



JUNE 2019

Happy Summer!

The team at the CHNCT Foundation is excited to bring you the latest news about our KHAIR and Cooking Matters programs.

In this newsletter you'll have the opportunity to meet our new KHAIR program coordinator, Amber Taylor. Amber holds a bachelor's degree in public health and wellness from Southern Connecticut State University and volunteered with the KHAIR program this past fall. She has an impressive background working in the field of youth development, most notably as a community development coordinator and youth development coach at the Carver Center in Norwalk. Throughout her career she has worked with at-risk youth, victims of domestic violence and victims of homelessness. In this newsletter, Amber shares her vision of how she will be able to help the youth who go through our KHAIR program.

We'll also give you a peek into a recent Cooking Matters for Parents program held at a daycare center in Hartford. Helping your children choose healthy snacks can be a challenge. In this program, parents learned how to make healthier versions of some of their children's favorite snacks.

Speaking of favorite snacks, our Fruit Tart recipe will prove to be a hit with anyone looking for a sweet treat this summer.

Enjoy!

Patricia A. Sussel

PS: Our 14th Annual Golf Tournament, to be held **Wednesday, August 14** at Lake of Isles at Foxwoods, is sold out! Visit [CHNCT Foundation Golf Classic](#) to learn about sponsorship opportunities!



Try this delicious Cooking Matters treat
[Fruit Tarts](#)



Meet our new KHAIR Program Coordinator, Amber Taylor!

I am delighted and honored to be part of such a dynamic team at the CHNCT Foundation. As the new program coordinator for KHAIR, I am committed and determined to provide each student with the essential life skills they need in order for them to ensure the success of their future. I aspire to equip each student with enough knowledge and confidence so they may guide future generations.

In the past I have had the joy of volunteering with the program and have witnessed the excellent work and change demonstrated through each student. The KHAIR program creates an atmosphere filled with hope and possibility for our youth. It is my mission to EMPOWER, ENCOURAGE and EQUIP, and I will do so by giving our youth the necessary tools they need to solve everyday challenges which line up with the workshops designed for



Cooking Matters Program Delivers Time-Saving Tips for Parents

This past winter, Cooking Matters Connecticut held a six-week Cooking Matters for Parents class at the Women's League Child Development Center in Hartford. This series was funded by Trinity Health of New England/Saint Francis Hospital and Medical Center in Hartford. The Center recruited parents who have children enrolled in the day care. It was wonderful to see how many mothers and fathers were eager to sign up to learn how to prepare quick, inexpensive, healthy meals for their families. The class was a great success at this site.

Participants were delighted to find how little time it took to prepare complete meals that are nutritious and filling. Additionally, they were taught how to make healthier versions of their favorite snacks for the kids, such as our Make Your Own Trail Mix. This recipe uses cereal and

the curriculum.

It is my goal to help these young men and women become confident and self-sufficient. I am thrilled about this journey and I am certain it will be my most memorable one. I am ready to bring forth knowledge, skills and motivation as I strive to create engaged students out of our youth.

To contact Amber, call 203-949-4134 or email ataylor@chnct.org.

other whole grains, dried fruit, nuts, seeds, and dark chocolate, which has less fat and sugar than milk chocolate and more antioxidants.

When learning to read food labels, we took a deeper look at products marketed to kids, including sugary breakfast cereals, pre-packaged lunches, and yogurt that contains candy and cookie toppings. These parents are sure to go to the grocery stores now, with the ability to make much healthier choices. The class also discussed the dos and don'ts of how to get their children more open to trying new foods.

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