

Programs available before October 1, 2015

One lesson programs

- Safe Food and Water After an Emergency
- Summer Meals for One or Two
- Brain Health as You Age
- Everyday Physical Activity
- Fast Food with Slow Cookers
- Dining at the Dollar Store
- Cooking with Herbs

Three lesson series

Three Easy Bites That Won't Weigh You Down

1. Start with breakfast
2. Snack right
3. Enjoy a healthy plate

Don't Get Bugged from Foodborne Illness

1. Shopping for safe food
2. Preparing and storing food safely at home
3. Food safety when eating out

Back to Basics

1. Reduce stress
2. Spending less and getting more
3. Keeping your food safe

Four lesson series

Eat Smart, Live Strong

Goals of series include increasing fruit and vegetable intake & increasing physical activity.

1. Reach your goals, step by step
2. Challenges and solutions
3. Colorful and classic favorites
4. Eat smart, spend less

For more information on these programs, contact Vanessa Casad, County Extension Agent, (254) 865-2414 or vanessa.casad@ag.tamu.edu

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