

Sign me up!

Please check (✓) any of the programs or volunteer opportunities below that you are interested in and mail to:

**Texas AgriLife Extension Service
Travis County - FCS
1600-B Smith Road
Austin, Texas 78721**

- Do Well, Be Well with Diabetes**
- Walk Across Texas**
- Food Protection Management**
- EAT SMART**
- Wellness and Weight Management**
- Master of Memory**
- Medication Management**
- Better Living for Texans - BLT**
- EFNEP Adult/Youth Program**

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail Address: _____

For more information visit our website at:
<http://fcs.tamu.edu>

**County Extension Agents in Travis County
are professionals with experience and
expertise in a variety of subject matter
areas affecting family life and
economic security.**

For more information contact:

**Texas AgriLife Extension Service
Travis County
1600-B Smith Road
Austin, Texas 78721
512/854-9600 or FAX 512/854-9611**

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**Texas AgriLife Extension Service
Expanded Food and Nutrition
Education Program
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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.*



Family and Consumer Sciences

Improving Lives. Improving Texas.

Travis County

**1600-B Smith Road
Austin, Texas 78721
512.854.9600**

Dealing with 21st Century issues requires research-based, professional expertise. The Texas AgriLife Extension Service in partnership with federal, state and county government is uniquely suited to deliver family-related educational programs.

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

Nutrition, Health & Wellness



Do Well, Be Well with Diabetes is an educational program for people with Type 2 diabetes. The primary

goal is to help participants learn how to manage their meal plan and self-care to maintain their blood glucose in the ranges recommended by the American Diabetes Association. The message is that, if you do well, you can be well with diabetes!

Walk Across Texas is a program created by the Texas AgriLife Extension Service in 1996 to encourage people to establish the habit of regular physical activity.



From border to border, you and your team, can walk 830 miles across the state. Check out our website at: <http://walkacrosstexas.tamu.edu> for more information.



EAT SMART was developed in Travis County to provide education on adopting healthier eating habits, increasing physical activity, practicing food safety principles, and becoming proactive in the responsibility of preventive health care in order to prevent chronic disease.



Wellness and Weight Management

is an 8-lesson series for worksites that will motivate employees to lose weight and enjoy better health through diet and exercise. Lesson

topics will provide participants with new, timely information so they can make better choices in their fast-paced lifestyles.

Master of Memory is a six-lesson series that will help you understand how your memory works and what may affect your memory. It will also teach you how to identify and use strategies to improve your memory function.



Medication Management:

The Prescription for a Healthier You! Being able to

safely manage your medications is an important part of your health care. This program will teach you how to talk to your health care provider and pharmacist while also learning how to better manage and organize your medications.



The Food Protection Management Program

is an exciting, hands-on food safety course that will equip you with the latest in food safety principles and practices and help you prepare for the State

Certified Food Manager Examination. Careful attention to food safety can pay off by keeping your customers safe and happy, as well as bringing in dollars for your business.



Better Living for Texans

(BLT) is a program led by the Texas AgriLife Extension Service in cooperation with the Texas Health and Human Services Commission and the USDA Food and Nutrition Service.

BLT is a nutrition education program for low-income families and individuals. Targeting the food-stamp eligible residents of Travis County, BLT also provides demonstrations and information on basic nutrition, recipe modification, food safety, and more economical food choices to help establish better food stability on a limited income.



The Expanded Food and Nutrition Education Program

(EFNEP) has been administered by the Texas AgriLife Extension Service for over 40 years.

The purpose and mission of the EFNEP-Adult program is to reach out to limited-resource families with young children with food and nutrition education. Using "hands-on" experiences, clients participate in a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. The EFNEP-Youth program is directed toward low-income youth ages 6-12. These students participate in a series of fun and educational lessons on food nutrition and food safety.



Texas EDEN

(Extension Disaster Education Network) provides credible and reliable information

relating to disaster preparedness and recovery. Learn how to protect your family during and immediately after a disaster by making a family disaster plan and by creating a family disaster kit for your household. Check out our website at <http://texashelp.tamu.edu> for more information.