

Connecticut Food and Nutrition Security State Profile

Overview

According to the [U.S. Department of Agriculture's Economic Research Service \(USDA ERS\)](#), 11.8% of households in Connecticut (CT) experienced food insecurity between 2018-2020. The prevalence of obesity among adults living in Connecticut was 29.2% in 2020 as reported by the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#).

Demographic Overview

[2019 U.S. Census](#) data reports Connecticut has an estimated population of 3.56 million. They identify as White (79.7%), Black (12.2%), American Indian and Alaska Native (0.6%), Asian (5%), Native Hawaiian and Other Pacific Islander (0.1%) only. According to the 2019 Census report, 16.9% identify as Hispanic or Latino. 10% of Connecticut residents experienced poverty in 2019.

Building Resilient Inclusive Communities (BRIC) - CT BRIC Communities

The following communities will be prioritized by the CT BRIC project: Hartford, Bridgeport, and New Haven.

Food Banks, Pantries and Feeding Programs

There is one food bank serving Connecticut.

[Connecticut Foodshare](#)

- The two food banks in Connecticut, Foodshare and Connecticut Food Bank, recently merged to form Connecticut Foodshare.
- Provides SNAP application assistance, milk-only distributions, mobile pantries, and CSFP.
- View list of [partner agencies](#).

Select Food and Nutrition Security Programs

Healthy Food Incentive Programs

- [Connecticut Fresh Match program](#) led by End Hunger Connecticut.

Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP).
 - [The University of Connecticut](#)
- Supplemental Nutrition Assistance Program Education (SNAP-ED).
 - The Connecticut Department of Social Services is the state agency responsible for the Connecticut state SNAP-Ed program. SNAP-Ed implementing agencies include:

- Connecticut Department of Public Health
 - [Hispanic Health Council, Inc](#)
 - University of Connecticut College of Agriculture, Health and Natural Resources
 - Department of Allied Health - [Healthy Family Connecticut](#)
 - Department of Nutritional Sciences - [The Food Security Project](#)
 - University of Connecticut Health, Department of Medicine - [Husky Nutrition Programs](#)
 - University of Connecticut, Neag School of Education
- View more [information](#).

COVID Response

- Pandemic EBT (P-EBT) Program resources are available at the [CT Department of Social Services](#).

Food (Policy) Coalitions and Councils

- [City of Bridgeport Food Policy Council](#)
- [Connecticut Food Policy Council](#)
- [Connecticut Food System Alliance](#)
- [Hartford Advisory Commission of Food Policy](#)
- [New Haven Food Policy Council](#)

Other Collaborators to Consider

- [Connecticut FarmLink](#) links farm owners and farm seekers.
- [End Hunger Connecticut!](#) is a statewide anti-hunger nonprofit in Connecticut that is dedicated to eliminating hunger and promoting healthy nutrition.
- [Forge Community Works](#) “provides job training, food access, and creates sustainable social enterprises to help people change their lives.”
- [Gather New Haven](#) is a “nonprofit organization committed to social and environmental justice.”

Data Sources and Resources

- [CT Emergency Food Resources](#)
- [CT Profile of Hunger, Poverty and Federal Nutrition Program](#) - Food Research and Action Center

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