



Community Health Network of Connecticut Foundation

SUMMER 2020

Dear Friends,

The team at the Community Health Network of Connecticut Foundation has missed being able to offer our programs to you in person and look forward to being out in the community again soon! In this newsletter, we're happy to share with you an update on our Golf Tournament, as well as our Cooking Matters and KHAIR programs. In addition, we hope you enjoy our Ratatouille recipe. We look forward to sharing more great stories with you in our next newsletter.

Wishing you and yours good health.

Patricia A. Scussel

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Executive Director



Community Health Network
of Connecticut Foundation
Annual Golf Classic
Honoring the Memory of Cornell Scott

The 15th Annual CHNCT Foundation Golf
Tournament takes place Monday, August 31
on the South Course of Lake of Isles at Foxwoods.
10:30am Shotgun Start
Attendees will enjoy a light breakfast,
lunch on course, complimentary snack cart,

and after play refreshments.
Visit [CHNCT Foundation Golf](#) to register!



Try this delicious
Cooking Matters recipe with
polenta, spinach, brown rice,
whole wheat pasta or whole grain bread.

[Ratatouille](#)



Meal Kits for Norwalk Communities

The current COVID-19 situation has limited Cooking Matters' ability to deliver our in-person nutrition/cooking classes. Fortunately we have been able to find ways to deliver our message of the importance of healthy cooking to the Norwalk community. Through one senior program, we provide weekly meal kits to 22 families of local seniors, many of whom are home-bound and raising grandchildren in their home. We have also been able to provide meal kits to 75 - 90 families bi-weekly with other partners. We hope to expand this initiative in other towns in our state.

Our meal kits include everything needed to make a healthy meal at home - a recipe, the groceries to make the recipe, a \$10 gift card to purchase they can use in the future, and educational handouts from the Cooking Matters curriculum in both English and Spanish focusing on nutrition, cooking skills, and budgeting. Each recipe features lean protein, whole grains, fresh fruits and vegetables, and spices. Some



KHAIR Spring 2020 Update

Prior to having to put our programs on hold, the KHAIR program began its spring session on February 29. Through various team building activities, the group was able to "break the ice" through these engaging activities which helped them learn more about each other and themselves. Suddenly the first day didn't seem like the first day at all. With bonds being created and laughter in the air, the students became more and more eager to participate.

Out of the many activities, a "fan favorite" was a game called *Get To Know Your Everyone!* It's a game which mimics the rules of bingo. Students were required to move around the room asking their fellow KHAIR-mates questions from their sheet of paper. Questions ranged from asking who has a birthday in March, to questions about family, pets, and career aspirations. Students would race around the room asking the question until they found a person who could answer the question.

educational handouts focus on kitchen tips and budgeting, which is a top priority for many during this time of job insecurity and trying to make less trips to pantries and grocery stores. They contain information on food safety, cooking techniques, stretching one's food budget, and creative uses for leftovers to avoid food waste. Nutrition topics covered include the health benefits of whole grains, clever ways to increase fruit and vegetable intake, and MyPlate. The recipes include suggestions on substitutions and additions that can be made to the meal, using food that is already in the home.

To learn more about [Cooking Matters](#), contact Nargis at nkarampurwala@chnct.org or 203-303-3908.

This activity was a great way for students to identify their similarities with one another as well as learn each others names. Not only is this a great game for educators but it is also a fun way for parents to stay connected with their teens. Changing some of the questions will allow the game to fit the needs of your family and could also create a more personal bond with you and your loved ones. Here at KHAIR we continue to bolster social relationships by encouraging our students to work together through creativity. We hope to reconnect with the youth to conclude this program this summer.

To learn more about the [KHAIR](#) program, contact Amber at ataylor@chnct.org or 203-949-4134.

SNAPSHOTS



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