



## We want to meet you!

To learn more about us, please contact your local Texas A&M AgriLife Extension Service Office.

### Better Living for Texans

is a program for adults and families who want to learn how to eat well and save money.

Come alone or with a friend and learn how to prepare quick, affordable, and healthy meals!



### Deanne Garrett

Texas A&M AgriLife Extension Service  
1402 Band Road, Ste 100; Rosenberg, Tx 77471  
Phone: (281) 342-3034 Fax: (281) 633-7000  
deanne.garrett@ag.tamu.edu



This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP)



**Better Living for Texans** is a statewide nutrition education program. Our goal is simple - we want to help you learn how important nutrition is for the health of your family and provide you with information you need to make the best decisions about what goes on your dinner table.

**BLT** offers you the opportunity to:

- Learn about healthy foods that don't cost a lot of money.
  - Learn tips for stretching your money so you and your family have enough to eat.
  - Get tips for making meals with less fat, sugar, and salt.
  - Grow fresh produce.
- Satisfy even the pickiest eaters in your home by sharing ideas on helping your children to learn to enjoy healthy foods.
  - Explore ways to increase physical activity and get tips for maintaining a healthy weight.
  - Learn to make healthy snacks that your kids will love!



"I feel very comfortable during the class and also confident about asking questions. She always has the right answer and makes us feel excited about coming to the next class to hear more great information."

– C. M.

"This nutritional class has allowed me to learn the simple steps of living a better and healthier life for me and my family."

– C. R.

