5,700.00**.

The main duties of the contractor are listed below:

- Review 2025 SNAP Ed guidance/N-PEARS Needs Assessment requirements
- Review and interpret data sources compiled for the needs assessment
- Review and advise on goals and objectives
- Identify and advise if additional data sets are needed
- Collaborate with State agency (DSS) and implementing agencies to identify, prepare and interpret additional data sources and survey feedback
- Prepare responses to N-PEARS modules related to the needs assessment

Non-Capital Equipment/Office Supplies

The total amount required for **non-capital equipment/office supplies** is **\$53,149.63**.

\$53,149.63 Non-capital equipment and office supplies includes:

\$ 4,162.32	office supplies	
\$ 12,291.51	program supplies breakdown on attached document	
\$ 9,594.52	printing	
\$ 1,740.0	postage	
\$ 16,616.25	Phone internet	
\$ 7025.03	The total cost for cell phone was divided among 10 full time staff as follows;\$58.54192per month x 10 staff x 12 months =\$7,025.03	
\$ 1,720.00	Social Media:Facebook \$20.00 per day for a total of 44 days=\$880 plus E-Z texting Platform \$70.00 per month x 12=\$840	
\$ 53,149.63	Total noncapital equipment	

Nutrition Education Materials

The total amount required for **nutrition education materials** is **\$5,595.51**.

The breakdown of educational materials is attached.

Travel

The total amount required for **travel** is **\$34,108.28**.

- Planned number of In-State trips: 7
- Planned number of Out-of-State trips: 2

Building/Space Lease or Rental

The total amount required for **building/space lease or rental** is **\$49,885.00**.

A total 2,362 sq. ft. X \$1.76/sq. ft. X 12 months. Cover cost of space occupied by program staff.

Cost of Publicly-Owned Building Space

The total amount required for **cost of publicly-owned building space** is **\$0.00**.

not applied

Maintenance and Repair

The total amount required for **maintenance and repair** is **\$0.00**.

not applied

Institutional Memberships and Subscriptions

The total amount required for **institutional memberships and subscriptions** is \$0.00.
not applied

Equipment and Other Capital Expenditures

The total amount required for **equipment and other capital expenditures** is \$0.00.
applied

UConn Food Security (Implementing Agency) Budget

Total Agency Budget

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
1. Direct Cost	\$213,434.00	\$0.00
a. Salary/Benefits ?	\$153,221.00	\$0.00
b. Contracts/Sub-Grants/Agreements	\$10,000.00	\$0.00
c. Non-Capital Equipment/Office Supplies ?	\$5,213.00	\$0.00
d. Nutrition Education Materials ?	\$30,000.00	\$0.00
e. Travel ?	\$15,000.00	\$0.00
f. Building/Space Lease or Rental	\$0.00	\$0.00
g. Cost of Publicly-Owned Building Space ?	\$0.00	\$0.00
h. Maintenance and Repair	\$0.00	\$0.00
i. Institutional Memberships and Subscriptions ?	\$0.00	\$0.00
j. Equipment and Other Capital Expenditures ?	\$0.00	\$0.00
2. Indirect Costs , not including building space/ contracts/subgrants/agreements ?	\$55,493.00	\$0.00
▼ SNAP-Ed Indirect Cost Explanation Indirect cost rate: 26.00% Indirect costs of 26% (\$55,493) are assumed on the modified total direct costs (MTDC). The rate is based on the University's federally negotiated cost rate agreement with the Department of Health and Human Services.		
▼ Other Indirect Cost Explanation Indirect cost rate: 0.00% N/A		
3. Total Federal Funds for Agency <i>Current FY allocation + Estimated unobligated balance/Carry-over from previous FY</i>	\$268,927.00	\$0.00
4. Estimated unobligated balance/carry-over from previous FY for Agency	\$25,000.00	
5. Funds requested from current FY allocation for Agency	\$243,927.00	

Direct Cost Breakdown

Project Budgets

Food and Health for Families, Adults and Children

\$0.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$0.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$0.00	Total Direct Cost

Increasing Food Security

\$0.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$0.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$0.00	Total Direct Cost

Nutrition for Older Adults

\$0.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$0.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$0.00	Total Direct Cost

Other SNAP-Ed Planned Expenditures

\$153,221.00	Salary/Benefits
\$10,000.00	Contracts/Sub-Grants/Agreements
\$5,213.00	Non-Capital Equipment/Office Supplies
\$30,000.00	Nutrition Education Materials
\$15,000.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$213,434.00	Total Direct Cost

Planned Staffing

Staff Positions

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Community Nutrition Educator/Assistant Extension Educator	0.40	10.00%	90.00%	\$102,415.00	\$40,966.00
Community Nutrition Educator (Prof/Class)	0.50	10.00%	90.00%	\$65,650.00	\$32,825.00
Community Nutrition Educator (Program Assistant)	0.25	10.00%	90.00%	\$92,032.00	\$23,008.00
Community Nutrition Educator (Public Services Specialist)	0.30	10.00%	90.00%	\$77,823.33	\$23,347.00
Community Nutritionist (Public Services Specialist)	0.43	10.00%	90.00%	\$76,918.60	\$33,075.00
Total SNAP-Ed-funded Salary/Benefits					\$153,221.00

Full-Time Equivalent (FTE) Definition and Basis For Calculation

Based on 40 hour work week for 12 months.

Job Description Documents

[SNAP-Ed Job Duties 2024.docx](#)

Planned Travel

In State Travel

Travel for Angie Surowiecki

TOTAL TRIP COST

\$2,999.90

Staff positions of 1 traveled to Middlesex, New Haven and Hartford Counties, CT

The purpose/benefit to SNAP-Ed:

Nutrition education, and for purchasing food/materials for class, estimated 4,580 miles per year for each educator.

	# of Staff	Units	Total
Mileage	4580	\$0.655 per mile x 1 miles	\$2,999.90

Travel for Erica Benvenuti

TOTAL TRIP COST

\$2,999.90

Staff positions of 1 traveled to New London County, CT

The purpose/benefit to SNAP-Ed:

Nutrition education, and for purchasing food/materials for class, estimated 4,580 miles per year for each educator.

	# of Staff	Units	Total
Mileage	4580	\$0.655 per mile x 1 miles	\$2,999.90

Travel for Heather Peracchio

TOTAL TRIP COST

\$2,999.90

Staff positions of 1 traveled to Fairfield County, CT

The purpose/benefit to SNAP-Ed:

Nutrition education, and for purchasing food/materials for class, estimated 4,580 miles per year for each educator.

	# of Staff	Units	Total
Mileage	4580	\$0.655 per mile x 1 miles	\$2,999.90

Travel for Juliana Restrepo Marin

TOTAL TRIP COST

\$2,999.90

Staff positions of 1 traveled to Fairfield County, CT

The purpose/benefit to SNAP-Ed:

Nutrition education, and for purchasing food/materials for class, estimated 4,580 miles per year for each educator.

	# of Staff	Units	Total
Mileage	4580	\$0.655 per mile x 1 miles	\$2,999.90

Travel for Krissy Anderson

TOTAL TRIP COST

\$2,999.90

Staff positions of 1 traveled to Tolland, Windham and Hartford Counties, CT

The purpose/benefit to SNAP-Ed:

Nutrition education, and for purchasing food/materials for class, estimated 4,580 miles per year for each educator.

	# of Staff	Units	Total
Mileage	4580	\$0.655 per mile x 1 miles	\$2,999.90

Out of State Travel

No data submitted

Budget Narrative

For the current fiscal year, a total of **\$243,927.00** is needed to cover SNAP-Ed operating costs, including **\$213,434.00** in direct costs and **\$55,493.00** in indirect costs. Unobligated funds from the previous FY in the amount of **\$25,000.00** will be used to cover the costs of operating SNAP-Ed before funds from the current fiscal year allocation are used.

Salary/Benefits

The total amount required for **salary/benefits** is **\$153,221.00**.

Salary = \$128,641

5 part time community educators who will implement local SNAP-Ed programming. See job description for community nutrition educators, which will apply to all community-based staff.

Fringe for staff = \$24,580

3 part time community educators:

Heather Peracchio (27.6% fringe)

Juliana Restrepo Marin (27.6% fringe)

Erica Benvenuti (27.6% fringe)

2 part time special payroll community educators:

Kristin Anderson (6.9% fringe)

Angela Surowiecki (6.9% fringe)

Total Salary and Benefits = \$153,221

Contracts/Sub-Grants/Agreements

The total amount required for **contracts/sub-grants/agreements** is **\$10,000.00**.

The Interfaith AIDS Ministry of Danbury Food Pantry will develop and provide nutrition education programs for the clients and staff of the contractor, including bi-weekly food demonstrations, monthly lunch time programs and individualized education with nutritional assistance in food selection and dietary guidance to Pantry participants.

Cost of specific services and/or products:

\$9,500 to cover the nutrition educator's time and executive director and \$500 for nutrition education materials.

Non-Capital Equipment/Office Supplies

The total amount required for **non-capital equipment/office supplies** is **\$5,213.00**.

Three computers to replace older computers, dedicated to project staff for entry of data into PEARS, as well as for SNAP-Ed related work: email interaction with colleagues and partners, preparation of lessons, attendance of online meetings and conducting online classes (\$1,737.50 each).

This computer is essential and allocable to the performance of this project and will remain property of the University (and not the personal property of an individual).

Nutrition Education Materials

The total amount required for **nutrition education materials** is **\$30,000.00**.

Materials for educational workshops including food demonstration supplies such as plastic and paper goods, handouts, food prep supplies, and food for demonstrations to enhance food preparation and food safety skills (\$15,000).

\$4,250 for educational nutrition calendars (\$0.85 a copy for 5000 copies) to increase nutrition knowledge.

2000 water bottles to promote water consumption at \$1.26 each for \$2520 plus \$500 for shipping for \$3,020

\$5,076 to promote food safety: Recipe books (600 at \$2 per copy for English copies and 300 at \$2.79 per copy for Spanish copies plus \$25 for shipping for \$2,062 for healthy food preparation, insulated grocery bags (500 at \$2.56 per bag for \$1280 plus \$101 for drop shipping charges for a total of \$1,381), lunch bags (500 at \$1.52 per bag for \$760 plus \$63 for drop shipping charges for a total of \$823) 4266 and thermometers (600 at \$1.35 per thermometer for \$810).

\$2,654 for copying charges for educational materials to use in lessons.

Travel

The total amount required for **travel** is **\$15,000.00**.

- Planned number of In-State trips: **5**
- Planned number of Out-of-State trips: **0**

Building/Space Lease or Rental

The total amount required for **building/space lease or rental** is **\$0.00**.

N/A

Cost of Publicly-Owned Building Space

The total amount required for **cost of publicly-owned building space** is **\$0.00**.

N/A

Maintenance and Repair

The total amount required for **maintenance and repair** is **\$0.00**.

N/A

Institutional Memberships and Subscriptions

The total amount required for **institutional memberships and subscriptions** is **\$0.00**.

N/A

Equipment and Other Capital Expenditures

The total amount required for **equipment and other capital expenditures** is **\$0.00**.

N/A

Department of Public Health (DPH) (Implementing Agency) Budget

Total Agency Budget

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
1. Direct Cost	\$783,608.57	\$0.00
a. Salary/Benefits ?	\$307,930.49	\$0.00
b. Contracts/Sub-Grants/Agreements	\$414,159.00	\$0.00
c. Non-Capital Equipment/Office Supplies ?	\$500.00	\$0.00
d. Nutrition Education Materials ?	\$58,847.76	\$0.00
e. Travel ?	\$1,421.68	\$0.00
f. Building/Space Lease or Rental	\$0.00	\$0.00
g. Cost of Publicly-Owned Building Space ?	\$0.00	\$0.00
h. Maintenance and Repair	\$0.00	\$0.00
i. Institutional Memberships and Subscriptions ?	\$749.64	\$0.00
j. Equipment and Other Capital Expenditures ?	\$0.00	\$0.00
2. Indirect Costs , not including building space/ contracts/subgrants/agreements ?	\$67,132.61	\$0.00
▼ SNAP-Ed Indirect Cost Explanation		
Indirect cost rate: 42.00%		
42% indirect rate applied to DPH Salaries only.		
▼ Other Indirect Cost Explanation		
0		
3. Total Federal Funds for Agency	\$850,741.18	\$0.00
<i>Current FY allocation + Estimated unobligated balance/Carry-over from previous FY</i>		
4. Estimated unobligated balance/carry-over from previous FY for Agency	\$45,183.18	
5. Funds requested from current FY allocation for Agency	\$805,558.00	

Direct Cost Breakdown

Project Budgets

The Preschool, Families, and Community Project	
\$307,930.49	Salary/Benefits
\$414,159.00	Contracts/Sub-Grants/Agreements
\$500.00	Non-Capital Equipment/Office Supplies
\$58,847.76	Nutrition Education Materials
\$1,421.68	Travel

\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$749.64	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$783,608.57	Total Direct Cost

Other SNAP-Ed Planned Expenditures

\$0.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$0.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$0.00	Total Direct Cost

Planned Staffing

Staff Positions

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Administrative Support	0.03	100.00%	0.00%	\$130,734.02	\$3,922.02
Epidemiologist	0.05	100.00%	0.00%	\$250,581.82	\$12,529.09
Nutrition Consultant	0.88	70.00%	30.00%	\$142,690.23	\$125,567.40
Nutrition Educator	0.88	10.00%	90.00%	\$135,303.69	\$119,067.25
Nutrition Educator Assistant	0.05	60.00%	40.00%	\$99,763.09	\$4,988.15
Program Coordinator	0.25	75.00%	25.00%	\$167,426.30	\$41,856.58
				Total SNAP-Ed-funded Salary/Benefits	\$307,930.49

Full-Time Equivalent (FTE) Definition and Basis For Calculation

Full-Time Equivalent (FTE) employment, as defined by the Federal government, means the total number of straight-time hours (i.e., not including overtime pay or holiday hours) worked by employees divided by the number of compensable hours in the fiscal year. According to this definition, annual leave, sick leave, compensatory time off, and other approved leave categories are considered "hours worked" for purposes of defining FTE employment.

Job Description Documents

[CT DPH Job Descriptions FFY 2024.docx](#)

Planned Travel

In State Travel

Various in-state travel 1

TOTAL TRIP COST

\$360.46

Staff positions of Program Coordinator/Nutrition Consultant, Nutrition Consultant/Nutrition Educator traveled to Connecticut

The purpose/benefit to SNAP-Ed:

Connecticut Department of Public Health – Preschool, Families, and Community Project delivers high quality nutrition education to SNAP participants. Travel is required to deliver nutrition education programs; audit nutrition education program delivered by contractors; attend meetings to plan activities for effective delivery and evaluation of nutrition education; support PSE implementation; and attend meetings with collaborative partners to garner support for nutrition education to SNAP participants.

For conducting nutrition education program activities and evaluation, in-state travel to HS, SR, and ECE sites statewide (Bridgeport, New Haven, and Waterbury as well as Ansonia, Bristol, Danbury, Derby, East Hartford, East Haven, Hartford, Meriden, Middletown, New Britain, New London, Norwalk, Norwich, Stamford, Stratford, Torrington, West Haven, and Windham); WIC main offices (Bridgeport, Bristol, Danbury, East Hartford, Hartford, Meriden, New Haven, Stamford, New London, Torrington, Waterbury, and Windham) and the 33 satellites throughout the state; CHC offices (Bridgeport, Bristol, Hartford, Meriden, Middletown, New Britain, New Haven, Norwalk, Norwich, Stamford, Torrington, and Waterbury); DSS/SNAP offices; Community Action Agencies, Emergency Food Assistance Sites (including mobile food pantries), CSFP sites, and Farmers' Markets.

	# of Staff	Units	Total
Mileage	2	\$0.670 per mile x 269 miles	\$360.46

Out of State Travel

NERO Apr 30-May2 2024

TOTAL TRIP COST

\$1,061.22

Staff positions of Program Coordinator/Nutrition Consultant traveled to Boston, MA

The purpose/benefit to SNAP-Ed:

Program Coordinator/Nutrition Consultant will attend the Northeast Region (NERO), SNAP Education Partners' Meeting, April 30-May 2, 2024, Boston MA, hosted by USDA Food & Nutrition Service, SNAP Ed Program. Description from FNS: This meeting is a partnership building opportunity with your SNAP-Ed colleagues and federal representatives in the Northeast Region. We'll discuss agency program priorities, hot topics, challenges, opportunities, training, share lessons learned, and best practices. Program Coordinator/Nutrition Consultant will participate in learning activities with other SNAP-Ed partners to learn as well as share best practices to bring back to the rest of the DPH team.

	# of Staff	Units	Total
Lodging	1	\$327.23 per day x 2 days	\$654.46
Ground Transportation	1	\$57.00 per day x 3 days	\$171.00
Per Diem	1	\$48.20 per day x 2 days	\$96.40
Mileage	1	\$0.670 per mile x 208 miles	\$139.36

Budget Narrative

For the current fiscal year, a total of **\$805,558.00** is needed to cover SNAP-Ed operating costs, including **\$783,608.57** in direct costs and **\$67,132.61** in indirect costs. Unobligated funds from the previous FY in the amount of **\$45,183.18** will be used to cover the costs of operating SNAP-Ed before funds from the current fiscal year allocation are used.

File Attachments: [DPH FY24 SNAP-Ed Budget Revision Request APRIL update.xlsx](#)

Salary/Benefits

The total amount required for **salary/benefits** is **\$307,930.49**.

The Connecticut Department of Public Health (DPH) Preschool, Families, and Community Project provides multi-level nutrition improvement intervention strategies that reach SNAP participants, low-income individuals eligible to receive SNAP benefits, and other means-tested federal assistance programs, as well as individuals residing in communities with a significant low-income population (young children ages birth – 5 and their families). In addition, these strategies reach SNAP participating adults (18 years of age and older, including adults 60 years of age and older). DPH, in collaboration with the University of Saint Joseph (USJ), coordinates and conducts all direct nutrition education activities with collaborative partners; conducts PSE strategies; manages statewide nutrition education delivery; monitors and evaluates all activities; completes all mandated SNAP-Ed reporting; and manages the DPH Memorandum of Agreement with DSS.

Contracts/Sub-Grants/Agreements

The total amount required for **contracts/sub-grants/agreements** is **\$414,159.00**.

The University of Saint Joseph, School of Interdisciplinary Health and Science - Department of Nutrition and Public Health: Provide statewide nutrition education for SNAP eligible participants at HS, SR, and ECE sites; recruit HS, SR, and ECE sites to participate in CEC; coordinate CEC training; conduct nutrition education sessions and workshops for SNAP eligible parents; conduct nutrition education sessions and workshops with a food demonstration component for SNAP eligible adults at WIC offices, CHC offices, and community partner locations, DSS/SNAP offices, Community Action Agencies, Emergency Food Assistance Sites (including mobile food pantries), CSFP sites, and Farmers' Markets; deliver individualized health coaching by telephone for SNAP eligible participants; collect and aggregate evaluation data collected at all nutrition workshops and nutrition education sessions; implement interactive, online nutrition education content to support direct education remotely.

CEC Training: Provide a Booster Academy recertification training for two (2) SNAP-Ed staff to maintain CEC training certification.

Connecticut Public: Plan, coordinate and conduct the existing USDA-approved media campaign entitled: "The Action Pack." The Action Pack bus transit ads will be aired concurrently within select communities with the largest numbers of SNAP-eligible households: Bridgeport, New Haven, and Waterbury.

University of North Carolina, Go Nutrition and Physical Activity Self-Assessment in Child Care (Go NAPSACC): Provides unlimited access for CT ECE providers, TA consultants and DPH staff to the web-based program that assists ECE programs in completing a 5-step improvement process that results in PSE changes. Go NAPSACC is an evidence-based program approved by FNS for SNAP-Ed use. Go NAPSACC continues to be an essential component of DPH's SNAP Ed PSE Plan.

Corporate Translation Services, Inc. dba Language Link: Provides professional interpretation services "over-the-phone" for 121 different languages, \$.57 per minute x 877 minutes, for use as needed by USJ and DPH staff in their SNAP-Ed approved activities where participants or ECE providers speak a language other than that of the staff person.

FedEx: Shipping services to provide nutrition education materials to community partners and ECE providers participating in SNAP-Ed activities.

Hallmark Totaltech, Inc. (temporary staffing agency): Provides Administrative Support coverage for SNAP-Ed activities during Administrative Support staff person's Maternity Leave period, May 1, through June 30, 2024.

Non-Capital Equipment/Office Supplies

The total amount required for **non-capital equipment/office supplies** is **\$500.00**.

Paper, pen, postage, binders, printing, sanitizing wipes, etc. needed to perform day-to-day operations of SNAP-Ed program administration and activities.

Nutrition Education Materials

The total amount required for **nutrition education materials** is **\$58,847.76**.

Purchase and/or printing preschool nutrition education materials and preschool classroom resources to support PSE activity implementation and direct education. These may include program curricula, children's books, manipulatives, classroom instructional aides, brochures, flyers, signage,

coordination kits, etc. Purchase of nominally priced (\$0.39 to \$4.25 each) incentive items to coordinate with direct education topics, including Eating Smart Being Active teaching aids, such as cookbooks and grocery list pads; portion size pocket cards; shopping totes; hot/cold packs; vegetable brushes and similar items. Purchase graphic design services to update the Breastfeeding Friendly Child Care and Family toolkits with the new logo and messages created as a result of Center for Disease Control and Prevention funded evaluation and updates to the It's Worth It breastfeeding support campaign.

Travel

The total amount required for **travel** is **\$1,421.68**.

- Planned number of In-State trips: 1
- Planned number of Out-of-State trips: 1

Building/Space Lease or Rental

The total amount required for **building/space lease or rental** is **\$0.00**.

n/a

Cost of Publicly-Owned Building Space

The total amount required for **cost of publicly-owned building space** is **\$0.00**.

n/a

Maintenance and Repair

The total amount required for **maintenance and repair** is **\$0.00**.

n/a

Institutional Memberships and Subscriptions

The total amount required for **institutional memberships and subscriptions** is **\$749.64**.

Staff Training will allow SNAP-Ed Program staff to learn new skills (e.g., database development, report writing).

Association of SNAP Nutrition Education Administrators (ASNNA) Institutional Membership for DPH SNAP-Ed staff to participate in national SNAP-Ed collaboration and professional learning.

Equipment and Other Capital Expenditures

The total amount required for **equipment and other capital expenditures** is **\$0.00**.

n/a

UConn Husky Programs (Implementing Agency) Budget

Total Agency Budget

Cost Category	SNAP-Ed Planned Cost [?]	Other Planned Funding [?]
1. Direct Cost	\$1,338,074.00	\$0.00
a. Salary/Benefits [?]	\$1,027,376.00	\$0.00
b. Contracts/Sub-Grants/Agreements	\$231,201.00	\$0.00
c. Non-Capital Equipment/Office Supplies [?]	\$12,665.00	\$0.00
d. Nutrition Education Materials [?]	\$33,138.00	\$0.00
e. Travel [?]	\$32,694.00	\$0.00
f. Building/Space Lease or Rental	\$0.00	\$0.00

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
g. Cost of Publicly-Owned Building Space ?	\$0.00	\$0.00
h. Maintenance and Repair	\$0.00	\$0.00
i. Institutional Memberships and Subscriptions ?	\$1,000.00	\$0.00
j. Equipment and Other Capital Expenditures ?	\$0.00	\$0.00
2. Indirect Costs , not including building space/ contracts/subgrants/agreements ?	\$289,087.00	\$0.00
▼ SNAP-Ed Indirect Cost Explanation Indirect cost rate: 26.00% Cost Basis - IDC calculated at 26% of Modified Total Direct Costs (MTDC). MTDC = direct costs minus the total balance of the sub-award to UConn Health (FY 2024 - \$1,264,937 – \$ 226,201 = \$1,038,736) and Actual Carry-over from 2023 IDC is 26% of Total Direct costs of \$73,137 is \$19,016 .		
▼ Other Indirect Cost Explanation Indirect cost rate: 0.00% n/a		
3. Total Federal Funds for Agency <i>Current FY allocation + Estimated unobligated balance/Carry-over from previous FY</i>	\$1,627,161.00	\$0.00
4. Estimated unobligated balance/carry-over from previous FY for Agency	\$92,153.00	
5. Funds requested from current FY allocation for Agency	\$1,535,008.00	

Direct Cost Breakdown

Project Budgets

A-1. Husky Reads	
\$130,216.00	Salary/Benefits
\$13,149.00	Contracts/Sub-Grants/Agreements
\$2,811.00	Non-Capital Equipment/Office Supplies
\$9,255.00	Nutrition Education Materials
\$10,624.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$71.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$166,126.00	Total Direct Cost

A-2. Husky Nutrition On-the-Go: Sugary Drink Reduction	
\$21,587.00	Salary/Benefits
\$8,746.00	Contracts/Sub-Grants/Agreements
\$1,809.00	Non-Capital Equipment/Office Supplies
\$2,545.00	Nutrition Education Materials
\$1,682.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$72.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$36,441.00	Total Direct Cost

A-3. Husky Sport @ Wish School	
\$343,324.00	Salary/Benefits
\$12,646.00	Contracts/Sub-Grants/Agreements

A-4. Husky Nutrition Workshops	
\$57,821.00	Salary/Benefits
\$44,499.00	Contracts/Sub-Grants/Agreements

\$2,618.00 Non-Capital Equipment/Office Supplies
 \$6,839.00 Nutrition Education Materials
 \$8,392.00 Travel
 \$0.00 Building/Space Lease or Rental
 \$0.00 Cost of Publicly-Owned Building Space
 \$0.00 Maintenance and Repair
 \$71.00 Institutional Memberships and Subscriptions
 \$0.00 Equipment and Other Capital Expenditures

\$373,890.00 Total Direct Cost

\$1,809.00 Non-Capital Equipment/Office Supplies
 \$5,265.00 Nutrition Education Materials
 \$683.00 Travel
 \$0.00 Building/Space Lease or Rental
 \$0.00 Cost of Publicly-Owned Building Space
 \$0.00 Maintenance and Repair
 \$72.00 Institutional Memberships and Subscriptions
 \$0.00 Equipment and Other Capital Expenditures

\$110,149.00 Total Direct Cost

A-5. Husky OST (Out-of-School-Time)

\$61,952.00 Salary/Benefits
 \$22,307.00 Contracts/Sub-Grants/Agreements
 \$1,809.00 Non-Capital Equipment/Office Supplies
 \$4,337.00 Nutrition Education Materials
 \$4,833.00 Travel
 \$0.00 Building/Space Lease or Rental
 \$0.00 Cost of Publicly-Owned Building Space
 \$0.00 Maintenance and Repair
 \$71.00 Institutional Memberships and Subscriptions
 \$0.00 Equipment and Other Capital Expenditures

\$95,309.00 Total Direct Cost

A-6. Husky Nutrition & Sport Clinics

\$60,420.00 Salary/Benefits
 \$21,783.00 Contracts/Sub-Grants/Agreements
 \$1,809.00 Non-Capital Equipment/Office Supplies
 \$4,337.00 Nutrition Education Materials
 \$4,832.00 Travel
 \$0.00 Building/Space Lease or Rental
 \$0.00 Cost of Publicly-Owned Building Space
 \$0.00 Maintenance and Repair
 \$71.00 Institutional Memberships and Subscriptions
 \$0.00 Equipment and Other Capital Expenditures

\$93,252.00 Total Direct Cost

B-1. Husky Food Pantry Collaborations

\$1,613.00 Salary/Benefits
 \$0.00 Contracts/Sub-Grants/Agreements
 \$0.00 Non-Capital Equipment/Office Supplies
 \$0.00 Nutrition Education Materials
 \$0.00 Travel
 \$0.00 Building/Space Lease or Rental
 \$0.00 Cost of Publicly-Owned Building Space
 \$0.00 Maintenance and Repair
 \$0.00 Institutional Memberships and Subscriptions
 \$0.00 Equipment and Other Capital Expenditures

\$1,613.00 Total Direct Cost

B-2. Husky Smart Shopping Partnerships

\$19,983.00 Salary/Benefits
 \$12,936.00 Contracts/Sub-Grants/Agreements
 \$0.00 Non-Capital Equipment/Office Supplies
 \$200.00 Nutrition Education Materials
 \$0.00 Travel
 \$0.00 Building/Space Lease or Rental
 \$0.00 Cost of Publicly-Owned Building Space
 \$0.00 Maintenance and Repair
 \$72.00 Institutional Memberships and Subscriptions
 \$0.00 Equipment and Other Capital Expenditures

\$33,191.00 Total Direct Cost

Other SNAP-Ed Planned Expenditures

\$330,460.00	Salary/Benefits
\$95,135.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$360.00	Nutrition Education Materials
\$1,648.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$500.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$428,103.00	Total Direct Cost

Planned Staffing

Staff Positions

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Community Program Coordinator	1.00	50.00%	50.00%	\$44,660.00	\$44,660.00
Community Program Coordinator	1.00	20.00%	80.00%	\$44,660.00	\$44,660.00
Creative Producer	1.00	25.00%	75.00%	\$88,826.00	\$88,826.00
Executive Director	0.13	95.00%	5.00%	\$220,707.69	\$28,692.00
Faculty - Director of Staff and Student Development (summer)	0.66	50.00%	50.00%	\$28,681.82	\$18,930.00
Grad Assistant, L1	0.75	10.00%	90.00%	\$30,688.00	\$23,016.00
Graduate Assistant - L1	1.00	10.00%	90.00%	\$472.00	\$472.00
Graduate Assistant - L1	0.25	10.00%	90.00%	\$30,688.00	\$7,672.00
Graduate Assistant - L1	0.75	10.00%	90.00%	\$30,688.00	\$23,016.00
Graduate Assistant - L1	0.50	10.00%	90.00%	\$28,170.00	\$14,085.00
Graduate Assistant - L1	0.25	10.00%	90.00%	\$30,688.00	\$7,672.00
Graduate Assistant, L1	0.75	10.00%	90.00%	\$30,688.00	\$23,016.00
Graduate Assistant, L1	1.00	10.00%	90.00%	\$30,688.00	\$30,688.00
Total SNAP-Ed-funded Salary/Benefits					\$1,027,376.00

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Graduate Assistant - L2	0.50	10.00%	90.00%	\$32,290.00	\$16,145.00
Leadership Team	1.00	20.00%	80.00%	\$123,905.00	\$123,905.00
Managing Director	0.20	75.00%	25.00%	\$119,460.00	\$23,892.00
Managing Director (summer)	0.66	75.00%	25.00%	\$33,360.61	\$22,018.00
Operations Support Staff	1.00	95.00%	5.00%	\$77,155.00	\$77,155.00
Post-Doc Partners Team	1.00	50.00%	50.00%	\$86,768.00	\$86,768.00
School-Based Programs Coordinator	1.00	20.00%	80.00%	\$51,997.00	\$51,997.00
Special Payroll - Budget and Operations	0.25	95.00%	5.00%	\$127,484.00	\$31,871.00
Special Payroll - Matta	0.74	50.00%	50.00%	\$31,852.70	\$23,571.00
Special Payroll - Web and Social	1.00	5.00%	95.00%	\$173,226.00	\$173,226.00
Student Labor - Nutrition Educators - multiple to be hired	1.00	5.00%	95.00%	\$41,423.00	\$41,423.00
Total SNAP-Ed-funded Salary/Benefits					\$1,027,376.00

Full-Time Equivalent (FTE) Definition and Basis For Calculation

The FTE equivalent in the planned staffing within NPEARS is calculated based on a % of a full time annual allotment of hours which equals 2080 hours per year over a 12 month period. In actuality FTE within the University guidance varies by union affiliation and faculty status. For budgeting faculty are paid on a 9 month basis and may also receive summer pay separately, staff positions are paid on a 12 month basis at 37.5 hrs per week for salaried positions, hourly paid per diem and student labor are paid for the hours worked.

Job Description Documents

[FY 2024 Job descriptions SNAP Ed.docx](#),

[FY 2024 Job descriptions SNAP Ed Amendment.docx](#)

Planned Travel

In State Travel

Community Outreach Van

TOTAL TRIP COST

\$26,067.92

Staff positions of 7 per trip traveled to Storrs to Hartford area

The purpose/benefit to SNAP-Ed: transport educators direct educ

	# of Staff	Units	Total
Ground Transportation	1	\$65.00 per day x 255 days	\$16,575.00
Mileage	1	\$0.655 per mile x 14493 miles	\$9,492.92

Personal mileage

TOTAL TRIP COST

\$3,700.10

Staff positions of 5 staff people traveled to From Storrs to Hartford area

The purpose/benefit to SNAP-Ed: Direct Education

	# of Staff	Units	Total
Mileage	1	\$0.655 per mile x 5649 miles	\$3,700.10

Out of State Travel

NERO

TOTAL TRIP COST

\$560.00

Staff positions of 1 staff tbd traveled to Boston MA

The purpose/benefit to SNAP-Ed: Share best practices regionally

	# of Staff	Units	Total
Lodging	1	\$291.00 per day x 1 days	\$291.00
Ground Transportation	1	\$55.50 per day x 2 days	\$111.00
Per Diem	1	\$79.00 per day x 2 days	\$158.00

Society for Nutrition Ed and Behavior

TOTAL TRIP COST

\$2,366.00

Staff positions of 1 staff tbd traveled to Indianapolis IN

The purpose/benefit to SNAP-Ed: Share best practices

	# of Staff	Units	Total
Air Travel	1	\$575.00 per person	\$575.00
Registration Fee	1	\$425.00 per person	\$425.00
Lodging	1	\$200.00 per day x 4 days	\$800.00
Ground Transportation	1	\$46.25 per day x 4 days	\$185.00
Per Diem	1	\$127.00 per day x 3 days	\$381.00

Budget Narrative

For the current fiscal year, a total of **\$1,535,008.00** is needed to cover SNAP-Ed operating costs, including **\$1,338,074.00** in direct costs and **\$289,087.00** in indirect costs. Unobligated funds from the previous FY in the amount of **\$92,153.00** will be used to cover the costs of operating SNAP-Ed before funds from the current fiscal year allocation are used.

File Attachments: [Template 4 - Budget Justification FY 2024 Amendment Husky Programs 9.27.23.docx](#), [Template 4 - Husky Program FY 2024 signature page only.pdf](#), [Template 4 - Budget Justification FY 2024 Amendment Husky Programs 4.16.24.docx](#)

Salary/Benefits

The total amount required for **salary/benefits** is **\$1,027,376.00**.

Salary/Benefits: \$1,027,376

Executive Director (McGarry – 12.5% academic year effort) \$28,692. Oversees Husky Programs mission and professional staff. Leads Impact Team.

Managing Director (Evanovich – 20% academic year and 66% summer effort) \$45,910 Manages Communications Team and oversees student employees and volunteers through UConn academic courses.

Faculty (DeRosa – 66% summer effort \$18,930). Manages Student and Staff Development Team.

Leadership Team (Bellamy-Mathis – 100% calendar year effort) \$123,905. Directly oversees all school-based partnerships. Mentors Program Leaders.

Creative Producer (Condren – 100% calendar year effort) \$88,826. Member of Communications Team. Coordinates student and temporary staff on developing virtual content to support direct education and PSE efforts.

Community Programs Coordinator (TBH – 100% calendar year effort) \$44,660 Registered Dietitian providing direct delivery and directing nutrition education to youth and adult caregivers. Mentors Program Leaders.

School-based Programs Coordinator (TBH – 100% calendar year effort \$51,997) providing direct delivery and directing nutrition educators to youth. Mentors Program Leaders.

Operations Support Staff (Villanueva - 100% calendar year effort) \$77,155 – Assists with management of EDLR-based operations and serves as liaison to University Sponsored Programs Services for all grant related matters.

Community Programs Coordinator – (TBH – 100% calendar year effort- \$44,660) – Responsible for program evaluation framework, data analysis, N-PEARS implementation and report writing.

Post Doc (Roc Rochon – 100% calendar year effort) \$86,768. Member of Partners Team, support for youth programs.

L1 and L2 Nutrition Educators/Physical Activity Program Leaders (non-RD) Academic Year. Direct delivery of nutrition education and physical activity programming using approved materials and selected sites with flexibility to adapt to varying needs of target audience. \$145,782 at combined FTE of 1.48*

*Calculated on a 1.0 FTE of 2080 hours per calendar year. Graduate assistants working 20 hours per week for the 39 weeks of the academic year are considered full-time, compared to a full-time staff member who works 40 hours a week for 52 weeks of the calendar year.

Special Payroll To hire temporary labor for digital media support, Nutrition Educators and Physical Activity Program Leaders, and Operations and budget monitoring. \$228,668

- Budget and Operations (Furbish – retiree rehired) – \$31,871 – 50% calendar year effort
- Programs and Partnership (Matta) – \$23,571 – 74% calendar year efforts for 5 months
- Web and Social (tbn – multiple people at 52% calendar year effort each) - \$173,226

Hourly Student Labor Staff. Support work of Nutrition Educators and Physical Activity Program Leaders at 2557 hrs at an average rate of \$16.20 per hour for \$41,423

Fringe Benefits: The fringe benefit rates used in the proposal budget are based on the rates approved by the Department of Health and Human Services. An estimated cost escalation has been included in the out years per University budgeting guidance.

Contracts/Sub-Grants/Agreements

The total amount required for **contracts/sub-grants/agreements** is **\$231,201.00**.

Contracts/Sub-Grants/Agreements: \$226,201*

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**UConn Storrs and UConn Health are two separate entities for grants. The main award will go to UConn-Storrs and then a subaward will be issued to UConn Health to cover salaries for employees at UConn Health and some program materials and travel. The majority of other expenses will be through UConn Storrs.*

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Salary/benefits \$150,856.60

Director Emerita: (Ferris) responsible for subaward coordination and member of Student and Staff Development Team. Salary (\$14,979.39) and fringe at 10% (\$1,497.94) = \$16,477.33

Adult Programs Specialist: (Quesada) provide and coordinate direct education for the SNAP participants, active participant in SNAP4CT.org, assist and train non-RD nutrition educators; collaboration in state capacity building with the State and local leaders and PSE interventions with retail food outlets, mentor student nutrition educators to support direct education. Salary (\$87,109.52) and fringe at 29.6% (\$25,784.42) = \$112,893.94

Retiree Rehire: (Coleman) Operations Support - coordinate the purchasing of nutrition education materials and food for food demonstrations to support Husky Reads, Husky Sport at Wish and the summer direct education. Salary (\$16,082.73) and fringe at 10% (\$1,608.27) = \$17,691.00

Retiree Rehire (Furbish) – Budget and Operations -responsible for program administration and budget monitoring as well as liaison between UCHC and UConn Storrs as well as communications and reporting with the Department of Social Services. Salary (\$3,449.39) and fringe at 10% (\$344.94) = \$3,794.33

Program materials and supplies \$20,000

Personal Protective Equipment (PPE - masks), food safety gloves, stationary supplies, food and paper products for food demonstrations, educational handouts/posters to support all direct education programs for Husky Programs. (\$1800 per month for 10 months and \$1000.00 each for 2 months.)

Personal Travel \$8,668

Reimbursement for in-state travel at the federally approved rate of \$.67 per mile for 500 miles per month for Quesada for 12 months (\$.67 x 500 x 12 = \$4,020) and 200 miles per month for 10 months for Coleman (\$.67 x 690 x 10 = \$4,623) plus \$25 in parking garage fees to cover 5 community partner meetings in Hartford.

-

Total direct costs = \$179,524.60

Indirect costs @ 26% = 46,676.40

Total sub-award to UConn Health = \$226,301

2. **Consulting Services: \$ 5,000:** Carrie Graham Learning and Solutions, LLC. Consultant to provide support Husky Program's staff development using an equity-oriented framework. 20 hours @ \$250 per hour.

Non-Capital Equipment/Office Supplies

The total amount required for **non-capital equipment/office supplies** is **\$12,665.00**.

Non-capital equipment/office supplies (Purchased Services): \$12,565

Website/Social media subscriptions and support for SNAP4CT digital platforms (see Template 2 for description of SNAP4CT)

- \$3,100 – Website migration to the UConn servers – internal UConn IT to serve as contractor to complete the migration
- Adobe Creative Cloud subscription (\$845 per year) for SNAP4CT.org website development
- Weebly Web Hosting (\$264 per year)
- Weebly Grow package (\$300 per year)
- Mail Chimp (\$120 per year)
- Google Ad Words search engine optimization, Facebook boosts, Instagram boosts and You Tube boosts at \$600 per month (\$7,200 per year)
- Google Suite Administrative package (\$150 per year)
- Instagram links – LinkMyPhoto (\$60 per year)

ESHA Food Processor for nutrient/recipe analysis (\$600)

Postage (\$26 per year)

Nutrition Education Materials

The total amount required for **nutrition education materials** is **\$33,138.00**.

Nutrition Education Materials: \$33,138

4 laptops @ \$1,800 each (total \$7,200) to support the Post Doc and three new hires. The Post Doc provides direct nutrition education as well as mentor and support student labor who provide direct education in the field. Their effort on the grant is 95% of their time providing direct education and 5% of their time for administrative grant support. The new hires (School-based Program Coordinator and two Community Programs Coordinators) staff people supports direct education, data collection, monitoring/managing nutrition educators and supporting direct education with SNAP participants. Their effort on the grant is 80% of their time providing direct education and 20% of their time for administrative grant support.

Nutrition Education materials,

Badges and/or apron with UConn Husky Programs logo to identify Nutrition Educator volunteers (\$3,000)

program supplies such as food for demos, books, equipment for physical activities, MyPlate materials/posters (\$9,738)

educational reinforcers/incentives such as 2000 water bottles with the educational reinforcement message “water first for your thirst” and 1500 pot holders and measuring cups with the SNAP4CT - each item is estimated to cost \$3.20 each. (total cost of educational reinforcers is \$11,200)

Stationary supplies and educational materials (\$2,000).

Travel

The total amount required for **travel** is **\$32,694.00**.

- Planned number of In-State trips: **2**
- Planned number of Out-of-State trips: **2**

Building/Space Lease or Rental

The total amount required for **building/space lease or rental** is **\$0.00**.

Travel: \$32,694

Total In-state travel: \$29,768

Total personal travel = \$3,700 Travel for Husky Programs staff for In-State travel. Per federally approved reimbursement mileage rate \$.655/mile a round trip from Storrs to Hartford is 56 miles or \$37 per trip. (100 trips for x \$37 = \$3,700. Total personal mileage will support travel for 5 staff.

Van transportation \$26,068 – rental from the Department of Community Outreach for hourly staff and Nutrition Educators/Physical Activity Program Leaders to program sites.

Rental costs per 7 passenger van from Storrs to Hartford = ($\$.655/\text{mile} \times 56.836 \text{ miles} \times 255 \text{ trips per year}$) = \$9,493

Van rental cost equal \$65 per trip x 255 trips per year = \$16,575

Out of State Travel \$2,926

1 staff member to attend the Society for Nutrition Education and Behavior Annual Conference July 28 – Aug 1, 2024 in Knoxville, TN.

Registration: \$425, 4 nights hotel @ \$200/night: \$800, Air \$575, meal per diem: \$192, Ground transportation: \$374

SNEB total = \$2,366

1 staff member to attend Northeast Regional Office meeting in Boston at a date to be determined. Mileage at \$.655/mile at 169.46 miles roundtrip (\$111), 1 day hotel (\$291) plus meal per diem (\$158).

NERO total = \$560

Cost of Publicly-Owned Building Space

The total amount required for **cost of publicly-owned building space** is **\$0.00**.

n/a

Maintenance and Repair

The total amount required for **maintenance and repair** is **\$0.00**.

n/a

Institutional Memberships and Subscriptions

The total amount required for **institutional memberships and subscriptions** is **\$1,000.00**.

Institutional memberships and subscriptions: \$1,000

Membership to the Society for Nutrition Education and Behavior (SNEB) in order to participate in webinars and discussion groups and to share or learn about best practices for providing Nutrition Education and PSE related activities as they pertain to the SNAP population and communities served (\$1,000).

Equipment and Other Capital Expenditures

The total amount required for **equipment and other capital expenditures** is **\$0.00**.

n/a

UConn Healthy Family CT (Implementing Agency) Budget

Total Agency Budget

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
1. Direct Cost	\$333,430.00	\$0.00
a. Salary/Benefits ?	\$301,646.00	\$0.00
b. Contracts/Sub-Grants/Agreements	\$0.00	\$0.00
c. Non-Capital Equipment/Office Supplies ?	\$2,395.00	\$0.00
d. Nutrition Education Materials ?	\$18,104.00	\$0.00
e. Travel ?	\$11,285.00	\$0.00
f. Building/Space Lease or Rental	\$0.00	\$0.00
g. Cost of Publicly-Owned Building Space ?	\$0.00	\$0.00
h. Maintenance and Repair	\$0.00	\$0.00
i. Institutional Memberships and Subscriptions ?	\$0.00	\$0.00
j. Equipment and Other Capital Expenditures ?	\$0.00	\$0.00
2. Indirect Costs , not including building space/ contracts/subgrants/agreements ?	\$86,692.00	\$0.00
▼ SNAP-Ed Indirect Cost Explanation Indirect cost rate: 26.00% https://content.research.uconn.edu/pdf/storrs/sps/preaward/F_A_Rat		
▼ Other Indirect Cost Explanation Indirect cost rate: 0.00% There are no other planned public and private funding		
3. Total Federal Funds for Agency <i>Current FY allocation + Estimated unobligated balance/Carry-over from previous FY</i>	\$420,122.00	\$0.00
4. Estimated unobligated balance/carry-over from previous FY for Agency	\$29,640.00	

5. Funds requested from current FY allocation for Agency

\$390,482.00

Direct Cost Breakdown

Project Budgets

Addressing High Risk of Obesity in Young Toddlers and Preschoolers

\$80,563.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$598.75	Non-Capital Equipment/Office Supplies
\$4,526.00	Nutrition Education Materials
\$2,499.61	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$88,187.36	Total Direct Cost

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

\$59,494.80	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$598.75	Non-Capital Equipment/Office Supplies
\$4,526.00	Nutrition Education Materials
\$3,227.71	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$67,847.26	Total Direct Cost

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

\$88,595.20	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$598.75	Non-Capital Equipment/Office Supplies
\$4,526.00	Nutrition Education Materials
\$2,771.44	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space

\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$96,491.39	Total Direct Cost

Nutrition education partnership to improve diet quality and decrease obesity risk in children via school settings

\$72,993.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$598.75	Non-Capital Equipment/Office Supplies
\$4,526.00	Nutrition Education Materials
\$2,786.24	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$80,903.99	Total Direct Cost

Other SNAP-Ed Planned Expenditures

\$0.00	Salary/Benefits
\$0.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$0.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$0.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$0.00	Total Direct Cost

Planned Staffing

Staff Positions

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Nutrition Educator	0.60	30.00%	70.00%	\$89,320.00	\$53,592.00
Total SNAP-Ed-funded Salary/Benefits					\$301,646.08

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Nutrition Educator Grad Student Ia	0.45	5.00%	95.00%	\$49,806.00	\$22,412.70
Nutrition Educator Grad Student Ib	0.56	5.00%	95.00%	\$49,806.00	\$27,891.36
Nutrition Educator Grad Student II	0.56	5.00%	95.00%	\$50,804.00	\$28,450.24
Nutrition Educator Grad Student III	0.74	5.00%	95.00%	\$54,656.00	\$40,445.44
Nutrition Educator Summer Grad Student	0.51	5.00%	95.00%	\$54,808.00	\$27,952.08
Nutrition Educator Summer Undergrad Student	0.27	5.00%	95.00%	\$39,508.75	\$10,667.36
Program Specialist	0.76	5.00%	95.00%	\$103,083.00	\$78,343.08
Project Leader	0.05	30.00%	70.00%	\$237,836.38	\$11,891.82
Total SNAP-Ed-funded Salary/Benefits					\$301,646.08

Full-Time Equivalent (FTE) Definition and Basis For Calculation

FTE is based on 40 hours per week and rounded as required.

Job Description Documents

[FY24 UConn Healthy Family CT brief job descriptions.docx](#)

Planned Travel

In State Travel

Hartford County

TOTAL TRIP COST

\$5,033.02

Staff positions of 2 traveled to Hartford County

The purpose/benefit to SNAP-Ed: Nutrition Education

	# of Staff	Units	Total
Mileage	2	\$0.655 per mile x 3842 miles	\$5,033.02

New Britain/Bristol

TOTAL TRIP COST

\$613.08

Staff positions of 1 traveled to New Britain/Bristol

The purpose/benefit to SNAP-Ed: Nutrition Education

	# of Staff	Units	Total
Mileage	1	\$0.655 per mile x 936 miles	\$613.08

New London County

TOTAL TRIP COST

\$3,568.44

Staff positions of 1 traveled to New London County

The purpose/benefit to SNAP-Ed: Nutrition Education

	# of Staff	Units	Total
Mileage	2	\$0.655 per mile x 2724 miles	\$3,568.44

Tolland County

TOTAL TRIP COST

\$1,017.87

Staff positions of 1 traveled to Tolland County

The purpose/benefit to SNAP-Ed: Nutrition Education

	# of Staff	Units	Total
Mileage	2	\$0.655 per mile x 777 miles	\$1,017.87

Waterbury			
TOTAL TRIP COST			
\$368.76			
Staff positions of 1 traveled to Waterbury			
The purpose/benefit to SNAP-Ed: Nutrition Education			
	# of Staff	Units	Total
Mileage	1	\$0.655 per mile x 563 miles	\$368.76

Windham County			
TOTAL TRIP COST			
\$683.82			
Staff positions of 2 traveled to Windham County			
The purpose/benefit to SNAP-Ed: Nutrition Education			
	# of Staff	Units	Total
Mileage	2	\$0.655 per mile x 522 miles	\$683.82

Out of State Travel

No data submitted

Budget Narrative

For the current fiscal year, a total of **\$390,482.00** is needed to cover SNAP-Ed operating costs, including **\$333,430.00** in direct costs and **\$86,692.00** in indirect costs. Unobligated funds from the previous FY in the amount of **\$29,640.00** will be used to cover the costs of operating SNAP-Ed before funds from the current fiscal year allocation are used.

Salary/Benefits

The total amount required for **salary/benefits** is **\$301,646.00**.

Salary increases are budgeted from year 2 to year 3 for all staff according to the University of Connecticut and the Union Contracts for employees and students). The salary guidelines for students and the fringe rates follow the University's guidelines (<https://ovpr.uconn.edu/services/sps/proposals/proposal-preparation/general-cost-principles/budgeting-costing-guide/>). This budget includes new funding and carry-over.

- RD Project Leader—5% FTE based on 40 hours/week (1 person/fringe rate 6.9%).
- RD Program Specialist—76% FTE based on 40 hours/week (1 person/fringe rate 27.6%).
- RD Nutrition Educator —60% FTE (1 person/fringe rate 27.6%).

- Dietitian Nutrition Educator Graduate Student II – FTE based on 40 hours/week [10 hours/week during 9-month academic year (14.4% fringe) and 24 hours/weeks in the summer months (6.9% fringe)].
- Dietitian Nutrition Educator Graduate Student III – FTE based on 40 hours/week [20 hours/week during the fall and 10 hours/week during the spring academic semester (14.4% fringe) and 24 hours/weeks in the summer months (6.9% fringe)].
- Graduate student nutrition laborer – FTE based on 40 hours/week (5.4% fringe).
- Undergraduate dietetics or nutrition student laborer – FTE based on 40 hours/week (5.4% fringe).
- Dietitian Nutrition Educator Graduate Student I – FTE based on 40 hours/week [10 hours/week during 9-month academic year (16% fringe) and 14 hours/weeks in the summer months (6.9% fringe)].
- Dietitian Nutrition Educator Graduate Student I – FTE based on 40 hours/week [10 hours/week during 9-month academic year (14.4% fringe) and 24 hours/weeks in the summer months (6.9% fringe)].

Contracts/Sub-Grants/Agreements

The total amount required for **contracts/sub-grants/agreements** is **\$0.00**.
not applicable

Non-Capital Equipment/Office Supplies

The total amount required for **non-capital equipment/office supplies** is **\$2,395.00**.
Supplies for conducting nutrition education, postage, and office management for all projects. This includes: \$750 yearly fee for Canva Pro graphic design platform for 5 users; \$500 for Qualtrics-based text messages; \$285 for Postage; \$300 Program Supplies; \$250 training for the nutrition education paraprofessionals; and \$155 each for 2 Android Tablets (without network plan) for collecting participant responses in the field.

Nutrition Education Materials

The total amount required for **nutrition education materials** is **\$18,104.00**.
Purchase and reproduction of nutrition education materials including ink toner and paper, curricula, handouts for direct/indirect nutrition education programming, food and nutrition-related books to read to preschoolers/young children, promotional and recruitment materials (e.g., postcards, flyers), nutrition education reinforcements costing less than \$5.00 each, and program supplies to deliver nutrition education presentations and demonstrations (e.g., food, tasting cups, folding tables, plastic bins to store and transport materials). Most nutrition education materials (handouts, recipes, tip sheets, etc.) will be reproducible in small orders within the Department of Allied Health Sciences (≤200 copies; B&W @ .023/copy or color @ .07/copy). Postcards and other recruitment materials will be produced at UConn Document Production (>200 copies; B&W @ .08 and color @ .50 per double-sided copy) to keep project costs down. We will utilize appropriate free materials whenever possible.

Nutrition Education materials to provide clients/families – total of \$7,800

Direct contacts—Budgeted at \$1/contact (6000 planned) or \$6000

Indirect contacts—Budgeted at \$.30/contact (6000 planned) or \$1800

Nutrition Education for demonstrations and presentations – total of \$3,379

Item	Cost per item	Number	Total cost
MyPlate Plates for Young Children	\$4.43	225	\$996.75
MyPlate handouts/tear pads (English and Spanish)	\$13	70	\$910
	\$3.50	300	\$1,050

Nutrition education for gardening			
Large Nutrition Education Posters	\$18	4	\$72
Various Nutrition Presentation/Display Items (fat test tubes, kids' games, food models, books, etc.)			\$350

Program supplies for nutrition education activities—total of \$525

(1) 8' x 8' pop-up canopy for farmers markets/outdoor events (\$115), (3) 4' folding tables for nutrition education events such as health fairs/farmers markets (\$160, \$53.30 each) and (1) UConn Healthy Family CT SNAP-Ed tablecloth for special events (\$250)

Program reinforcements —total of \$5,100

Aim to reach 2,550 participants at \$2 per participant cost, including costs of cutting board, vegetable brush, magnetic grocery pad, stickers, tote bags)

Food for demonstrations and tastings—total of \$1,300

Food - \$900; Food service utensils and supplies, as needed, for tastings and cooking demonstrations - \$400)

Travel

The total amount required for **travel** is **\$11,285.00**.

- Planned number of In-State trips: **6**
- Planned number of Out-of-State trips: **0**

Building/Space Lease or Rental

The total amount required for **building/space lease or rental** is **\$0.00**.
not applicable

Cost of Publicly-Owned Building Space

The total amount required for **cost of publicly-owned building space** is **\$0.00**.
not applicable

Maintenance and Repair

The total amount required for **maintenance and repair** is **\$0.00**.
not applicable

Institutional Memberships and Subscriptions

The total amount required for **institutional memberships and subscriptions** is **\$0.00**.
not applicable

Equipment and Other Capital Expenditures

The total amount required for **equipment and other capital expenditures** is **\$0.00**.
not applicable

Planned Staffing and Budget

Connecticut Department of Social Services (State Agency) Budget

Total Agency Budget

Cost Category	SNAP-Ed Planned Cost ?	Other Planned Funding ?
1. Direct Cost	\$61,558.00	\$0.00
a. Salary/Benefits ?	\$19,029.00	\$0.00
b. Contracts/Sub-Grants/Agreements	\$34,000.00	\$0.00
c. Non-Capital Equipment/Office Supplies ?	\$0.00	\$0.00
d. Nutrition Education Materials ?	\$0.00	\$0.00
e. Travel ?	\$8,329.00	\$0.00
f. Building/Space Lease or Rental	\$0.00	\$0.00
g. Cost of Publicly-Owned Building Space ?	\$0.00	\$0.00
h. Maintenance and Repair	\$0.00	\$0.00
i. Institutional Memberships and Subscriptions ?	\$200.00	\$0.00
j. Equipment and Other Capital Expenditures ?	\$0.00	\$0.00
2. Indirect Costs , not including building space/ contracts/subgrants/agreements ?	\$1,687.50	\$0.00
▼ SNAP-Ed Indirect Cost Explanation		
Indirect cost rate: 0.00%		
Overhead is from overtime salary and wages		
▼ Other Indirect Cost Explanation		
Indirect cost rate: 0.00%		
No non-SNAP Ed funding		
3. Total Federal Funds for Agency	\$63,245.50	\$0.00
<i>Current FY allocation + Estimated unobligated balance/Carry-over from previous FY</i>		
4. Estimated unobligated balance/carry-over from previous FY for Agency	\$6,361.50	
5. Funds requested from current FY allocation for Agency	\$56,884.00	

Direct Cost Breakdown

Project Budgets

No project budgets submitted.

Other SNAP-Ed Planned Expenditures

\$19,029.00 Salary/Benefits

\$34,000.00	Contracts/Sub-Grants/Agreements
\$0.00	Non-Capital Equipment/Office Supplies
\$0.00	Nutrition Education Materials
\$8,329.00	Travel
\$0.00	Building/Space Lease or Rental
\$0.00	Cost of Publicly-Owned Building Space
\$0.00	Maintenance and Repair
\$200.00	Institutional Memberships and Subscriptions
\$0.00	Equipment and Other Capital Expenditures
\$61,558.00	Total Direct Cost

Planned Staffing

Staff Positions

Position Title	FTE's charged to SNAP-Ed	% of SNAP-Ed Time Spent on Management and Administration	% of SNAP-Ed Time Spent on SNAP-Ed Delivery	Average Full Salary, Benefits, and Wages for Position	Subtotals (FTE × Average Full Salary, Benefits, and Wages)
Coordinator 1 SG	0.02	100.00%	0.00%	\$304,428.50	\$6,088.57
Coordinator 2 CL	0.02	100.00%	0.00%	\$351,098.50	\$7,021.97
Coordinator 3 JR	0.02	100.00%	0.00%	\$295,916.50	\$5,918.33
Total SNAP-Ed-funded Salary/Benefits					\$19,028.87

Full-Time Equivalent (FTE) Definition and Basis For Calculation

The calculation for determining Full-Time Equivalents (FTEs) varies depending on the context and purpose of the calculation. However, in general, FTEs are calculated by dividing the total number of hours worked by an employee in a given period by the standard number of hours worked by a full-time employee in the same period.

The FTE is for overtime only paid for by SNAP Ed funds for the SNAP Ed Coordinators for **various SNAP Ed tasks and responsibilities**.

This includes 30hrs carry-over from FFY23, approved 90hrs for FFY24, and 15hrs added for FFY24. This comes to a total of 135hrs, or 45hrs/Coordinator.

Job Description Documents

[PAC Job description.docx](#)

Planned Travel

In State Travel

Monitoring CL

TOTAL TRIP COST

\$126.63

Staff positions of SNAP Ed Coordinator traveled to various

The purpose/benefit to SNAP-Ed: SNAP Ed activities monitoring

	# of Staff	Units	Total
Mileage	1	\$0.670 per mile x 189 miles	\$126.63

Monitoring JR

TOTAL TRIP COST

\$126.63

Staff positions of SNAP Ed Coordinator traveled to various

The purpose/benefit to SNAP-Ed: SNAP Ed activities monitoring

	# of Staff	Units	Total
Mileage	1	\$0.670 per mile x 189 miles	\$126.63

Monitoring SG

TOTAL TRIP COST

\$127.30

Staff positions of SNAP Ed Coordinator traveled to various

The purpose/benefit to SNAP-Ed: SNAP Ed activities monitoring

	# of Staff	Units	Total
Mileage	1	\$0.670 per mile x 190 miles	\$127.30

Out of State Travel

ASNNA

TOTAL TRIP COST

\$5,487.00

Staff positions of SNAP Ed Coordinators (2) traveled to Washington, DC

The purpose/benefit to SNAP-Ed: Conference

	# of Staff	Units	Total
Air Travel	2	\$544.20 per person	\$1,088.40
Registration Fee	2	\$550.00 per person	\$1,100.00
Lodging	2	\$416.26 per day x 3 days	\$2,497.56
Ground Transportation	2	\$57.00 per day x 1 days	\$114.00
Per Diem	2	\$69.13 per day x 4 days	\$553.04
Mileage	2	\$0.670 per mile x 100 miles	\$134.00

SNAP Ed Regional Meeting

TOTAL TRIP COST

\$2,461.30

Staff positions of SNAP Ed Coordinators (2) traveled to Boston, MA

The purpose/benefit to SNAP-Ed: Regional in person meeting

	# of Staff	Units	Total
Lodging	2	\$327.23 per day x 2 days	\$1,308.92
Ground Transportation	2	\$57.00 per day x 3 days	\$342.00
Per Diem	2	\$65.83 per day x 3 days	\$394.98
Mileage	2	\$0.670 per mile x 310 miles	\$415.40

Budget Narrative

For the current fiscal year, a total of **\$56,884.00** is needed to cover SNAP-Ed operating costs, including **\$61,558.00** in direct costs and **\$1,687.50** in indirect costs. Unobligated funds from the previous FY in the amount of **\$6,361.50** will be used to cover the costs of operating SNAP-Ed before funds from the current fiscal year allocation are used.

Salary/Benefits

The total amount required for **salary/benefits** is **\$19,029.00**.

This figure is based on the over-time totals for the three SNAP- Ed Coordinators who plan to work **various SNAP Ed related duties, including, but not limited to, N-PEARS, PEARS, State Plan, Needs Assessment, Amendments, Budgets, payments and other duties as necessary.**

This figure includes 30hrs carry-over, 90hrs current approved, plus additional 15hrs, for a total of 135 hrs, or 45 hrs/ coordinator.

Contracts/Sub-Grants/Agreements

The total amount required for **contracts/sub-grants/agreements** is **\$34,000.00**.

This includes 5 Implementing Agencies and their subcontractors, if any. This also includes the contract for PEARS.

Department of Public Health: \$805,558.00

UConn Food Security: \$243,927.00

UConn Husky Programs: \$1,535,008.00

UConn Healthy Family CT: \$390,482.00

Hispanic Health Council: **\$1,429,292.00**

PEARS: \$34,000.00

Non-Capital Equipment/Office Supplies

The total amount required for **non-capital equipment/office supplies** is **\$0.00**.

n/a

Nutrition Education Materials

The total amount required for **nutrition education materials** is **\$0.00**.

n/a

Travel

The total amount required for **travel** is **\$8,329.00**.

- Planned number of In-State trips: **3**
- Planned number of Out-of-State trips: **2**

Building/Space Lease or Rental

The total amount required for **building/space lease or rental** is **\$0.00**.

n/a

Cost of Publicly-Owned Building Space

The total amount required for **cost of publicly-owned building space** is **\$0.00**.

n/a

Maintenance and Repair

The total amount required for **maintenance and repair** is **\$0.00**.

n/a

Institutional Memberships and Subscriptions

The total amount required for **institutional memberships and subscriptions** is **\$200.00**.

\$100 membership fee per person for ASNAA membership (2 SNAP Ed Coordinators).

Reduced this number from original \$400.

Equipment and Other Capital Expenditures

The total amount required for **equipment and other capital expenditures** is **\$0.00**.

n/a