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BETTER LIVING
FOR TEXANS

YOUTH
PROGRAMS

TEXAS A&M
AGRI LIFE
EXTENSION

CREATING
OPPORTUNITY,
CHANGING LIVES

LEARN, GROW, EAT & GO!
GREGG COUNTY

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!)

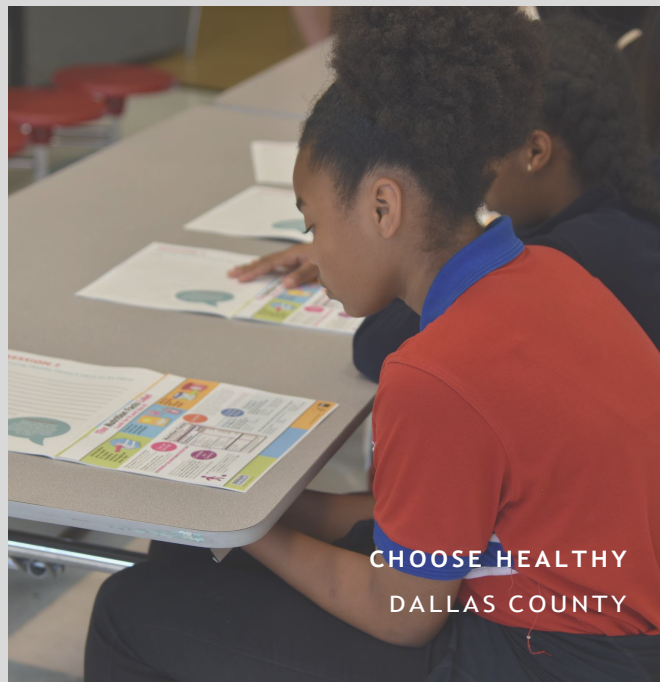
- This 8-week program encourages increased physical activity.
- Students track mileage and work together towards the goal of 832 miles. This can be a fun opportunity for student vs. teacher competitions to see who makes it "across Texas" first!

WALK N TALK

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

BALANCING FOOD & PLAY

- A 4-week series developed for 3rd graders.
- This program reinforces the importance of daily physical activity, limiting screen time, promotes daily fruit and vegetable intake, and encourages milk and water consumption.
 - 24% of students increased time being spent physically active
 - 15% increase in students who reported 2 or less hours of daily screen time
- Aligns with 3rd grade TEKS standards



**IN-PERSON AND VIRTUAL DELIVERY OPTIONS
AVAILABLE FOR ALL PROGRAMS
EACH PROGRAM USES SURVEYS
TO COLLECT IMPACT DATA.
ALL PROGRAM SESSIONS ARE APPROXIMATELY
45-60 MINUTES IN LENGTH.**



NUTRITION

CHOOSE HEALTHY

- An interactive four-session series geared toward middle-school aged students.
- Sessions motivate students to make healthier choices in regard to food, drink, and physical activity.

COLOR ME HEALTHY

- A nine session series for preschool aged children.
- Through music, color, and exploration of the senses, children learn that nutritious foods and physical activity are fun!
- Developed by North Carolina Cooperative Extension and North Carolina Division of Public Health
 - 78% of teachers perceived that the children were willing to try new fruits and vegetables
 - 92% of teachers saw an increased physical activity among children
 - 93% of teachers report that children have increased knowledge of healthy eating

GARDENING

LEARN, GROW, EAT & GO!

- A 10-session series developed for 3rd graders.
- Through gardening and other fun activities students learn how to make healthy lifestyle choices like how to increase fruit and vegetable intake and daily physical activity. Pre- and post-survey data revealed:
 - Increases in student preference for all the vegetables featured in the program.
 - 9.5% increase in students' hard physical activity
- Aligns with 3rd grade TEKS standards

OTHER SINGLE SESSION/TOPIC PROGRAMS AVAILABLE

PHYSICAL ACTIVITY