Hi SNAP4CT Family!

There's a chill in the air here in Connecticut. That makes us crave soup! Soup is an easy, inexpensive meal that warms your insides. We've got tips and tricks to help you create a custom soup that your whole family will love.

We're also featuring our latest blog, and updates on all the fun free things to do this time of year, including meeting our friendly dietitians. ☺ Enjoy!

A Souper Easy Meal

Soup is great for many reasons! It makes a healthy, filling meal - especially when you load it with beans and veggies. Plus, it's easy to make and inexpensive. Click the links below for easy steps to making the soup that is perfect for you!

- **Build Your Own Broth**
- **Soup in 4 Steps**
- **Easy Soup & Stew Recipes**

Do You Know Where Sugar is *Hiding*?

Halloween may be over, but there's still something on our minds – sugar! There's a scary amount of sugar hiding in some common foods and drinks. Our latest blog tells you how to spot these sneaky sources, and the low sugar

solutions.

SNAP4CT / Husky Nutrition in the Community

Our *Husky Nutrition* dietitians have been busy at Hartford area health fairs, farmers markets, and grocery stores! If you see us out, please say, "Hi!"
This week you'll find us at ShopRite of Manchester on 11/7 and 11/9, where we'll be answering your nutrition questions and featuring some of our favorite **side dishes**. See our **Facebook Events page** for details.

FREE CT Health Events

Don't let the chilly weather keep you indoors, there are lots of healthy activities for you and your family in our **Free Health Events Calendar**.

Sharing is Caring!

If you enjoy this eNewsletter, please share it with a friend! Just click "forward" and enter your friend's email. Your friend can subscribe and receive a free cookbook by clicking the button below:

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Have a nutrition question? Just ask. It's free!

Thanks for reading and being part of our family!

Please don't forget to follow us on social media through the links below.

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