

TEXAS A&M AGRI LIFE EXTENSION

BETTER LIVING FOR TEXANS

MONTHLY REPORT

MAY 2018



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Featured activities: Better Living for Texans impacts families and communities in many ways, which includes teaching adults and youth a variety of nutrition concepts. One such example is found in Burnet County where Texas A&M AgriLife Extension Family and Community Health Agent, Linda Wells, and Master Wellness Volunteer, Val Klaudt, work with Bertram Elementary School students to create a garden on school grounds.

Students are growing a variety of produce, including squash, lettuce, tomatoes and other fruits. The children's involvement in the growing process, from planting the seeds to harvesting the produce, encourages them to become ambassadors for healthy eating in their homes and in their community.

Pictured below (center) are Linda, Val (kneeling), and Barbara Brown, Better Living for Texans Regional Program Manager-West Region.



Contacts: Better Living for Texans had 26,484 educational session contacts in May and participated in over 20,000 educational events. Our educators dedicated over 53,000 hours to teaching on various nutrition, gardening, and physical activity concepts.

The gender breakdown of BLT participants was: 57% were female and 43% were male. The racial breakdown of BLT attendees for the month was: 45% White; 7% Black; a combined 1% Asian or American Indian; with 47% identified as Hispanic.

Informational items: The monthly Better Living for Texans State Office newsletter (English & Spanish) featured an article on Cheese. The article discussed the four primary types of cheeses, nutritional values of cheese, as well as storing and cooking suggestions. In addition, the newsletter featured a recipe for cheese and corn chowder.

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