

UConn

HUSKY NUTRITION & SPORT





3000+

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



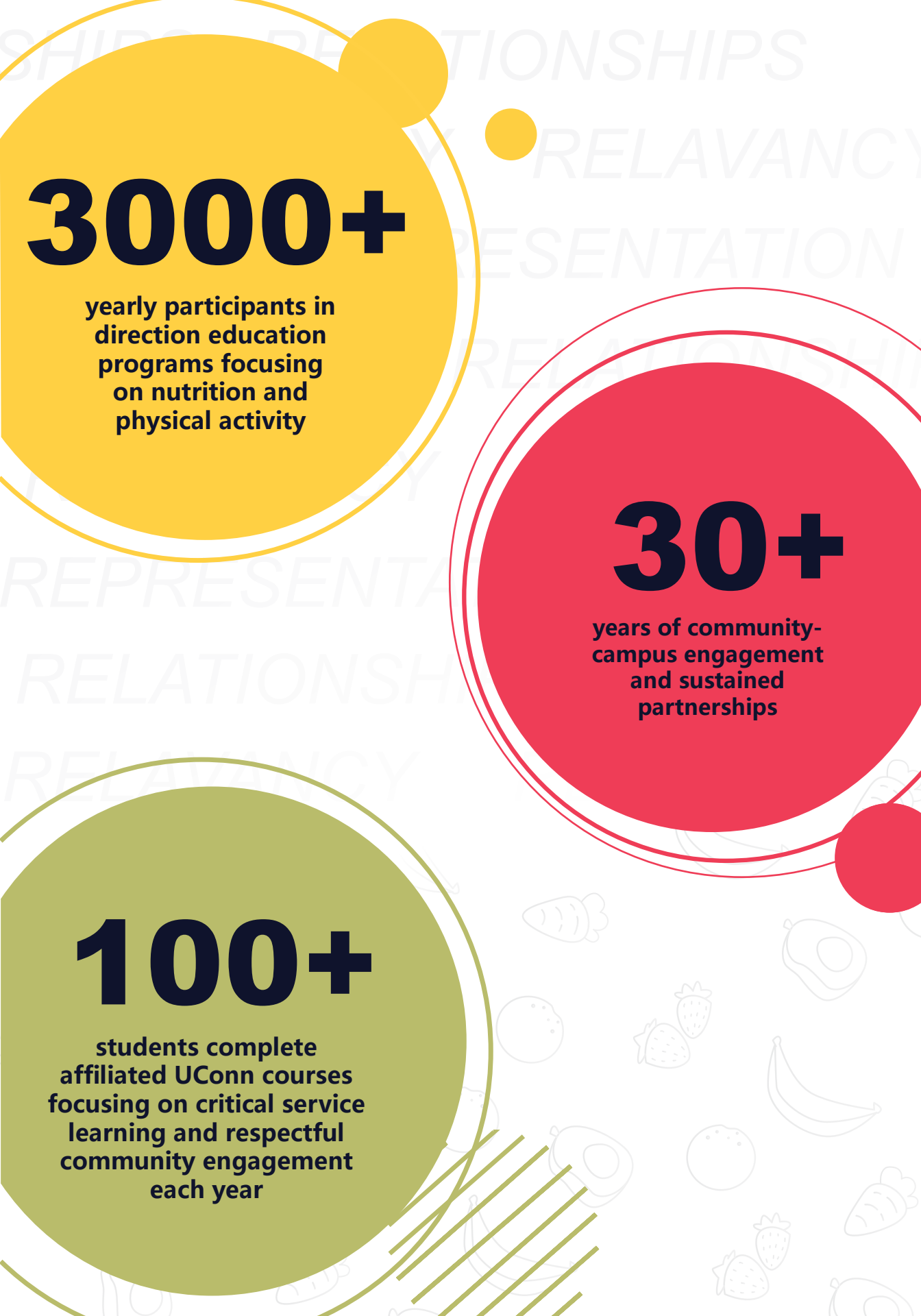
30+

years of community-
campus engagement
and sustained
partnerships



100+

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



UConn Husky Nutrition & Sport

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

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



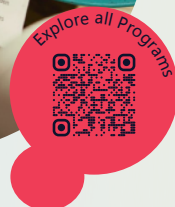
UConn HNS is committed to:

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

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

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

COMMUNITY



Husky Reads

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

Husky Sport @ Wish School

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

Husky Nutrition Workshops

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

Husky Nutrition & Sport Clinics

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

CAMPUS



Academic Output

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

Affiliated Courses

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

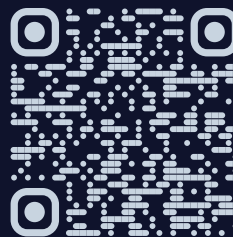
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|--|-----------------|
| Early College Experience (High School) | 1 Credit Course |
| Health & Education in Urban Communities | 1 Credit Course |
| Husky Reads: Food & Nutrition with Children through Literacy | 2 Credit Course |
| UConn HNS Internship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

Workforce Development

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

Connect

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



Potential Partners

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



Get Involved

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



Healthy Recipes

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



This institution is an equal opportunity provider.
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