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Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Travis County – SNAP ED Nutrition Education Programs





Table of Contents

What is Better Living For Texans (BLT)?	3
Why is it Important?	4
Does BLT Work?	5
BLT Target Audiences	6
BLT Subject Matter	7
BLT Options	8-9
One Session Classes	10



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One Session Classes

BLT offers a variety of single session classes. These classes promote the well-being of each participant.

Check these out:

A Healthy Harvest: Safe Handling of Fresh Foods and Vegetables

Cooking Foods Safely Outdoors

Cooking is a Matter of Degrees

Cooking with Herbs and Spices

Color Your Child's Plate with Fruit and Vegetables

Dinner Time Dilemmas

Feeding Your Family When Disaster Strikes

Food Safety When Pregnant

Going Green with Organic Foods

Hydration: Water, The Beverage of Life

Keeping Your Baby Safe

Nutrition and the School Age Child: Nurturing Your Child with Love

Packing a Safe Lunch for School

Phyte Good Health with Vegetables

Shopping Your Way to Safe Food

Snack Smart

Start Your Day a Better Way...With Breakfast

What's missing from your pantry? Nutrition Lacking in Older Adults

Understanding Dates on Food Labels

What is BLT?



Better Living for Texans (BLT) is a program in partnership with:

- ◆ Texas AgriLife Extension Service
- ◆ Texas Health and Human Services Commission (THHSC)
- ◆ Southwest Regional Office of the United States
- ◆ Department of Agriculture (USDA)

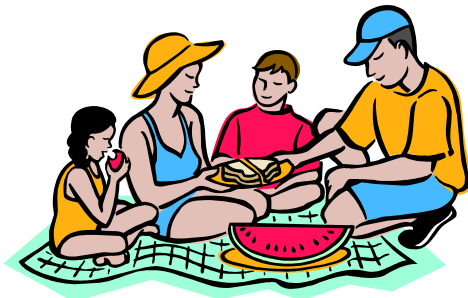
BLT provides nutrition education to assist limited resource individuals and families acquire the knowledge to adopt eating and lifestyle behaviors that are consistent with Dietary Guidelines for Americans and the new Food Guidance System, "MyPlate."





Why is BLT Important?

- ◆ Children and adults in poverty are less likely to receive preventative healthcare and are at higher risk for disease.
- ◆ Low income working families may have difficulty purchasing a nutritious diet and meeting nutritious diet and meeting all of their other basic monthly expenses.
- ◆ Free nutrition education and better eating habits may lead to improved health as more people over 65 years of age live in poverty.
- ◆ In 2011, 15% of the state’s population received SNAP benefits. BLT teaches clients to make the most of their food dollars.



BLT Series

Three Easy Bites That Won't Weigh You Down

Lesson 1: Start with Breakfast

Lesson 2: Snack Right

Lesson 3: Choose **“MyPlate”**



“MyPlate” Food Group Lesson

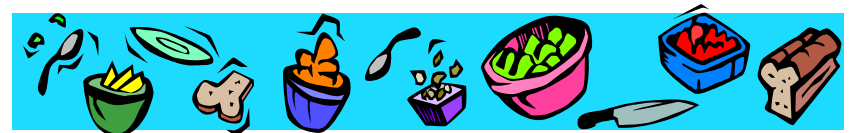
Lesson 1: Add more vegetables to your day

Lesson 2: Focus on fruits

Lesson 3: Make half your grains whole

Lesson 4: With protein foods, variety is key

Lesson 5: Get your calcium-rich foods





BLT Series

BLT offers classes taught in a series to give participants the information necessary to effectively make necessary changes in their households. Graduates receive a wealth of knowledge to help themselves and their families.

Back to Basics

Lesson 1: Reduce your stress through meal planning and physical activity

Lesson 2: Spending less and getting more at the grocery store

Lesson 3: Keeping your food safe

Get the Facts

Lesson 1: Sodium

Lesson 2: Fat

Lesson 3: Serving sizes



Does BLT Work?

YES! BLT Works!! Last year 1,689,095 Texans were reached through educational sessions, newsletters and fact sheets.



What about Travis County?

- ◆ In Travis County, 406 BLT programs were conducted.
- ◆ 11,918 clientele participated in BLT programs.
- ◆ 64% indicated they had never attended a nutrition class
- ◆ 89% reported using the Nutrition Facts Label, a 53% increase over pretest results.
- ◆ 59% reported time-saving behaviors, an 18% increase.

A Message From One Of Our Participants

"I buy more fresh products that are already made. I try to compare brands by reading the labels and getting the one that is the healthiest and by me doing this I have been able to lose 10 pounds." - Bentura A.

Where Can You Find Us?

Austin Schools

WIC Centers

Career Centers

Housing Authorities

Churches

Apartment Complexes

Community Centers

Senior Sites



BLT Target Audience

The primary audiences of BLT are adult Supplemental Nutrition Assistance Program eligible participants as well as other limited resource families. Within this population there are numerous audiences that can be reached, such as:

- ◆ Parents of young children
- ◆ Pregnant teens
- ◆ Senior citizens
- ◆ Unemployed Adults
- ◆ Family Food gatekeepers
- ◆ Youth of limited resource families



BLT Subject Matter

Education classes include:

- ◆ Food Safety
- ◆ Healthy Food Samples
- ◆ Hands on Activities
- ◆ Health
- ◆ Dietary Guidelines and “MyPlate” for planning daily food choices
- ◆ Healthy food preparation to enhance nutrition
- ◆ Knowledge and practice in meal planning
- ◆ Basic budgeting to extend food dollars

