

University of Connecticut Senior Nutrition Awareness Project (SNAP)

Description:

The Senior Nutrition Awareness Project (SNAP) is part of the University of Connecticut's Supplemental Nutrition Assistance-Education Program. The program is a nutrition education resource program for older adults with limited incomes in Southeastern Connecticut. Its goal is to improve the health and quality of life for older adults who participate in or are eligible for the program by helping them learn more about nutrition, shopping and food preparation. Funded by the U.S. Department of Agriculture, Food and Nutrition Service, SNAP offers free educational services on a variety of chosen topics in group settings and by other delivery methods such as fact sheets, DVDs and food demonstrations.

Topics include:

- Eating for Healthy Aging
- Stretch Your Food Dollar
- High Blood Pressure
- Fat: Friend or Foe?
- High Blood Cholesterol and Triglycerides
- Label Reading
- Keep Your Food Safe
- Calcium

SNAP offers a quarterly newsletter with recipes and a monthly nutritional fact sheet. SNAP is collaborating with the Connecticut Department of Social Services, Aging Services Division to provide community agencies serving older adults who live outside of Southeastern Connecticut with free educational materials and information on nutrition.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

- Must be age 60 or older.
- Must participate in or be eligible to participate in the [USDA Supplemental Nutrition Assistance Program](#) (formerly known as the Food Stamp Program), see page VII – 6 of this manual.

Service Areas:

New London County:

Bozrah

Colchester

East Lyme

Franklin
Griswold
Groton
Lebanon
Ledyard
Lisbon

Lyme
Montville
New London
North Stonington
Norwich
Old Lyme

Preston
Salem
Sprague
Stonington
Voluntown
Waterford

Program Year:

October 1 – September 30

Contact Information:

Susan J. Beeman

Diane Schuler

Senior Nutrition Awareness Project

University of Connecticut

562 New London Turnpike

Norwich, CT 06360

Telephone: 860-823-6249 or 860-885-2828

Toll Free: 888-226-9944

Fax: 860-886-1164

Email: diane.schuler@uconn.edu or susan.beeman@uconn.edu

Website: <http://www.nal.usda.gov/foodstamp>

Related Information:

[*Expanded Food and Nutrition Education Program \(EFNEP\), refer to page VII – 4*](#)