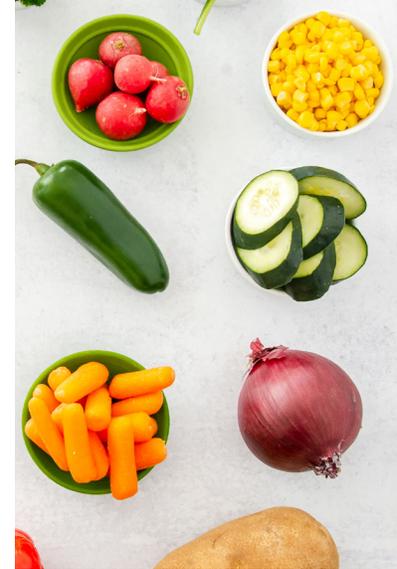


# TEXAS A&M AGRI LIFE EXTENSION

## BETTER LIVING FOR TEXANS YOUTH 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!**

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[betterlivingfortexans](#)

**Instagram & Twitter**

[@bettertextans](#)

**Website**

[blt.tamu.edu](#)

**Email**

[blt@ag.tamu.edu](mailto:blt@ag.tamu.edu)



**NUTRITION PROGRAMS**  
**STEPS TO HEALTH 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.

**CHOOSE HEALTHY**

- This 4-session series (optional 5th session) for middle-school aged youth encourages making healthier choices from the MyPlate food groups, choosing healthy drinks, and being more physically active.

**NUTRITION/PHYSICAL ACTIVITY PROGRAM**  
**BALANCING FOOD & PLAY**

- This 4-week multi-session series developed for elementary-aged youth reinforces the importance of daily physical activity, limiting screen time, eating more fruits and vegetables, and drinking more milk and water. Aligns with 3rd-5th grade TEKS standards. \*

**PHYSICAL ACTIVITY PROGRAMS**  
**WALK ACROSS TEXAS YOUTH (WAT YOUTH)**

- This 8-week program encourages youth to track mileage and work together towards the goal of 832 miles.
- WAT YOUTH can be a fun opportunity for student vs. teacher competitions to see who makes it “across Texas” first!

*\*Includes effective parent engagement activities and resources.*



**WALK N TALK**

- Similar to WAT YOUTH, this 8-week 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.
  - **Rethink Your Drink!:** focuses on staying hydrated and reducing the intake of sugar sweetened beverages.

**GARDENING PROGRAMS**  
**EARLY CHILDHOOD**  
**LEARN, GROW, EAT & GO!**

- 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!**

- This 10-week multi-session series developed for elementary-aged youth includes gardening and other fun activities that reinforces making healthy lifestyle choices, increasing fruit and vegetable intake, and daily physical activity. Aligns with elementary grade TEKS standards. \*



**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.