

## Mission

To improve the lives of people, businesses, and communities across Texas and beyond through high quality, relevant education.

## Educational Programs

If you are interested in a program for your organization, community or business, please contact the Extension office. Time and length of presentations and delivery method depends on availability of resources and personnel schedules.

Persons with disabilities who plan to attend a meeting and who may need auxiliary aids or services are encouraged to contact the Texas A&M AgriLife Extension Service—Travis County at 512.854.9600 ten working days prior to the meeting so appropriate arrangements can be made.

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Educational programs of the Texas A&M AgriLife Extension Service and the Prairie View A&M University Cooperative Extension Program are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



## Making a Difference

in

## TRAVIS COUNTY

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**PRAIRIE VIEW  
A&M UNIVERSITY**  
COLLEGE OF AGRICULTURE  
AND HUMAN SCIENCES

Cooperative Extension Program

*Addressing 21<sup>st</sup> Century issues requires research-based, professional expertise.*

*The Texas A&M AgriLife Extension Service and the Prairie View A&M University Cooperative Extension Program leverage a partnership between federal, state and county governments to extend the research-based knowledge of our land grant universities. Extension is uniquely able to deliver educational programs in the areas of agriculture, horticulture, youth and adult life skills, volunteerism and leadership, and community economic development to the citizens of Travis County.*

*Read on to learn more about some of the programs and opportunities available. . .*

## Strengthening Families

*Educational programs help families by teaching nutrition, food preparation and preservation skills, parenting techniques, financial management, and health care strategies through...*

- Financial Literacy Education classes
- Financial Literacy Volunteer training program
- Texas Extension Education Association Clubs - provide members with opportunities for education, leadership, and community service
- Parenting and Child Development programs
- *Walk Across Texas* - eight-week physical activity challenge
- *Cooking with Diabetes* one-day workshops
- Master Wellness Volunteer training program
- Chronic Disease Management programs on topics like – diabetes, cholesterol, childhood obesity prevention and hypertension
- Food Safety and Food Preservation programs
- Master Food Preservation Volunteer training program
- *Dinner Tonight* - quick and healthy online dinner ideas, [dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)

## Contacts:

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## Better Living for Texans-SNAP Ed Program

- *Back to Basics*: 3 lessons on meal planning, food safety and food buying
- *Get the Facts*: 3 lessons on understanding the Nutrition Facts label

## Contacts:

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Lucy Estrada - [lgestrada@ag.tamu.edu](mailto:lgestrada@ag.tamu.edu)

## Adult Nutrition Education series for Economically Disadvantaged (EFNEP)

- *Healthy Food, Healthy Families*: lesson series for parents of young children on family nutritional practices, family diets, and physical activity

## Contact:

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## Supporting Agriculture

*Research and educational programs help individuals, farmers and ranchers improve productivity through...*

- Urban farming – backyard poultry, bee-keeping, small scale production of food crops
- Small acreage management – advice on usage of property 40 acres or less in size
- Large acreage farming and ranch management
- Continuing education units (CEUs) for private applicator licensing
- Training to obtain a private pesticide applicator's license

### Contacts:

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## Enhancing Horticulture

*Educational programs help homeowners incorporate research-based landscaping and gardening principles through...*

- Master Gardener Volunteer training program
- Gardening and Horticulture assistance hotline
- Monthly horticulture seminars at various locations
- Speakers available for gardening and civic clubs



- Topical programs in continuing education for commercial green industry professionals
- Information about youth gardening

### Contact:

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## Protecting Our Environment

*Educational programs teach landowners and homeowners how to use natural resources wisely and protect the environment through...*

- Courses to obtain Private Pesticide Applicators License
- Integrated Pest Management – programs teaching techniques to avoid pest problems and reduce pesticide usage
- Continuing education units (CEUs) for pest management professionals
- Programming regarding water conservation and water quality
- Entomology – information on biology and identification of insects and relatives
- Wildlife Management – information on urban and rural wildlife control

### Contacts:

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## 4-H and Youth Development

*4-H is a community of young people across America who are learning leadership, citizenship and life skills. Youth have an opportunity to...*

- Interact with others
- Acquire leadership and life skills
- Participate in community service and citizenship activities
- Explore interest-based projects

*Examples: Leadership, Robotics, Livestock, Photography, Nutrition*

- Experience hands-on educational learning

*Examples: workshops, fieldtrips, guest speakers, competitive events*

- Most importantly, **HAVE FUN!**



### 4-H Participation Opportunities:

#### Community Organized Clubs

- Opportunities to join or form a club
- Curriculum Enrichment for the classroom  
*Examples: Take A Stand, Hatching in the Classroom, Winning With Nutrition*

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#### 4-H CAPITAL

- After-school programs at partnering schools

### Contact:

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[facebook.com/4HCapital](https://facebook.com/4HCapital)

#### Youth Nutrition Education Series for Economically Disadvantaged (EFNEP)

- *Exploring MyPlate with Professor Popcorn*: classroom curriculum for youth in grades 1-6
- *Kids in the Kitchen*: after-school and summer program for youth ages 6-15

### Contact:

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