

**Nutrition, Health & Wellness:**



**Expanded Food Nutrition Education Program (EFNEP)** is a flagship nutrition education program funded by USDA's National Institute of Food and Agriculture administered by Texas A&M AgriLife Extension. The objectives of EFNEP are to assist low income families and youth acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets, to contribute to their personal changed behavior necessary for nutritionally sound diets, to contribute to their personal development and the improvement of the total family diet and nutritional welfare. The program consists of a seven session series, lasting approximately one hour each. The series addresses healthy eating, family meal planning, food shopping basics, food safety, basic food preparation and the importance of daily physical activity. Each session includes a short lecture, class discussion, activities and a healthy cooking demonstration. A 24 hour food recall and food survey is administered during the first and last session to measure the effectiveness of the program. Contact Tonya McKenzie at [tsmckenzie@ag.tamu.edu](mailto:tsmckenzie@ag.tamu.edu) 71-349-0880.



**The Better Living for Texans (BLT) Program** is a cooperative endeavor among the Texas A&M AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and Food and Nutrition Services (FNS) of USDA. As a component of the Supplemental Nutrition Assistance Program, BLT provides educational programs to SNAP recipients, applicants, and other approved audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food. Incorporating the Walk Across Texas program into BLT, provides an opportunity to help the target audience increase their level of physical activity.

BLT is delivered through a variety of teaching methods that reflect audience needs. Teaching methods include: lesson series, single education events, one-to-one consultations, demonstrations, and tours. Contact Amy Comer at [amy.comer@ag.tamu.edu](mailto:amy.comer@ag.tamu.edu) or Kim Perry at [Kimberly.Perry@ag.tamu.edu](mailto:Kimberly.Perry@ag.tamu.edu) or 281-855-5600.



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL

**Dinner Tonight** - The percentage of the food budget spent on away-from-home food has increased steadily since the 1970s. Consequently, the proportion of calories provided by away-from-home food has also increased. When dining out, there is a tendency to choose foods higher in calories, and large portions are increasingly common. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families.

Dinner Tonight Healthy Cooking School encourages families to eat at home more and eat out less. The cooking school provides an opportunity to bring people together in an educational and fun environment, to learn healthy meal planning and food preparation skills. In addition to the cooking school, participants can sign up to receive weekly recipe e-blasts inclusive of a video demonstration of quick, nutritious, cost-effective recipes that parents may incorporate into their weekly dinners. Parents are also encouraged to include their children in the planning and preparation of family meals. Contact Sonja Davis at [sstueart@ag.tamu.edu](mailto:sstueart@ag.tamu.edu) or 281-855-5600.

## Diabetes Education:



**Wisdom, Power, Control and ¡Si, Yo Puedo Controlar Mí Diabetes! (Si, Yo Puedo)** were developed to address the need for an evidence-based, culturally relevant type 2 diabetes self-management education (DSME) program targeting African-Americans and Hispanics. The seven-week programs align with American Diabetes Association's standards for DSME and are driven by the empowerment



principal. Classes are taught by Extension professionals, with the assistance of a registered nurse or dietitian teaching team. The program is designed for individuals with limited knowledge of how to control their diabetes, is experiential, employs activities that build both knowledge and diabetes self-care skills. A weekly video series is a unique feature of Wisdom, Power, Control and (Si, Yo Puedo). Using a soap opera format, the show depicts two central characters who discuss common struggles and successes living with diabetes. The central message of the video series is that controlling diabetes is possible, and they can do it. The lessons are: What is diabetes, blood glucose levels, diet and nutrition, physical activity, medicines and preventing complications. This is a 7 week program inclusive of an orientation (pre-evaluation), 6 classes and post-evaluation. Contact Sonja Davis at [sstueart@ag.tamu.edu](mailto:sstueart@ag.tamu.edu) or 281-855-5600.



**WALK  
ACROSS TEXAS!**

**Walk Across Texas!** - Is a FREE program designed for teams of 8 to walk 833 miles collectively in 8 weeks. This program is also available for worksite wellness groups, individual walkers or school classrooms.

The program encourages individuals of all ages to support one another and establish the habit of regular physical activity. Contact Sonja Davis at [sstueart@ag.tamu.edu](mailto:sstueart@ag.tamu.edu) or 281-855-5600 for more information.

An engaging series, designed to provide participants with 40 hours of research-based education, delivered through engaging and interactive workshops. The training topics are: nutrition, dietary guidelines, food safety, heart disease, diabetes, healthy lifestyle choices, adult and child health and much more.



MWV is ideal for individuals interested in learning to live healthier and helping others to live healthier as well. Master Wellness Volunteers can positively impact their families, churches, communities, and worksites to educate and promote healthy, active lifestyles, nutrition and wellness. Participants also gain skills to assist with public speaking, conducting food demonstrations, and becoming advocates for healthy individuals & Communities. Contact Sonja Davis at [sstueart@ag.tamu.edu](mailto:sstueart@ag.tamu.edu) or 281-855-5600 for more information.

## **Money Management**

Building Fiscally Fit Families Money Management Series is a 3-4 money management series focused on basic Financial issues. The lessons focus on simple strategies that help individual and families extend their resources. Topics covered include preparing a budget, obtaining and maintaining credit, safeguarding against identity theft and maximizing your food dollar. Contact Elizabeth Trejo at [etrejo@ag.tamu.edu](mailto:etrejo@ag.tamu.edu) or 281-855-5600.

