



Community Health Network of Connecticut Foundation

WINTER 2020

Dear Friends,

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

In this newsletter, you'll have the opportunity to hear about our KHAIR graduation and our new partnership with a local salon, as well as a Cooking Matters program for parents that we conducted at Staywell Health Center in Waterbury. We'll also share with you the recipients of our annual mini-grants and community donations.

Our Spring KHAIR program will begin Saturday, February 29 at Southern Connecticut State University, with graduation scheduled for Saturday, May 9. We'll have a full update in our next newsletter. To learn more about KHAIR, you can reach our program coordinator Amber Taylor at ataylor@chnct.org or 203-949-4134.

Our Cooking Matters programs are being held continuously throughout the state of Connecticut. To learn more about Cooking Matters, you can reach our program manager Nargis Karampurwala at nkarampurwala@chnct.org or 203-303-3908.

Finally, we invite you to try Cooking Matters' White Bean Basil Chicken Chili. This easy recipe is a great meal for a cold winter night. You can serve it by itself or over a bed of spinach or brown rice.

Enjoy!

Patricia A. Scussel

Patricia A. Scussel
Executive Director

PS: Save the date! Join us for our 15th Annual Golf Tournament will be held **Monday, August 31, 2020** on the South Course at Lake of Isles at Foxwoods! Stay tuned for more details.



Warm up with this delicious
Cooking Matters chili recipe.

[White Bean Basil Chicken Chili](#)



Cooking Matters Visits StayWell

During November and December, CHNCT's Cooking Matters partnered with StayWell Health Center in Waterbury to deliver a six-week Cooking Matters for Adults course. Participants learned how to shop for and prepare healthy meals on a limited budget. Nutrition lessons covered the MyPlate healthy eating guide, reading the nutrition facts label, comparing unit prices, increasing fruit and vegetable consumption, and identifying whole grains, low-fat dairy, and lean sources of protein. The class was most surprised to learn the sugar content of their favorite beverages such as 100% juice, lemonade, iced tea, and sports drinks.

Additionally, participants prepared recipes during each class to learn basic culinary skills and try foods they might not have tried before. Barley Jambalaya, Southwestern Black-eyed Pea and Corn Salad, Hearty Egg Burritos, and Peanut Butter and Banana Pockets were just some of the class's favorite recipes. After each class, participants took home groceries so they could practice making the meal taught that day.

It quickly became clear this course had a positive impact on those who participated. Each week, one gentleman proudly showed instructors pictures of the recipes he made at home with what he learned in class. Participants also commented that the course "made a difference in the way I eat," "helped me shop better," and helped them learn to "check labels to see what's in them."



KHAIR Fall 2019 Update

KHAIR held its graduation to commemorate the 2019 fall participants on Saturday, November 16. The ceremony took place in the Atrium of the Adanti Student Center located at Southern Connecticut State University. Family and friends gathered in celebration as participants talked about the life-changing experiences and knowledge learned through KHAIR. However, the celebration did not stop there!

On Saturday December 14, KHAIR participants enjoyed a visit to a local salon. The students were treated to facials and hair care services, as well as a tour of the school and a pizza lunch. "I feel like a brand new person" one of the participants exclaimed as she looked in the mirror just moments after getting her hair styled. The experience was absolutely amazing.

The smiles on the faces of KHAIR participants were priceless. Their transformation began at the first workshop but the salon component was just the icing on the cake! Leaving the salon that day, KHAIR members walked away with confidence and trust. It was a rewarding experience for both the stylists and the students.

Other topics covered this fall were team building, health literacy, financial literacy, and nutrition education, as well as dressing for success and learning interview tips at Boscov's in Milford.



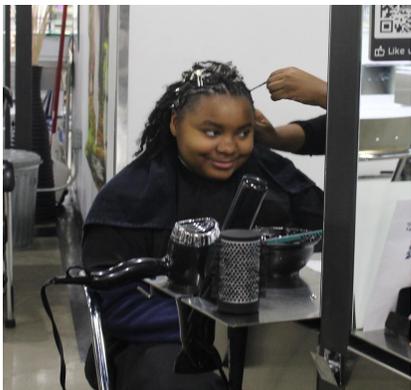
Eight Nonprofit Organizations Selected for 2019

To learn more about this year's recipients, representing the eight counties in the state of Connecticut, visit [here](#).

Mini-Grants Awarded to 7 FQHCs

Grant submissions focused on nutritional and behavioral health, and included funding for healthy snacks, CHNCT Foundation programming, and school-based health centers. To learn more, visit [here](#).

SNAPSHOTS



VISIT OUR WEBSITE!

