

# TEXAS A&M AGRI LIFE EXTENSION

**BETTER LIVING FOR TEXANS**

MONTHLY REPORT

JUNE 2018

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FOR MORE INFORMATION, CONTACT:

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BETTER LIVING FOR TEXANS MONTHLY UPDATE (JUNE 2018)

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**Featured activities:** The Better Living for Texans (BLT) team in Zapata County recently received a donation of \$2,000 from the Medina Electric Cooperative (MEC) for the Growing and Nourishing Healthy Communities (GNHC) program. The donation will be used to build a community garden on county property near the Boys and Girls Club.

Pictured from left to right are: Oscar Reyes with MEC, Jesse Rodriguez (Zapata County Extension Agent for Agriculture and Natural Resources), Amanda Villarreal (Zapata County BLT Nutrition Education Assistant), Sammy Luera (Zapata County Extension Agent for Family and Community Health), and Eduardo Chapa with MEC.



**Contacts:** Better Living for Texans had 28,783 educational session contacts in June and participated in nearly 7,000 educational events. Our educators dedicated over 8,000 hours to teaching on various nutrition, gardening, and physical activity concepts.

The gender breakdown of BLT participants was: 73% were female and 27% were male. The racial breakdown of BLT attendees for the month was: 39% White; 14% Black; a combined 1% Asian or American Indian; with 46% 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 June. Note: Some counties distribute a county specific newsletter in lieu of, or in addition to, the BLT State Office Newsletter.