

THE BETTER LIVING DIARIES

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*Hi there,
I'm Amber.*

*I am a farmer's wife,
mother, foodie, and an
extension agent!*

*Better Living for Texans program provides
research and evidence-based nutrition,
health and wellness knowledge to empower
individuals, families, and communities to
make positive changes for healthier lives*

TEXAS A&M
AGRI LIFE
EXTENSION

Amber Bozeman, Extension Agent
Better Living for Texans
Lubbock County



Watermelon Salsa



What's new

*Learn, Grow, Eat, Go in partnership
with Cultivate, Cook, Create at the
South Plains Foodbank Grub Farm*

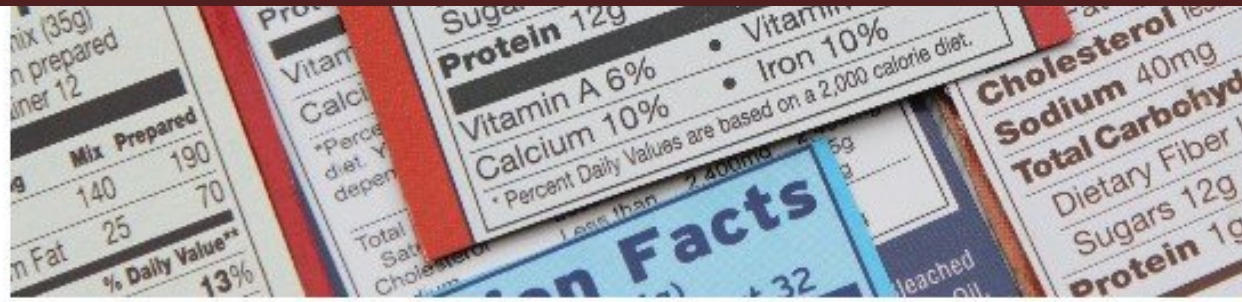


*Growing and
Nourishing Healthy
Communities*



Growing and Nourishing Healthy Communities in partnership with Lubbock Senior Center, Copper Rawlings Community Center, Mae Simmons Senior Center, and Maggie Trejo Community Center!

Get the Facts!



GET THE FACTS

Better Living for Texans

Understanding food labels including serving sizes and ingredients, can be overwhelming but there's good news! *Texas A&M AgriLife Extension, Better Living for Texans*, has a program that will guide adults and takes the confusion out of understanding food labels by simply *Get[ting] the Facts*. *Get the Facts* is a four-session series where participants learn how to read the Nutrition Facts Label. The series emphasizes having an awareness and understanding of sodium, fats, added sugars, and portion sizes. This will help you, the consumer, to make decisions based on your health and lifestyle needs and the needs of your family.

