

FAMILY & COMMUNITY HEALTH PROGRAMS
 OFFERED BY SARAH ELLIS MATRANGA
 KAUFMAN COUNTY EXTENSION AGENT

FREE PROGRAMS

PROGRAM NAME	AUDIENCE	FREQUENCY/DURATION
Be Well, Live Well	Adults 50+	5-week series
Choose Healthy	Intermediate - Jr. High	4-week series
Companion Planting	Adults	Single session
Decluttering Workshop	Adults	Single session
Get The Facts	Adults	4-week series
Healthy Carbohydrates	Adults	4-week series
Herb Gardening	Youth 13+ & Adults	Single session
Importance of Reading Food Labels	Youth 13+ & Adults	Single session
Master of Memory	Adults	3-week or 6-week series
Matter of Balance	Adults	6-week series
MyPlate – Colors of the Rainbow	Youth	Single session
MyPlate – Food Safety	Youth	Single session
Nutrition for Brain Health	Adults	Single session
Pest & Disease Management	Adults	Single session
Walk Across Texas	Youth & Adults	8-week program
Walk for Wellness	Adults	Weekly
Walk N Talk	Youth & Adults	4- or 8-week program



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THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION, GENDER IDENTITY, OR ANY OTHER CLASSIFICATION PROTECTED BY FEDERAL, STATE, OR LOCAL LAW. INDIVIDUALS WITH DISABILITIES WHO REQUIRE AUXILIARY AID, SERVICE OR ACCOMMODATION IN ORDER TO PARTICIPATE IN EXTENSION SPONSORED MEETINGS ARE ENCOURAGED TO CONTACT THE COUNTY EXTENSION OFFICE AT 469-376-4520 AT LEAST 2 WEEKS PRIOR TO PROGRAM TO DETERMINE HOW REASONABLE ACCOMMODATIONS CAN BE MADE.

DETAILS — FREE PROGRAMS

Be Well, Live Well — A five-week series targeting adults aged 50 and above, focusing on healthy living strategies and disease prevention.

Choose Healthy — A four-week series aimed at middle and junior high school-aged youth, focusing on healthy lifestyle choices.

Companion Planting — This program introduces participants to the principles and benefits of companion planting—the practice of growing compatible plants together to promote healthy growth. Participants will learn how plant relationships can improve soil quality, reduce pests naturally, attract beneficial insects, and increase garden productivity. The program provides practical examples and simple strategies that can be applied in home gardens, schools, or community growing spaces.

Decluttering Workshop — A session offering strategies for organizing and decluttering living spaces, contributing to mental well-being.

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.

Healthy Carbohydrates — A four-week series promoting a healthful eating pattern to prevent or delay diet related chronic diseases that includes building a healthy plate, carbohydrate counting, and active living.

Herb Gardening — A session introducing participants to the basics of growing herbs, promoting sustainable gardening practices.

Importance of Reading Food Labels — An educational session teaching participants how to interpret food labels for better nutritional choices.

Master of Memory — A 3-week or 6-week series that helps youth and adults understand how memory works & learning practical strategies to improve it. Topics covered: memory strategies, nutrition, medications & medical conditions.

Matter of Balance — A 6-week series designed to reduce the fear of falling and increase activity levels among older adults.

MyPlate – Colors of the Rainbow — A discussion of the five food groups, including examples of the foods found in each one.

MyPlate – Food Safety — Learning the FightBAC method.

Nutrition for Brain Health — This program explores how food choices support brain function, memory, and overall cognitive health. Participants will learn about key nutrients that nourish the brain, foods that may protect against cognitive decline, and simple dietary strategies to support focus, mood, and lifelong brain health.

Pest & Disease Management — This program introduces participants to effective strategies for identifying, preventing, and managing common pests and plant diseases for the North Region. Emphasis is placed on integrated pest management practices, including physical and environmentally responsible control methods.

Walk Across Texas — A community-based program delivered online for adults and youth that encourages regular physical activity. Teams track their physical activity as they virtually travel across Texas.

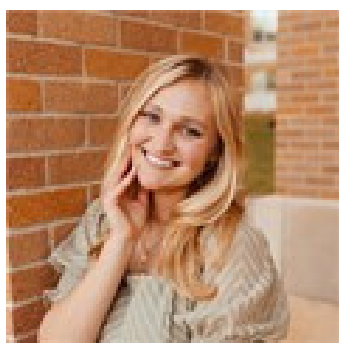
Walk for Wellness — A weekly group walk designed to encourage mental well-being, physical activity, and social connection.

Walk N Talk — A 4- or 8-week program consisting of 30 minutes of physical activity and 30 minutes of discussion about a specific fruit or vegetable.

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FEE-BASED (\$) PROGRAMS

PROGRAM NAME	AUDIENCE	FREQUENCY/DURATION
Air Fryer 101	Youth 16+ & Adults	Single session
Baking with Sarah	Youth & Adults	Single session
Container Gardening Series	Youth & Adults	4-week series
Cooking For One or Two	Youth 16+ & Adults	Single session
Cooking Well Classes (multiple topics)	Adults	Variable
Do Well, Be Well with Diabetes	Adults	5-week series
Do Well, Be Well with Hypertension	Adults	5-week series
Fall Vegetable Workshop	Adults	Seasonal
Growing & Nourishing Healthy Communities	Adults	6-week series
Homestead Kitchen	Adults	Single session
Instant Pot/Pressure Cooking 101	Adults	Single session
Kids Food Camp	Youth	Summer only
Learn, Grow, Eat, & Go *Early Childhood	Elementary	4-week multi-day series
Learn, Grow, Eat, & Go *Youth	Youth	10-week series multi-day series
Mocktails & Mingle	Adults	Single session
Mother & Daughter Night Out – Baking	Youth & Adults	Single session
MyPlate Charcuterie Board	Youth 13+ & Adults	Single session
Preserving the Harvest (Canning)	Adults	Seasonal
Sourdough Starter Workshop	Adults	Seasonal
SPRING into Gardening – Pottery Painting	Youth 13+ & Adults	Seasonal
Turning Milk into Butter	Adults	Seasonal



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DETAILS — FEE-BASED (\$) PROGRAMS

Air Fryer 101 — Explore the air fryer trend with meal planning, recipes, tips, and samples for a healthy “not fried” meal.

Baking with Sarah — Gain confidence in the kitchen while learning valuable life skills through fun, hands-on baking. Taste test your treats and take home recipes to try again.

Container Gardening Series — A four-week series teaching participants how to grow plants in containers, suitable for small spaces.

Cooking for One or Two — Get pointers to improve your skills in planning home cooked meals, shopping, and storing leftovers for smaller portions to increase the likelihood of eating healthy meals at home. Create less food waste and help with the food budget. Recipes, tips, and samples.

Cooking Well Classes (multiple topics) — Classes focusing on cooking techniques and nutrition, covering topics like diabetes management and hypertension.

Do Well, Be Well with Diabetes — A five-week series that helps people with Type 2 diabetes learn how to manage their blood glucose through basic nutrition and self-care management.

Do Well, Be Well with Hypertension — Learn how to manage high blood pressure through the Dietary Approaches to Stop Hypertension (DASH). This five-week series will help you understand the basics of healthy eating patterns so you can make changes to the foods you eat to help lower your blood pressure.

Fall Vegetable Workshop — A workshop focusing on planting and caring for fall vegetables, promoting seasonal gardening.

Growing & Nourishing Healthy Communities — A 6-week series focusing on community health and wellness, providing participants with tools to create healthier environments.

Homestead Kitchen — This program offers hands-on classes that teach practical skills for self-sufficient living. Participants will learn topics such as gardening, different methods of food preservation, utilizing items in various ways, sustainability practices, and home-based skills that support a resilient lifestyle.

Instant Pot/Pressure Cooking 101 — Gain confidence in the Instant Pot/electric pressure cooker with this hands-on workshop. Lots of recipes, tips, and samples!

Kids Food Camp — A summer program designed to teach children about nutrition and cooking in a fun, engaging environment.

Learn, Grow, Eat, & Go *Early Development — This 4-week multi-session series for early childhood and kindergarten-aged children is easy to implement and combines plant and garden learning, food exposure, and brain- and body-boosting physical activities.

Learn, Grow, Eat, & Go *Youth — A program for youth, integrating gardening, nutrition education, and physical activity. 12-week minimum (four days a week).

Mocktails & Mingle — A social event offering non-alcoholic beverages, promoting healthy social interactions.

Mother & Daughter Night Out – Baking — A program for youth, integrating gardening, nutrition education, and physical activity.

MyPlate Charcuterie Board — A session combining nutrition education with hands-on experience in creating balanced charcuterie boards.

Preserving the Harvest (Canning) — Workshops focusing on safe food preservation techniques, including canning methods.

Sourdough Starter Workshop — Hands-on workshops teaching participants how to create and maintain sourdough starters for baking.

SPRING into Gardening – Pottery Painting — A seasonal event combining gardening education with creative pottery painting activities.

Turning Milk into Butter — A workshop demonstrating the process of making butter from milk, promoting dairy education.

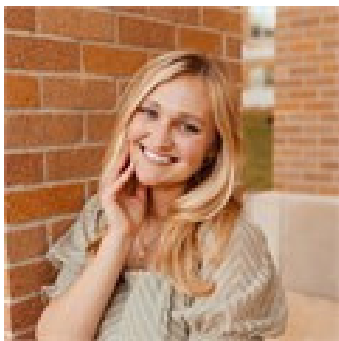
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YOUTH-ORIENTED PROGRAMS

***CLASS CAN BE PRESENTED BY CEA OR YOUR STAFF CAN BE TRAINED
(AS PROFESSIONAL DEVELOPMENT HOURS)**

PROGRAM NAME	AUDIENCE	FREQUENCY/DURATION
Air Fryer 101	High School only	Single session
Baking with Sarah	Jr. High & High School	Single session
Choose Healthy*	All ages	4-week series
Color Me Healthy*	Elementary	9-week series
Container Gardening Series	All ages	Single session or 4-week series
Cooking For One or Two	High School only	Single session
Kids Food Camp	All ages	Summer only
Learn, Grow, Eat, & Go*	Jr. High & High School	10-week multi-day series
Learn, Grow, Eat, & Go Early Childhood*	Elementary	4-week multi-day series
Mother & Daughter Night Out – Baking	All ages	Single session
My Plate Colors of the Rainbow (Fruits & Veggies)	All ages	Single session
My Plate Food Safety	All ages	Single session
Walk Across Texas*	All ages	8-week series
Walk N Talk*	All ages	4-week or 8-week series
SINGLE EDUCATION SESSIONS (MULTIPLE TOPICS)	ALL AGES	SINGLE SESSION

Want your campus to become a state-wide
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DETAILS — YOUTH-ORIENTED PROGRAMS

Air Fryer 101 — Explore the air fryer trend with meal planning, recipes, tips, and samples for a healthy “not fried” meal.

Baking with Sarah — Gain confidence in the kitchen while learning valuable life skills through fun, hands-on baking. Taste test your treats and take home recipes to try again.

Choose Healthy — A four-week series aimed at middle and junior high school-aged youth, focusing on healthy lifestyle choices.

Color Me Healthy — This 9-session series for early childhood aged children uses music, color, and exploration of the senses to learn about nutritious foods and physical activity. * · Developed by North Carolina State Cooperative Extension and North Carolina Division of Public Health.

Container Gardening Series — A four-week series teaching participants how to grow plants in containers, suitable for small spaces.

Cooking for One or Two — Get pointers to improve your skills in planning home cooked meals, shopping, and storing leftovers for smaller portions to increase the likelihood of eating healthy meals at home. Create less food waste and help with the food budget. Recipes, tips, and samples.

Kids Food Camp — A summer program designed to teach children about nutrition and cooking in a fun, engaging environment.

Learn, Grow, Eat, & Go — This 10-week multi-session series developed for elementary-aged youth includes gardening and other fun activities that reinforce making healthy lifestyle choices, increasing fruit and vegetable intake, and daily physical activity. Aligns with elementary grade TEKS standards.

Learn, Grow, Eat, & Go Early Development — This 4-week multi-session series for early childhood and kindergarten-aged children is easy to implement and combines plant and garden learning, food exposure, and brain- and body-boosting physical activities.

Mother & Daughter Night Out – Baking — A program for all ages, integrating gardening, nutrition education, and physical activity.

My Plate Colors of the Rainbow — A discussion of the five food groups, including examples of the foods found in each one.

My Plate Food Safety — Learning the FightBAC method.

Walk Across Texas — A community-based program delivered online for youth of all ages that encourages regular physical activity. Teams track their physical activity as they virtually travel across Texas.

Walk N Talk — A 4- or 8-week program consisting of 30 minutes of physical activity and 30 minutes of discussion about a specific fruit or vegetable.

SINGLE EDUCATIONAL SESSIONS - ONE TIME SESSION ON ANY NUTRITION, GARDENING, OR PHYSICAL ACTIVITY. TOPICS INCLUDE: COLLEGE 101, ADDED SUGARS, HYDRATION, & MORE! ASK AGENT FOR SPECIFIC DETAILS