



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 **UHFHLYH RU DUH HOLJLEOH**. 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

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Website
[blt.tamu.edu](#)

Email
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 4 to 12-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 7 H [D V 4 U V W

**Includes effective parent engagement activities and resources.*



WALK N TALK

- Similar to WAT YOUTH, this program meets weekly to discuss one of the following nutrition topics...
 - **Fruit & Vegetable:** to encourage increasing FRQVXPSWLRQ HDFK ZHHN D GL•HU vegetable is introduced (4 or 8-week series)
 - **Rethink Your Drink!:** focuses on staying hydrated and reducing the intake of sugar sweetened beverages (8-week series).

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.
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