

Would your residents benefit from nutrition related information? The Better Living for Texans Program, part of Texas AgriLife Extension Service provides lessons for limited resourced participants all free of charge. Our topics cover food safety, healthy plates, food budgets, healthy snacking and many more topics. Food demonstrations are also included with some lessons.

Our lessons are taught in a series of lessons. The series we currently can provide are as following.

A Fresh Start to a Healthier You:

Weekly lessons that will cover the following topics.

- Lesson 1: Creating Safe and Healthier Meals
- Lesson 2: Balancing Your Day
- Lesson 3: Saving More at the Grocery Store
- Lesson 4: Celebrating Small Bites

