



HEALTHY SOUTH TEXAS

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Healthy South Texas, this program is a novel effort to reduce the highest impact diseases and their consequences throughout a 27-county region.





HEALTHY SOUTH TEXAS

Why South Texas?

Our state's border region poses critical health challenges. Rising obesity, emerging infectious diseases, high uninsured rates and limited access to health care all contribute to a less-than-desirable quality of life for many South Texans. Healthy South Texas extends solutions to meet underserved health needs in these communities. As a result, families will get to enjoy healthier, longer lives for generations to come.

Fostering Health through all stages of life.



HEALTHY SOUTH TEXAS

FOOD SAFETY EDUCATION

FOOD PROTECTION MANAGEMENT

Food Manager **2-Day** Certification Training. **\$125.00.** or **1-Day** Refresher Course & Certification **\$115.00**

Texas A&M AgriLife Extension Service Food Manager Certification Program will teach managers about: Food Safety and Sanitation, Food Flow and HACCP, and Managing the Operation.



FOOD HANDLERS CLASS

Required for all food service employees in the State of Texas. Accredited by the Texas Department of State Health Services. 2 Hour class covering Food Safety Practices, Cross Contamination, Time and Temperature Abuse and Personal Hygiene. **COST \$20.00**



HEALTHY SOUTH TEXAS

PHYSICAL ACTIVITY

Walk Across Texas!

Is a **FREE eight-week** program designed to help Texan establish the habit of regular physical activity. Since 1996, thousands of Texans have participated in Walk Across Texas!



Maintain No Gain.

Maintain No Gain provides motivational tools, healthy recipes, and fitness tips to help you control your weight over the holiday season, a **6-week** period when the average American gains extra pounds.



Exercise



Scale



Weekly Health Log Sheet



Healthy Recipes



HEALTHY SOUTH TEXAS

FOOD AND NUTRITION

On the Road to Healthy Living Mobile Cooking School

This program was created so anyone, no matter location or income can learn to prepare healthy food and make smart grocery and food prep decisions. The program is based on on-site, hands-on activities involving participants in meal preparation. **3 Sessions**



Cooking With Friends.

The goal of the program is to provide at least five freezer ready main dishes for families assisting then in better healthy meal planning, cost effective recipes, family meal time, and equipping them with basic cooking principles and techniques. **4 Sessions**



DINNER TONIGHT

The vision for Dinner Tonight Healthy Cooking School is to create a high-visibility event that is fun and informative for participants. The basic framework for the event is: Demonstration Content, Social Event and Guest Chefs. **One time event**



HEALTHY SOUTH TEXAS

HEALTH

Health Talk Express

Health Talk Express are 30 minutes health presentations using a persuasive public speaking approach that empowers the audience to take action. Offers an a la carte menu of talks categorized according to health subject area. Topics



ASTHMA AND ALLERGIES

This 60 minute lesson is designed to provide an overview of Asthma in Children Highlights of the lesson include Asthma triggers, Asthma's toll on Kids, and the cost of Asthma. Pay attention and know what triggers your asthma.



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DIABETES

Cooking Well With Diabetes.

Cooking well with diabetes is designed help not only the person with diabetes, but also anyone who prepares food for those with diabetes.

4 Sessions

Cooking Well for Healthy Blood Pressure.

This program is designed to help not only the person with hypertension, but anyone who prepares food for those with hypertension. Topics: 1. Dashing Your Way to Improved Health, 2. A Virtual Grocery Store Tour and 3. Spices and Herbs. **3 Sessions**

