

# TEXAS A&M AGRI LIFE EXTENSION

**BETTER LIVING FOR TEXANS**

MONTHLY REPORT

APRIL 2018

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BETTER LIVING FOR TEXANS MONTHLY UPDATE (APRIL 2018)

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**Featured activities:** Mason County's BLT team kicked off their Walk Across Texas (WAT) Event with a Color Fun Run. The WAT event followed the completion of the Learn, Grow, Eat, & GO! (aka LGEG) program by 3<sup>rd</sup> graders at Mason Elementary School. WAT included all grades of students as well as parent and community teams and totaled over over 500 participants! LGEG and WAT were organized and put on by Master Wellness Volunteers, Chel Terrell and Rebecca Burns, and Texas A&M AgriLife Extension staff members, Micah Walker, Shanta Kuhl, and Sheree Hardin.

Additional program highlights included County Commissioner Setphen Mutschink and Mason Elementary School Counselor, Julie Armstrong, making smoothies by using a bicycle blender.



**Contacts:** Better Living for Texans had 19,709 educational session contacts in April and participated in over 19,000 educational events. Our educators dedicated over 28,000 hours to teaching on various nutrition, gardening, and physical activity concepts.

The gender breakdown of BLT participants was: 62% were female and 38% were male. The racial breakdown of BLT attendees for the month was: 40% White; 14% Black; a combined 2% Asian or American Indian; with 44% identified as Hispanic.

**Informational items:** The monthly Better Living for Texans State Office newsletter (English & Spanish) featured an article explaining that healthy foods can be purchased at prices comparable to junk foods, despite rumors that healthier foods are much more expensive. In addition, the newsletter featured a recipe for broccoli rice casserole, an excellent meal option for those looking to use leftovers stored in the refrigerator or freezer.

Over 1,400 newsletters were distributed in April. Note: Some counties distribute a county specific newsletter in lieu of, or in addition to, the BLT State Office Newsletter.