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BETTER LIVING
FOR TEXANS

ADULT PROGRAMS

TEXAS A&M
AGRILIFE
EXTENSION

CREATING
OPPORTUNITY,
CHANGING LIVES

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

ABOUT BLT

WE PROVIDE RESEARCH AND EVIDENCE-BASED NUTRITION, HEALTH AND WELLNESS KNOWLEDGE TO EMPOWER INDIVIDUALS, FAMILIES, AND COMMUNITIES TO MAKE POSITIVE CHANGES FOR HEALTHIER LIVES

WALK ACROSS TEXAS! (WAT!)

- This 8-week program encourages increased physical activity. Within teams and leagues, participants track their mileage aiming for a team goal of 832 total miles.
- WAT! is a fun, health-promoting competition for a work place, community, or anywhere where teams can be formed

WALK N TALK

- This program is set up like WAT! but includes nutrition messages.
- There are two version of this series:
 - Rethink Your Drink - focuses on staying hydrated and reducing sugar sweetened beverage intake.
 - Fruit & Vegetable - each week participants learn about a different fruit or vegetable.



IN-PERSON AND VIRTUAL DELIVERY OPTIONS AVAILABLE FOR ALL PROGRAMS

EACH PROGRAM USES SURVEYS TO COLLECT IMPACT DATA.

IN-PERSON PROGRAM SESSIONS ARE APPROXIMATELY 45-60 MINUTES IN LENGTH.

GARDENING

GROWING AND NOURISHING HEALTHY COMMUNITIES - GARDEN COURSE

- This 6-session series teaches participants how to grow fruits and vegetables, thus improving their access to fresh produce.
- Participant survey data:
 - 20% of participants reported an increase of vegetables available in their home.
 - Over 8,000 pounds of produce harvested in one year.

OTHER SINGLE SESSION/ TOPIC PROGRAMS AVAILABLE

A FRESH START TO A HEALTHIER YOU!

- This 4-session series promotes healthy living by teaching about balanced/nutritious meals and snacks, food safety, saving money on food, and daily physical activity.
- Participant survey data shows:
 - 15% increase in eating fruits and vegetables.
 - An increase in planning meals, using a grocery list, and comparing prices while grocery shopping.

A FRESH START TO A HEALTHIER YOU! ONLINE

- In the online version of this series, participants can view the sessions on any device with internet connection.
- This series consists of 4 short sessions that participants can take at any time that works best for them!

BE WELL, LIVE WELL

- This 5-session series promotes healthy aging for adults over age 50.
- Participant survey data revealed:
 - 15% increase in fruit/vegetable intake.
 - 15% increase in the average number of days participants were physically active for at least 30 minutes/day.

GET THE FACTS

- This 4-session series helps participants learn how to use the Nutrition Facts panel to make healthy food choices.
- The sessions provide a better understanding of sodium, fats, added sugars, and portion size.

HEALTHY CARBOHYDRATES

- This 4-session series focuses on healthy types and portions of carbohydrates to help reduce chronic disease risk.
- Through engaging activities, participants learn about creating a healthy plate, carbohydrate counting, and physical activity.

NUTRITION

PHYSICAL ACTIVITY