

# 2024

TEXAS A&M  
**AGRILIFE**  
EXTENSION  
Helping. Understanding. Building Youth

## THE HUB - CELEBRATING THE YEAR EDITION

*Spotlighting and highlighting Urban Youth Development 2024 programming in Lubbock County*

### Ag in a Bag

**What an incredible day for our local students, thanks to our amazing partnership with Texas Tech's Davis College of Agriculture! We had the pleasure of hosting Ag in a Bag, where four schools came together for a day packed with 12 interactive learning stations.**

**A huge shoutout to our fantastic collaborators: Plains Cotton, AgTexas, Red Raider Meats, Caprock Beekeepers Association, Dairy Max, Bayer Children's Center for Discovery, Texas Corn, Texas Tech Agronomy Club, Texas Tech Entomology Club, NRCS, Texas Farm Bureau, Texas Livestock Judging, Lubbock County Texas A&M AgriLife, and, of course, Texas Tech Davis College of Agriculture.**

**Together, we made agriculture come alive for these Lubbock County students! It was all about hands-on learning, engaging presentations, and sparking curiosity about the world of ag. Here's to nurturing the next generation of agricultural leaders!**



*Helping. Understanding. Building Youth*





282 Participants  
22 Teachers  
12 Presentations  
80 volunteers

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## Early Childhood Path to Plate Partnership with Slaton ISD



I'm thrilled to announce Ag in Classroom partnership with Slaton ISD, an exciting adaptation of the Path to the Plate curriculum for PreK to 2nd graders! This engaging program will teach our youngest learners in Slaton about where their food comes from and the importance of healthy eating. Through fun, hands-on activities, kids will explore the connections between agriculture and their health. We can't wait to inspire a love for learning and healthy choices! Stay tuned for updates on this fantastic monthly initiative!



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## Partnership with Lubbock Public Libraries

Ag Storytime met monthly at Godeke, Mahon, Patterson, and Groves libraries and brought the joys of literature and agriculture to life as students explored engaging stories about farming and dairy cattle. Through interactive readings, they learned about the importance of farming and the journey of products from farm to table. To complement their reading experience, students had the hands-on opportunity to make pumpkin playdough, butter, ice cream and more transforming simple ingredients into a delicious treat. This immersive program not only enriched their understanding of agriculture but also fostered a love for reading and hands-on learning.



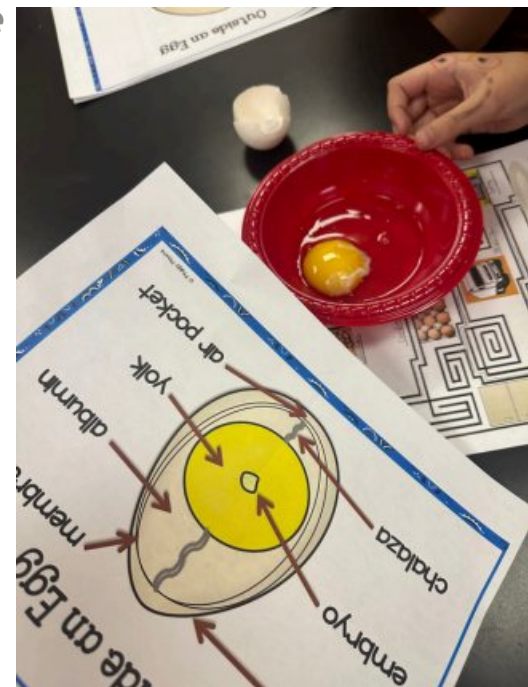
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# Curriculym Spotlight- Ag in the Bag

I'm thrilled to highlight an inspiring program we recently had the pleasure of participating in right here in Lubbock County with four area school districts. The Path to the Plate program has been adapted to engage elementary school students, providing them with a fun and informative way to learn about agriculture and nutrition.

This monthly comprehensive educational initiative aims to equip our young learners with the relevant and factual information they need to make informed choices about their health and food sources. Through interactive activities and hands-on learning experiences, kids explored where their food comes from and the importance of agriculture in their daily lives.



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# Curriculum Spotlight- Cultivate, Cook, and Create



In addition to our 10 week summer camp at the South Plains Food Bank Grubfarm, I am so excited to share about an amazing program we recently wrapped up with the Lubbock Homeschool Nature Group and The South Plains Foodbank Grub: the Early Childhood LGEG! This four-week curriculum was a wonderful blend of plant and garden learning, delicious food exposure, fun physical activities, and engaging parental involvement—all centered around exciting plant part themes.

Under the expert guidance of agents Christina Reid, Cory Edwards, Brooke Walser, and Amber Bozeman, our kids explored the wonders of gardening while discovering the importance of healthy eating. Each week was filled with hands-on activities that got everyone moving and learning in such a fun way! From planting seeds to tasting fresh produce, the program encouraged curiosity and creativity in our little ones. Plus, it was a fantastic way for families to connect and support each other on this journey. I can't wait to see how these experiences inspire our kids to embrace the joys of nature and healthy living!



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Project Grub is for students from the Lubbock area who are interested in learning leadership skills, college readiness, career readiness, mindful living, personal character development and serving the community through volunteering. Through collaboration with GRUB - GROWING RECRUITS FOR URBAN BUSINESS and a network of partners, Project Hub will find ways to make a meaningful impact in the community. Participants engage in youth-organized meetings, hands-on service projects, and opportunities for leadership. All of these activities work toward creating the next generation of community leaders! This year we focused on resume writing, interview skills, and developing growth mindsets through a monthly educational series.



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# FRED- FAMILIES READING EVERY DAY IDALOU ELEMENTARY SCHOOL

## Program Brief

Extending Knowledge | Providing Solutions



## Program Description

Families Reading Every Day, or "FRED" as we like to call it, is a 4-week FREE reading program where you focus on reading together as a family. Learning to read and write are skills that are essential to a child's success in school and later life. According to many experts, the single most important activity that parents can do to help their children acquire essential literacy skills is to read aloud to them on a frequent basis. Reading aloud to children is a simple, yet powerful, activity that has been shown to improve children's literacy development across a variety of domains, including vocabulary growth, print awareness, enjoyment of reading, and writing abilities. Texas A & M AgriLife Extension partnered with Idalou Elementary to school to bring the FRED- Families Reading Every Day program to provide a fun incentive for families to read together. FRED is a fun and effective way to strengthen family bonds and promote literacy development by encouraging families to focus on reading together. The goal is 15 minutes a day for the first 2 weeks, and the 30 minutes the next two weeks. The program targeted the 412 students at Idalou Elementary and their families.

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## Reaching Every Texan

FRED is a fun and effective way to strengthen family bonds and promote literacy development by encouraging families to focus on reading together. The FRED program is for adults with kids of all ages! All it takes is a commitment to spend time reading together.

## CHECK OUT IDALOU:



**11, 751**

Minutes of families reading together



**59 Families**

committing to the challenge



**1278 books**

read during the challenge together at home



# FRED-FAMILIES READING TOGETHER EVERYDAY

## IDALOU ELEMENTARY



- digital daily reading logs of the number of books and time you read together as a family
- Educational handouts about reading science and helpful tips for creating a habit of reading together.
- free books to students
- incentives
- Teacher guide
- Parent guide

### Parent survey results:



Increase family members' (fathers, mothers, adult-care givers) involvement in their children's literacy development.  
Enhanced quality and quantity of time family members spend with their children.  
Improve the overall quality of parent-child relationship.  
Establish an enduring reading habit between family members and their children.



"Today a reader, tomorrow a leader"- Margaret Fuller





## RELEVANCE

Early childhood nutrition is critical as it lays the foundation for lifelong health and well-being. Currently, 90% of the U.S. healthcare expenditure is allocated to managing largely preventable chronic diseases and mental health conditions, which are often linked to poor dietary habits, physical inactivity, and lack of access to nutritious foods. In many areas, particularly those with significant numbers of Supplemental Nutrition Assistance Program (SNAP) recipients, diets often fail to meet recommended nutritional standards, raising the risk for chronic diseases. For instance, the prevalence of adult obesity in these regions is notably high, and physical inactivity is a significant concern. Furthermore, food insecurity and limited access to healthy food options exacerbate these issues. Research underscores that addressing these challenges from early childhood can have profound effects on long-term health outcomes. Programs like gardening not only provide physical activity but also promote mental well-being by offering social interaction and exposure to nature. Such activities, along with improved access to nutritious foods, are essential for fostering healthier future generations and reducing the burden of preventable diseases.

## RESPONSE

THE LUBBOCK COUNTY FCH/BLT PROGRAM AREA COMMITTEE ASSISTED AGENT BOZEMAN IN IDENTIFYING NEED AND POTENTIAL SITES TO REACH SNAP RECIPIENTS WITH NUTRITIONAL EDUCATION SERIES. THE OVERALL GOALS OF THESE SERIES ARE TO HELP PARTICIPANTS INCREASE THEIR CONSUMPTION AND ACCESS TO FRUITS AND VEGETABLES, BE MORE PHYSICALLY ACTIVE, IMPROVE FOOD SECURITY STATUS, AND PREVENT RISK FACTORS FOR CHRONIC DISEASE SUCH AS OBESITY, DIABETES, AND CARDIOVASCULAR DISEASE. THE TARGET AUDIENCE WAS THE 8,500 SNAP BENEFIT RECIPIENTS IN LUBBOCK COUNTY, THAT ATTEND PUBLIC PREK1 NDDERGARTEN. THE PROGRAM WAS IMPLEMENTED THROUGH CLASSROOM EDUCATION (IN-PERSON AND ZOOM), WEEKLY RADIO SPOTS, SOCIAL MEDIA, MONTHLY NEWSLETTERS, COOKING DEMONSTRATIONS, AND TASTING EXPERIENCES.

COLOR ME HEALTHY	CLASSROOMS	EDUCATIONAL PRESENTATIONS	COOKING DEMONSTRATIONS	NEWSLETTER	RADIO	SOCIAL MEDIA
Idalou ISD	2	16	8	6	6	12
Roosevelt ISD	4	32	8	6	6	8
New Deal ISD	4	32	8	6	6	8
Carmona Harrison Elementary-Lubbock ISD	8	48	16	6	6	8

## VALUE STATEMENT

### Creating opportunities, changing lives.

The Texas A&M AgriLife Extension Service Better Living for Texans programs provides community nutrition education to limited resource adults, youth and children. Curricula series offered cover the lifespan and encourage participants to make healthier food choices, plan healthy meals, prepare food safely, increase physical activity, and grow their own vegetables. The benefit of making healthier food choices and adopting a physically active lifestyle play a role in the prevention of many chronic diseases.

1 in 8

9 million

CHILDREN EXPERIENCE HUNGER  
SOURCE: FEEDING AMERICA 2021

22%

of 12-19 year olds are obese

SOURCE: NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY 2017- MARCH 2020 PREPANDEMIC DATA FILES-DEVELOPMENT OF FILES AND PREVALENCE ESTIMATES FOR SELECTED HEALTH OUTCOMES, TABLE 3





# RESPONSE

## Creating Opportunities, Changing lives

Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

- 9 circle time lessons
- 7 original songs on a CD (also available digitally)
- Weekly parent/guardian newsletters (both English & Spanish)
- 5 colorful posters (3 classroom & 2 parent/guardian posters)
- Picture cards for circle time lessons
- Weekly fresh food tastings
- Certificate of completion after students finish the program

This is a 9-lesson curriculum extension that coordinates with Texas TEKS for Pre-Kindergarten and Kindergarten students. Each lesson is about 20-60 minutes long. Steps to Health Color Me Healthy has 9 circle-time lessons, which may include imaginary trips, songs, and dances. Students also learn how different foods are grown. Every lesson allows children to describe and taste different fruits and vegetables.



# EVALUATION STRATEGY

Pre and Post Surveys were administered through a paper format and entered into a Qualtrics System (Howdy Health) or through a QR-code given to sites and participants.

## RESULTS



**291 participants**



**98%**  
of participants increased physical activity



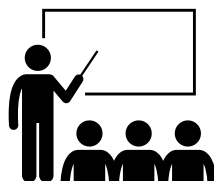
**98%**  
of parents said participants were more likely to try new foods



**67%**  
of families tried recipes at home



**90%**  
of teacher said students were more open to trying fruits and vegetables



**100%**  
of teachers plan to continue with programs next year



## SUMMARY

Through implementation of the three program series at four different sites, the overall goals of helping participants increase their consumption and access to fruits and vegetables, being more physically active, improving food security status, and preventing risk factors for chronic disease such as obesity, diabetes, and cardiovascular disease were successfully addressed, and the needs determined by the Lubbock County FCH/BLT were met with the target audience of Snap-ed benefit recipients, specially targeting youth.

## FUTURE PROGRAMMING

### Upcoming Programing 2024-2025:

- Idalou ISD
- New Deal ISD
- Roosevelt ISD
- Carmona Harrison Elementary School
- Slaton ISD



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## RELEVANCE

90% of the country's \$3.8 trillion healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions. Most chronic diseases can be prevented by eating a nutritious diet, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. There are 35,775 recipients in County receiving benefits from the Supplemental Nutrition Assistance Program (source: <https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics>). In addition, the incidence of adult obesity is 35 % compared to the national at 32%. Adults that are physically inactivity is 27% compared to the state of Texas at 25%. 16% of adults report frequent mental distress. Finally, the quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source is 7 (On a scale from 0 to 10 with 0 being the worst value). Research suggests that SNAP recipients and other limited resource audiences consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for the development of chronic disease. Food insecurity, obesity, and lack of access to healthy foods are other issues that impact this audience and have strong potential to negatively impact health. Research also shows that gardening benefits both physical and mental health. It combines physical activity with social interaction and exposure to nature and sunlight. Sunlight lowers blood pressure as well as increasing vitamin D levels in the summer, and the fruit and vegetables that are produced have a positive impact on the diet.

## RESPONSE

THE LUBBOCK COUNTY FCH/BLT PROGRAM AREA COMMITTEE ASSISTED AGENT BOZEMAN IN IDENTIFYING NEED AND POTENTIAL SITES TO REACH SNAP RECIPIENTS WITH NUTRITIONAL GARDENING EDUCATION SERIES. THE OVERALL GOALS OF THESE SERIES ARE TO HELP PARTICIPANTS INCREASE THEIR CONSUMPTION AND ACCESS TO FRUITS AND VEGETABLES, BE MORE PHYSICALLY ACTIVE, IMPROVE FOOD SECURITY STATUS, AND PREVENT RISK FACTORS FOR CHRONIC DISEASE SUCH AS OBESITY, DIABETES, AND CARDIOVASCULAR DISEASE. THE TARGET AUDIENCE WAS THE 35,775 SNAP BENEFIT RECIPIENTS IN LUBBOCK COUNTY, 17,383 OF WHICH ARE UNDER THE AGE OF 18. THE PROGRAM WAS IMPLEMENTED THROUGH CLASSROOM EDUCATION (IN-PERSON AND ZOOM), WEEKLY RADIO SPOTS, SOCIAL MEDIA, MONTHLY NEWSLETTERS, COOKING DEMONSTRATIONS, GARDENING DEMONSTRATIONS AND CONTAINER /COMMUNITY GARDENING PROJECTS.

PROGRAM	LOCATIONS	EDUCATIONAL PRESENTATIONS	COOKING DEMONSTRATIONS	NEWSLETTER	RADIO	SOCIAL MEDIA
Cultivate Cook and Create	3	30	30	6	6	12
Early Childhood Learn, Grow, Eat, Go	2 classrooms	10	4	6	6	6
Ag in Bag- Garden Curriculum	11 classrooms	22	11	6	6	15

## VALUE STATEMENT

### Creating opportunities, changing lives.

The Texas A&M AgriLife Extension Service Better Living for Texans programs provides community nutrition education to limited resource adults, youth and children. Curricula series offered cover the lifespan and encourage participants to make healthier food choices, plan healthy meals, prepare food safely, increase physical activity, and grow their own vegetables. The benefit of making healthier food choices and adopting a physically active lifestyle play a role in the prevention of many chronic diseases.

1 in 8

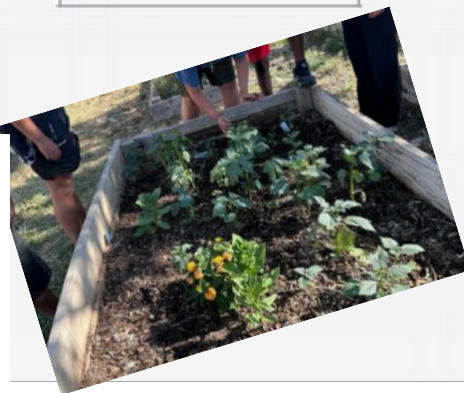
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CHILDREN EXPERIENCE HUNGER  
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# RESPONSE

## Creating Opportunities, Changing lives

### • CULTIVATE, COOK, AND CREATE

THIS IS A 10-WEEK GARDENING AND NUTRITION SERIES. THIS SERIES USES THE LEARN, GROW, EAT, GO CURRICULUM. THIS SERIES IS USED TO MOTIVATE YOUTH THROUGH COOKING, GARDENING, AND NUTRITION TO HAVE A BETTER UNDERSTANDING OF AND APPRECIATION FOR NUTRIENT DENSE FOODS. ALONG WITH OTHER AGENTS, CORY EDWARDS, ASHLYN ALJOE, CHRISTINA REID, AND TWO INTERNS FROM TEXAS TECH, AMBER HAS HAD THE OPPORTUNITY TO THIS PROGRAM REACH 48 YOUTH AT THE SOUTH PLAINS FOOD BANK GRUB FARM SUMMER CAMP. ADDITIONALLY, AGENT BOZEMAN, EDWARDS, AND REID WERE ABLE TO REACH 40 YOUTH PARTICIPANTS BY PROVIDING THE CAMP TO THE LUBBOCK HOMESCHOOL NATURE GROUP.

### • EC- LGEG

THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM PROJECT OF THE JUNIOR MASTER GARDENER® PROGRAM COMBINES PLANT AND GARDEN LEARNING, FOOD EXPOSURE, BRAIN & BODY-BOOSTING PHYSICAL ACTIVITIES, AND NOVEL PARENTAL/SCHOOL COMMUNITY ENGAGEMENT. EACH DAY OF THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM PROVIDES RICH, ENGAGING LESSONS, GROUP ACTIVITIES, AND A HOST OF PROVEN, TEACHER DEVELOPED AROUND SUPPORTING WEEKLY PLANT PART THEMES: •WEEK 1: PLANT NEEDS & PLANT PARTS  
•WEEK 2: SEEDS & ROOTS  
•WEEK 3: STEMS & LEAVES  
•WEEK 4: FLOWERS & FRUIT  
TO MAXIMIZE STUDENT LEARNING, A WEEKLY FEATURED SONG, LITERATURE CONNECTIONS, AND GARDEN JOURNAL PROMPTS ARE INCORPORATED INTO EACH DAY OF THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM. WE PARTNERED WITH CARMONA HARRISON ELEMENTARY AG/STEM PROGRAM. WE HAD 7 CLASSROOMS PARTICIPATE IN SERIES.

### • AG IN A BAG - GARDEN

"AG IN THE BAG" IS AN ENGAGING CURRICULUM PACKET DESIGNED FOR PREKINDERGARTEN AND KINDERGARTEN STUDENTS TO INTRODUCE THEM TO THE WORLD OF PLANTS AND GARDENING THROUGH INTERACTIVE LESSONS AND HANDS-ON ACTIVITIES. THIS COMPREHENSIVE PACKAGE INCLUDES FOUR THOUGHTFULLY CRAFTED LESSONS: "A SEED HOUSE," WHERE CHILDREN LEARN ABOUT THE DIFFERENT TYPES OF SEEDS AND THEIR UNIQUE CHARACTERISTICS; "BABY SEED NECKLACE," A CREATIVE ACTIVITY THAT ALLOWS KIDS TO MAKE THEIR OWN SEED NECKLACES, REINFORCING THEIR UNDERSTANDING OF SEEDS; "GARDEN IN A GLOVE," AN INVENTIVE PROJECT WHERE STUDENTS PLANT SEEDS IN A GLOVE TO OBSERVE GROWTH; AND "WHAT PLANTS NEED," WHICH TEACHES THE ESSENTIAL ELEMENTS THAT PLANTS REQUIRE TO THRIVE. ADDITIONALLY, THE CURRICULUM FEATURES A CLASSROOM CONTAINER GARDEN, PROVIDING A REAL-LIFE SETTING FOR STUDENTS TO APPLY THEIR LEARNING AND WATCH THEIR PLANTS GROW, FOSTERING A DEEPER CONNECTION TO NATURE AND THE SCIENCE BEHIND GARDENING. AGENT BOZEMAN PROVIDED THIS TO 258 STUDENTS AT IDALOU ELEMENTARY AND 11 CLASSROOMS.

# EVALUATION STRATEGY

Pre and Post Surveys were administered through a paper format and entered into a Qualtrics System (Howdy Health) or through a QR-code given to sites and participants.

## RESULTS



**639 participants**

381 Better Living for Texans graduates



**97%**

of participants increased physical activity



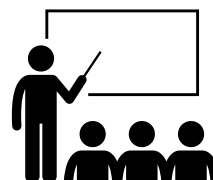
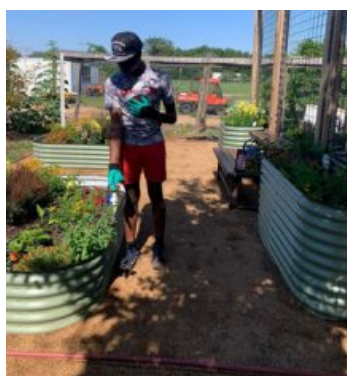
**95%**

of participants enjoyed gardening



**90%**

of participants increases fruit and vegetable intake



**100%**

of teachers plan to continue with programs next year

## SUMMARY

Through implementation of the three program series at five different sites, the overall goals of helping participants increase their consumption and access to fruits and vegetables, being more physically active, improving food security status, and preventing risk factors for chronic disease such as obesity, diabetes, and cardiovascular disease were successfully addressed, and the needs determined by the Lubbock County FCH/BLT were met with the target audience of Snap-ed benefit recipients, specially targeting youth.

## FUTURE PROGRAMMING

### Upcoming Programing 2024-2025:

- Idalou ISD
- New Deal ISD
- Roosevelt ISD
- Lubbock Homeschool Nature Group
- South Plains Foodbank Grub farm
- Carmona Harrison Elementary School
- Slaton ISD



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# Community Outreach



South Plains Fair  
Children's Barnyard



Hubcity Backpack Bash



Community Storytimes



Rocking Resource Fair

Helping. Understanding. Building Youth