



Family Consumer Science Program Scope and Impact

Extension Family Consumer Science programs are designed to help individuals and families achieve economic stability, improve health and well being, and enhance life quality through making positive changes for themselves and their family members



Better Living for Texans and Food Stamp Nutrition Education Program

The Better Living for Texans Program (BLT) was initiated in 1998 as a cooperative endeavor of Texas AgriLife Extension, Texas Department of Human Services and the Southwest Regional Office of the Food and Nutrition Services of USDA. The Better Living for Texans Program provides education in the areas of nutrition, food safety, food security, and food resource management to food stamp recipients, applicants, and other low-income families approved by Foods and Nutrition Services. BLT has enabled McCulloch Family Consumer Science program to employ a full time Nutrition Program Assistant to assist in conducting this program

Food Protection Management

The Center for Disease Control and Prevention estimates that each year, 76 million people, which is approximately one in four Americans, will become ill from a foodborne illness. Medical costs associated with foodborne illnesses are estimated in billions of dollars each year. Statistics also indicate that approximately 50 percent of all foodborne illnesses are attributed to improper food handling in restaurants. This is a concern to consumers because almost 50 percent of all food dollars are spent on food prepared outside the home. This training provides food service managers with food safety knowledge and skills, emphasizing the importance of employee training. Two companies are available to attain certification through the AgriLife office: Prometric -Food Safety and ServSafe.



Do Well With Diabetes/Cooking Well With Diabetes

To address the need for diabetes education, Texas AgriLife Extension created a class to teach people with Type 2 diabetes how to manage their disease.. The class series includes 12 topics, which are consistent with the 2010 American Diabetes Association Standards of Care. Texas AgriLife Extension Service developed *Cooking Well with Diabetes* to reinforce the practical application of the nutrition and self-care educational series, *Do Well, Be Well with Diabetes*.



4-H

McCulloch County is dedicated to providing educational programs to all youth in McCulloch County. The following projects and programs are available:

Livestock Projects -

Livestock Judging

Meat Judging

Horse Judging

Horse Quiz Bowl

Shooting Sports

Shotgun

Rifle

Archery

Leaders4Life

Record Books

Duds to Dazzle

Consumer Decision Making

Photography

Public Speaking

Camps

Share The Fun

Clothing/Textiles

Food/Nutrition

Nutrition Quiz Bowl

Food Challenge

Leaders4Life

And many others