

# Nutrition Policy and Promise

Heather Peracchio MS, RDN

UConn Extension

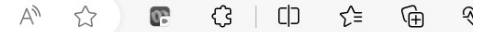
Assistant Extension Educator

Registered Dietitian Nutritionist



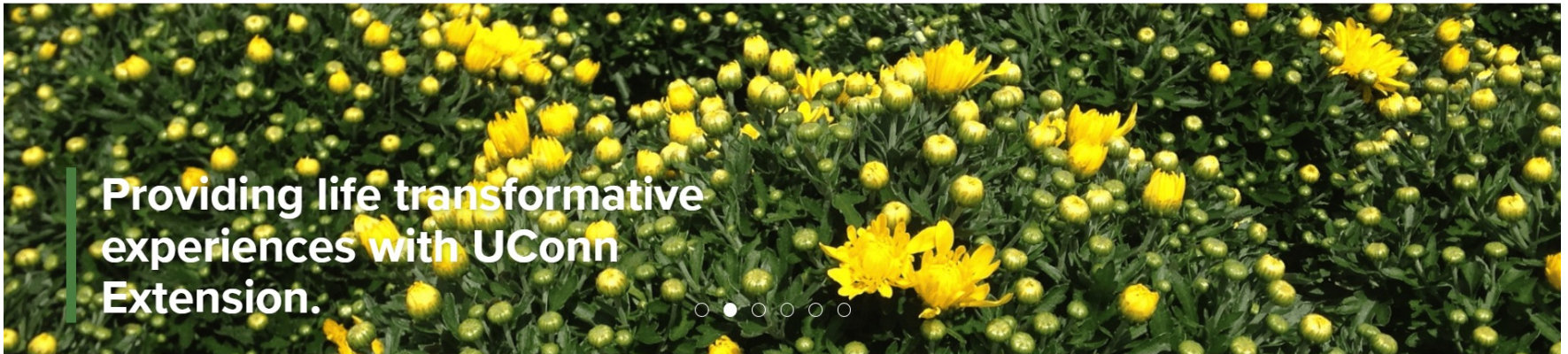
# Community Perspective

https://cahnr.uconn.edu/extension/



Home About Academics Research Extension & Outreach

SUPPORT THE COLLEGE



**1,481**

Online course and certificate participants



**173,717**

Residents engaged through our programs



**\$5.2 M**

The value of volunteer service across all Extension programs to Connecticut



**16,117**

Hours of annual instruction by Extension educators and volunteers across all programs

# Nutrition Assistance Programs

- Federal Nutrition Assistance Programs (for older adults over age 60)
  - FNS – USDA Food and Nutrition Service
    - SNAP – Supplemental Nutrition Assistance Program
      - Nutrition benefits to supplement the food budget of needy families so they can purchase healthy food
    - CACFP – Child and Adult Care Food Program
      - Reimbursements for nutritious meals and snacks, adult day care centers
    - CSFP – Commodity Supplemental Food Program
      - Supplementing diet with nutritious USDA foods
    - SFMNP – Senior Farmers' Market Nutrition Program
      - Provides low-income seniors with access to locally grown fruits and vegetables
      - Increases consumption of agricultural commodities through farmers' markets
      - New in 2023 SoliSystem electronic cards
- State funded programs
  - Elderly Nutrition Services
- Local food assistance
  - Food pantries
  - Faith based congregate meals
  - Community gardens

## SNAP-Ed Food Security Project

# The Supplemental Nutrition Assistance Program- Education

Heather Peracchio MS, RDN  
SNAP-Ed Educator  
UConn Extension



**AND JUSTICE FOR ALL**

\*\*\*\*\*

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, disability, age, political beliefs, or marital or marital status for prior civil rights activity.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at [www.usda.gov/hqs/officeofpolicydocuments/usa-program-discrimination-complaint-form.pdf](http://www.usda.gov/hqs/officeofpolicydocuments/usa-program-discrimination-complaint-form.pdf), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

email:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or  
fax:  
(833) 256-1865 or (202) 690-7442;  
email:  
[program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, credo religioso, discapacidad, edad, creencias políticas, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en [www.usda.gov/hqs/officeofpolicydocuments/usa-program-discrimination-complaint-form.pdf](http://www.usda.gov/hqs/officeofpolicydocuments/usa-program-discrimination-complaint-form.pdf), en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) por sus reglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; o  
fax:  
(833) 256-1865 o (202) 690-7442;  
correo electrónico:  
[program.intake@usda.gov](mailto:program.intake@usda.gov).

Esta institución ofrece igualdad de oportunidades.

Form AD-3027 (2/2007) and FPO-1 (2007) (Revised September 2010) File # FPO004-02-013-0001 (FPO) (Revised September 2010)

---

## USDA FNS SNAP-Ed

- SNAP-Ed is a federally funded grant program
- Evidence-based, consistent with Dietary Guidelines for Americans
- Nutrition education that helps people make their SNAP dollars stretch
- Teaches people how to cook healthy meals and lead physically active lifestyles



# Connecticut SNAP-Ed Food Security Project for Older Adults

- Disease prevention and health promotion
- We work with older adults in food pantries, senior centers, public housing, transitional living centers, and farmers' markets



---

# SNAP-Ed brings nutrition seminars to older adults



# Successes in the Community

## Seniors Eating Well Farmers' Market Nutrition Seminars

SNAP-ED FOOD SECURITY PROJECT

PAGE 1

A successful partnership between a local farm, a senior center, a local farmers' market and SNAP-Ed brings older adults better health.

Older adults eat more fruits and vegetables and move more after participating in nutrition seminars and visiting a pop-up farm stand onsite at their local senior center.

A nutrition seminar and pop-up farm stand held directly at the senior center increased older adults nutrition knowledge and increases their physical activity. 94% of participants plan to increase their fruit and vegetable consumption after SNAP-Ed nutrition classes. Transportation provided for those in need by the senior center.





# Pop-up 'Farm Market on the Move'

- One time per month a nutrition education session is offered at the senior center
- A local foundation provides additional produce vouchers for attendance in the nutrition education
- A local farmer brings a pop-up farm stand directly to the senior center
- Older adults can redeem their SFMNP
- A hunger advocacy agency sends a representative to help older adults sign up for SNAP benefits



# Successes in the Community



# Successes in the Community





# Successes in the Community

Community partnerships are key!

# Successes in the Community



# Successes in the Community





# Farmers' Market Nutrition Workshops

- Bilingual MyPlate messaging, cooking demonstrations tailored around seasonally available produce.
- In the 2022 season, UConn Extension reached **226 participants** at this farmers' market.
- The farmers' market collaborative provided local produce incentives totaling **\$3,390** to participants, reducing food security and increasing buying power among urban residents.

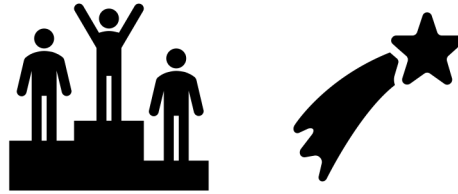
# Challenges

- Time
- Funding
- Capacity (challenging to hire right now)
- Space
- Permissions





# Promise



- Funding – always opportunities! Think outside the box
- New and exciting programs – SFMNP digital card
- Food as Medicine programs are growing, too!



# Senior Farmer’s Market Nutrition Program (SFMNP)

*If you are in need of assistance with your SoliSystem card or app, have lost your card, or would like to know your card balance please contact the SoliSystems Helpline at (214) 256-3083.*

## About Connecticut Farmer’s Markets

Connecticut has nearly 100 farmers’ markets and can be found in virtually any town, seven days a week. The popularity of the markets mirrors the benefits - fresh, local products, friendly farmers that are the face behind the food you’re buying, and a community gathering place for everyone to enjoy. **This year senior and disabled individuals will receive a balance of \$24 on their card or mobile app to spend on fresh, unprocessed fruits, vegetables, cut herbs, eggs, and honey.**



## What’s New with the Senior Farmer’s Market Nutrition Program

Instead of checks in previous years, participants will now be using a card for seniors and disabled participants to purchase eligible products from farmers. These cards are reusable from season to season and if you hold onto your card, you can hit the market earlier in the season to purchase fresh fruits and vegetables.



# COMMUNITY NUTRITION







## About Us

The UConn College of Agriculture, Health and Natural Resources has a variety of community nutrition resources available for you and your family. We offer recipes, shopping tips, nutrition advice and other resources. Browse our websites below to find all of the resources available for you.

# Ask UConn Extension

<https://communitynutrition.cahnrc.uconn.edu/snap-ed-uconn-food-security-project/>

*Search for us on social media for more resources, videos and tips!*

 **Ask UConn Extension**  
203 likes • 255 followers

Posts About Mentions Reviews Reels Photos More ▾

**Intro**  
Answers you can trust. Connect with one of our educators today.

- Page · Education website
- 1376 Storrs Road, Storrs, CT, United States, Connecticut
- (860) 486-9228
- [youtube.com/uconnextension](https://youtube.com/uconnextension)

**Posts**

 **Ask UConn Extension**  
2h · 🌐

This summer, we facilitated a youth p Mashantucket Pequot Tribal Nation () scavenger hunt sheet that encourage teens who are employed at the farm. [London County Fair](#).  
Learn more about the activity and do [s.uconn...](#) [See more](#)

**Or call us toll-free at** **1-860-486-9228**

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

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

# Other Resources


https://health.uconn.edu/aging/

D-19: [Vaccine Program](#) | [Testing](#) | [Visitor Guidelines](#) | [Information for Employees](#)

**UConn HEALTH** Q A-Z

**UConn CENTER ON AGING**

[ABOUT](#) [MEET OUR TEAM](#) [PATIENT SERVICES & RESOURCES](#) [RESEARCH](#) [EDUCATION](#) [CONTACT](#)



**ADDING LIFE TO YOUR YEARS**

# Other Resources



## Research

Early Care & Education

Food Marketing

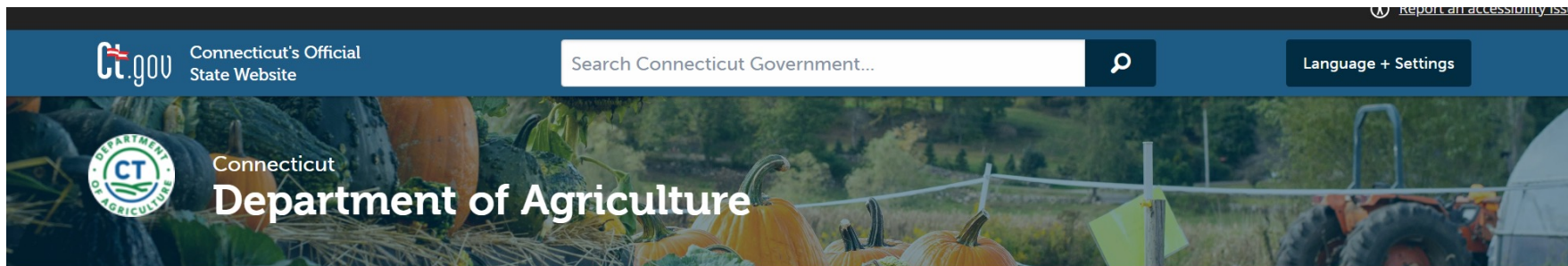
Food Policy & Environment

Food Security

## SNAP

The Supplemental Nutrition Assistance Program (SNAP) is the largest of the federal food assistance programs, currently serving about 40 million U.S. households. SNAP (formerly known as food stamps) helps income-eligible families by providing a monthly benefit that can be used to purchase groceries. Over 40% of households using SNAP are households with children. The amount received each month is based on family size, income and other household factors. Participation in SNAP has been associated with greater household food security, although SNAP benefits are not always sufficient to ensure food security for every household.

# Other Resources



[Report an accessibility issue](#)

[CT.gov Home](#) / [Department of Agriculture](#) / [Connecticut Food Policy Council](#)

## Connecticut Food Policy Council

Overview >

Members >

Meeting Agendas/Minutes >

Regulations/Laws >

Documents/Forms >

Publications >

Related Resources >

Contact >

Department of Agriculture

### Overview

#### 2023 Meeting Dates

[January 12](#) | [March 9](#) | [May 11](#)

[July 13 - canceled](#) | [September 7 - canceled](#) | [November 9](#)

#### 2023 Special Meeting Dates

[July 27](#)

[September 28, time TBD at New Opportunities](#)

#### Tentative Meeting Dates for 2024

[January 11](#) | [March 14](#) | [May 9](#) | [July 11](#) | [September 12](#) | [November 14](#)

The Connecticut Food Policy Council was established in 1997 by the Connecticut Legislature. Created under [Public Act 97-11, Section 21](#), it is the only statewide food policy council in Connecticut and is administratively supported through the Connecticut Department of Agriculture.

# Other Resources

<https://ncran.org>

[Home](#)

[Programs and Resources](#)

[Webinars](#)


[Blog](#)

[About Us](#)

[Contact Us](#)



NORTH CENTRAL REGION  
Aging Network



A collaborative of Extension professionals dedicated to improving the health and well-being of adults in later life through science-based strategies