



These are some of the most popular programs available through the Texas A&M AgriLife Extension office in Jasper; contact Cindy VanDevender, FCS agent, at 409 384-3721 to schedule a program.

1. Name of Program: **Balance Food & Play**

Description: Increase awareness of food and physical activity recommendations, and change behaviors associated with obesity.

Target Audience: 3rd grade

Length of program: 20 lessons (30 to 45 minutes each)



2. Name of program: **Financial Planning / The Real World**

Description: educates students about sound money management skills and helps teens to develop positive behaviors related to money

Target Audience: junior high and high school students

Length of program: 7 units (unit = 45 minutes to an hour)

3. Name of program: **Food Handler's class and/or Cottage Food Law discussion**

Description: covers basic food safety, hygiene, handling, serving and selling food to the public; the Food Handlers course earns participants a 2-year Food Handler's Certificate good anywhere in Texas; Cottage Food Law is for those who want to sell homemade foods like jellies or baked goods at festivals or farmers markets.

Target Audience: adults

Length of program: 3 hours for Food Handler's; 2 hours for Cottage Food Law

4. Name of Program: **Foodies / Food Demonstrations**

Description: easy to prepare, budget friendly recipes; includes tips on making healthy substitutions to reduce salt, sugar and fat; meal planning, portion control, eating fresh, kitchen skills and food handling and storage.

Target Audience: adults

Length of program: can be as short as a 30 minute demonstration of something like Fresh Cranberries Relish, or up to a series of hands-on classes (bread making, canning, grilling, etc.) over a longer period of time.



**Walk[®]
Across
Texas!**

5. Name of program: **Walk Across Texas**

Description: Helps people of all ages support one another to establish the habit of regular physical activity.

Target Audience: kids and adults

Length: 8 weeks

6. Name of program: **Character Education**

Description: Teaches youth about trustworthiness, respect, responsibility, fairness, caring and citizenship

Target Audience: youth / Length of program: 30 minutes to an hour, 6 lessons

7. Name of program: **Shopping Strategies**

Description: Can cover things like making wise nutrition choices, stretching your food dollars, portion control

Target Audience: all ages; best for families trying to prepare nutritious meals on a budget

Length of program: As short as 30 minutes, or a series of programs over several weeks



8. Name of Program: **Mange Your Money, Parts I and II**

Description: **Part I** is stretching dollars (food spending; shopping lists, coupons and consumer strategies); unit pricing, convenience foods and a reality shopping activity. **Part II** covers Money Wise: managing your money, saving to build wealth, banking basics, building and keeping good credit, talking to teens about money.

Target audience: teens and adults

Length of program: 2-part seminars or individual lessons, 2 to 3 hours long for up to 5 lessons

9. Name of program: **Wise Up – Financial Education for Generation X & Y**

Description: Topics include savings, investing, financial planning, insurance & risk management, credit & debt management; retirement planning (online courses also)

Target Audience: 22 – 35 years old

Length of program: 8 lessons



10. Name of program: **Eat Smart**

Description: provides seniors with education on adopting healthier eating habits, increasing physical activity, practicing food safety and becoming proactive in preventive health care to prevent chronic disease.

Target Audience: health concerns of seniors

Length of program: 12-part lesson series on health/wellness

11. Name of program: **Step Up & Scale Down**

Description: Help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a healthy weight

Target Audience: adults

Length: 12 week

12. Names of programs: **Do Well, Be Well with Diabetes**, and **Cooking Well with Diabetes**

Descriptions: **Do Well** covers basic nutrition and self-care management; helps people with diabetes learn skills needed to manage their disease successfully. **Cooking Well** is a follow-up course to reinforce the practical application of nutrition and self-care for daily meals, including both cooking at home and eating out.

Target Audience: all ages, but best for people with diabetes and their caregivers

Length of program: each is a 5 week series, 10 weeks if you want both.



13. Name of program: **Independent Living**

Description: teaches seniors techniques to do a variety of household tasks that have become difficult for them due to age or disability; introduces inexpensive products designed to make life easier and help with basic tasks like sweeping or opening a jar.

Target audience: seniors or people with disabilities

Length of program: 45 minutes to an hour

14. Name of program: **After school programs**

Description: Food/nutrition, agriculture, communication skills, listening skills, recreation, fashion, gardening

Target Audience: youth

Length of program: 30 minutes to an hour

This is a sample of some of the most popular programs that are available for the Jasper County AgriLife agent to present to groups such as schools, churches, clubs or other organizations. Many more are available and can be customized for you. **Please ask!**

Provisions from the American Disability Act will be considered when planning educational programs and activities. Please notify the Jasper County Extension Office at 409-384-3721, 5 days before an event if you plan on attending an Extension educational program and need specialized services. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating