



BETTER LIVING
FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

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Texas A&M AgriLife Extension Service



A FRESH START TO A HEALTHIER YOU!

4-week research-based lessons that integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management.

GET THE FACTS

This 4-part series will help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis on sodium, fats, added sugars, and portion size.



BE WELL, LIVE WELL

A 5 session program on healthy aging. Engage in a healthy lifestyle with nutrition education and physical activity.





WALK ACROSS TEXAS / WALK N TALK

Adult and Youth Programs Available Online

An eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal to make their way across the state of Texas.

The *Walk N Talk* program follows the physical activity concept of *Walk Across Texas* with added nutrition weekly sessions. Rethink Your Drink and Fruit & Vegetables 8-weeks.

COLOR ME HEALTHY

Fun, innovative, interactive learning opportunities on physical activity and healthy eating for **preschoolers**.
Nine-session series



CHOOSE HEALTHY

A four-session series geared toward **middle school aged children**. MyPlate food groups; physical activity (energy balance); making healthy food choices; choosing healthy drinks.



GROWING AND NOURISHING HEALTHY COMMUNITIES

The Growing and Nourishing Healthy Communities Garden Course, helps increase the availability of fresh produce through teaching participants how to grow fruits and vegetables in community and backyard gardens.

LEARN, GROW, EAT, GO!

LGEG grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.



Better Living for Texans - Cameron County

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USDA is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental
Nutrition Assistance Program — SNAP.