



Hi SNAP4CT Family!

We hope this message finds you healthy and well. These times are difficult for all of us! We truly want to help in whatever ways we can. We have been sharing resources daily on our [Facebook page](#), creating new online content, and we're now offering nutrition education via videos and Zoom. If there is another way we can help, please reach out and [let us know](#). *Stay safe!*

Food & Nutrition Resources





There is so much information available right now that it can be overwhelming. To make it easier for you, we've created a page of local and national resources for locating food and preparing safe, easy meals at this challenging time. Click the link below to learn more:

[CT COVID-19 RESOURCES](#)

Your Guide to Preventing Food Waste - Part 1



With budgets extra tight, preventing food waste is more important than ever.

Check out part 1 of our guide to help you understand food dates, know how long foods should last, and more.

PREVENT FOOD WASTE

Get Cooking with Catalina



Our Husky Nutrition/SNAP4CT Nutritionists are usually out in the community providing cooking demos and nutrition education. To keep you safe, we have headed online! Catch up with Catalina as she teaches you how to cook a Simple Stir Fry with ingredients you have at home.

SIMPLE STIR FRY

Husky Nutrition Class Online – Reading Food Labels



We're going live on Zoom with our friends at the Public Library of New London! Catalina will show you what to look for on a food label so you can make healthy choices while still following a budget.

Free Zoom Class is 5/18, 1-2:30

[LEARN MORE](#)

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



Thanks for reading and being part of our family!

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