

### Programs available in Nueces County:

**Choose Health: Food, Fun, and Fitness** – The Choose Health: Food, Fun, and Fitness program is aimed at 8-12 year olds and targets those behaviors research shows to be most important for preventing childhood obesity and chronic diseases such as heart disease and cancer. The 6-lesson curriculum supports key messages of the 2010 Dietary Guidelines for Americans as summarized by USDA in their MyPlate initiative to help Americans build healthier diets: drink water instead of sugary drinks, switch to fat-free or low-fat (1%) milk, make half your plate fruits and vegetables, make at least half your grains whole grains, enjoy your food, but eat less, and avoid oversized portions.

**Walk Across Texas!** - Walk Across Texas! is an eight-week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas! is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services. In 2011, the Texas A&M AgriLife Extension Service and Texas Education Agency (TEA) partnered to offer the 3rd Annual TEA/ISD Walk Across Texas! Challenge. The goal of the challenge was to motivate the Texas Education Agency, independent school district (ISD) employees, students and their families to move more and have fun!

**Learn, Grow, Eat & Go! (LGEG)**- is a 10-week unit of study that is hands-on, multifaceted, and academically rich. The 20-lesson base curriculum incorporates the Junior Master Gardener Program, Walk Across Texas! and CATCH to provide interdisciplinary elements of nutrition, garden science, physical activity, food preparation, and fresh vegetable tastings to improve the health and wellness of children, families and the school community.

**Growing & Nourishing Healthy Communities** –is a program funded by the USDA Supplemental Nutritional Assistance Program. The program provides SNAP and SNAP eligible audiences access to fresh produce by teaching basic gardening skills that allow and promote the development of backyard and community gardens. The program includes six weekly sessions, nutrition education and recipe demonstrations.

**Put It OUTside: For Healthier Kids** - Put It OUTside program was created to reduce children's exposure to secondhand smoke, both in the home and in the community, by teaching parents and caregivers about the negative effects of secondhand smoke and offering strategies to reduce exposure to it.

**What's A Parent to Do?**-This six-week series is designed for parents of preschool children. During the sessions, parents will be exposed to a total of 15 different food and activity best practice behaviors which are associated with healthy weight. In each session, parents are invited to select which best practice statement they would like to apply to their unique home and family environment. Lesson topics include: Setting Food Goals, Setting Beverage Goals, Setting Snack Goals, Setting Activity Goals, Setting Eating out Goals, and a Celebration.

**Money Smart** - *Money Smart* is a financial management program developed by the Federal Deposit Insurance Corporation (FDIC). While targeted at adults outside the financial mainstream, this curriculum can be used with adults who have low financial knowledge and skills. The curriculum helps individuals build financial knowledge, develop financial confidence, and use banking services effectively. For more than five years, *Money Smart* has been utilized by Texas A&M AgriLife Extension Service to increase the financial literacy of a variety of Texans. *Money Smart* class topics include: Introduction to Banking Services, Credit, How to Choose and Keep a Checking Account, How to Keep Track of Your Money, Saving, Your Rights as a Consumer, How Your Credit History Affects Your Credit Future, Credit Cards, Loans, What Home Ownership Is All About.

**Food Resource Management** – consists of several one-session programs such as Dining at the Dollar Store, Living, Eating and Saving Green, Saving Money When Eating Out, Feeding Your Family When Disaster Strikes, and Feed the Family without Starving the Wallet.

**Food Safety** – consists of several topics such as, Cooking Foods Safely Outdoors, Cooking is a Matter of Degrees, Fast Food with Slow Cookers, Food Safety Before and During Pregnancy, Keeping Your Baby Safe, Packing a Safe and Healthy Lunch for School, Common Pantry Pests: The Impact of Household Insects on Your Food, Shopping Your Way to Safe Food, Understanding the Dates on Food Labels and a three lesson series titled, Don't Get Bugged from Foodborne Illness.

You may contact the following County Extension Agents for further information or to schedule a program:

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