Addressing 21st 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

**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.

Dolores Sandmann
County Extension Director
Texas A&M AgriLife Extension Service
Email: dsandmann@ag.tamu.edu
Phone: 512.854.9600
Web: travis-tx.tamu.edu

**Mission**

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

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

**Contacts:**

Texas A&M AgriLife Extension Service
Sonia Coyle - sonia.coyle@ag.tamu.edu
travis-tx.tamu.edu/family-consumer-sciences

Prairie View A&M Cooperative Extension
Crystal Wiltz - cwiltz@ag.tamu.edu
travis-tx.tamu.edu/travis-county-cep

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:

Enerneyda Garza - egarza@ag.tamu.edu
Lucy Estrada - 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:

Maggie M. Johnson
mmjohnson@ag.tamu.edu
expanded-food-nutrition-education
Phone: 512.385.0990
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

Contacts:
- Cory Talley - cmtalley@ag.tamu.edu
  travis4h.com
  travis4h.blogspot.com
- Nathan Tucker - netucker@ag.tamu.edu
  traviscounty4hcep.blogspot.com

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:
- Maggie M. Johnson
  mmjohnson@ag.tamu.edu
  expanded-food-nutrition-education
  Phone: 512.385.0990

4-H CAPITAL
- After-school programs at partnering schools

Contact:
- Lydia Domaruk - lrdomaruk@ag.tamu.edu
  agrilife.org/capital4-h
  facebook.com/4HCapital