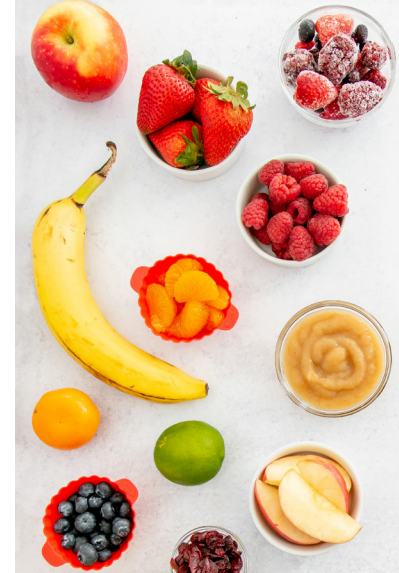


TEXAS A&M AGRI LIFE EXTENSION

BETTER LIVING FOR TEXANS

ADULT PROGRAMS



BETTER LIVING FOR TEXANS (BLT) MISSION

We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives.



The BLT program provides nutrition education for adults and youth that receive or are eligible for SNAP benefits. In-person and virtual delivery options are available and average between 30-60 minutes in length. Curriculum series listed in this brochure use surveys to collect impact data. Single education programs are also available.

OUR FOCUS AREAS...



NUTRITION



PHYSICAL ACTIVITY



GARDENING

CHECK US OUT ONLINE!

Facebook

[betterlivingfortexans](#)

Instagram & Twitter

[@bettertextans](#)

Website

[blt.tamu.edu](#)

Email

blt@ag.tamu.edu



NUTRITION PROGRAMS

A FRESH START TO A HEALTHIER YOU!

- This 4-session series promotes increasing fruit and vegetable intake, nutritious meals and snacks, food safety, food resource management (meal planning and saving money on food purchases), and daily physical activity.
- A self-paced, online course is available.

HEALTHY CARBOHYDRATES

- This 4-session series promotes a healthful eating pattern to prevent or delay diet related chronic diseases that includes building a healthy plate, carbohydrate counting, and active living.

BE WELL, LIVE WELL

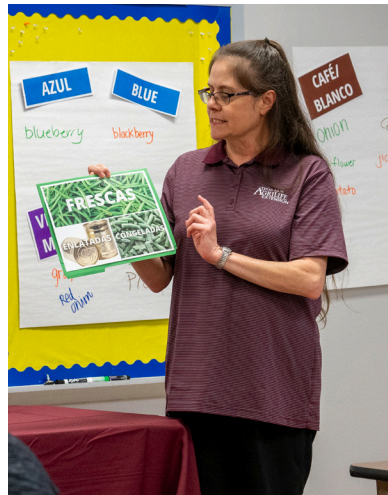
- This 5-session series encourages healthy aging for adults over 50 years of age by addressing ways to remain independent through dietary choices and physical activity.

GET THE FACTS

- This 4-session series focuses on how to read the Nutrition Facts label to make healthy food choices and identify portion sizes, fat, sodium, and added sugars found in foods.

GET A TASTE FOR REDUCING FOOD WASTE

- This 4-session series focuses on reducing food waste through meal planning, storing foods to prevent spoilage, and composting.



GARDENING PROGRAM

GROWING AND NOURISHING HEALTHY COMMUNITIES GARDEN COURSE

- This 6-session series engages participants as they learn how to garden and grow fruits and vegetables to increase their access to fresh produce.

PHYSICAL ACTIVITY PROGRAMS

WALK ACROSS TEXAS (WAT)

- This online 8-week program encourages team members to increase physical activity by tracking mileage for a combined team goal of 832 miles.
- WAT is a fun, health-promoting competition for a work place, community group, or any location where teams can be formed.

WALK N TALK

- Similar to WAT, this program meets weekly to discuss one of the following nutrition topics...
 - **Fruit & Vegetable:** to encourage increasing consumption, each week a different fruit or vegetable is introduced (4 or 8 week series).
 - **Rethink Your Drink!:** focuses on staying hydrated and reducing the intake of sugar sweetened beverages (8 week series).



TO LEARN MORE, CONTACT AN EXTENSION AGENT IN YOUR COUNTY

CREATING OPPORTUNITIES, CHANGING LIVES.

This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
AgriLife Extension is an equal opportunity provider.