

THE BETTER LIVING DIARIES

July 2023- issue 7

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

Spinach Quesadillas

2 whole wheat tortillas
1/4 cup sautéed spinach
1/8 cup reduced fat cheese
1 tablespoon 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!

Welcome Ashley to the Team!



Hello! My name is Ashley Eastling and I am a student at Texas Tech with a major in animal science. I enjoy working with animals and my career goal is to become a veterinarian. I am interested in agriculture and health sciences which is why I am very excited to be working with AgriLife. I hope that through this internship, I am able to help my community and assist in providing nutrition information to those in need. I am immensely thankful to be a part of the AgriLife team!