



TEXAS A&M
AGRILIFE
EXTENSION

BETTER LIVING FOR TEXANS

THE BETTER LIVING FOR TEXANS (BLT) PROGRAM

WHAT DOES BETTER LIVING FOR TEXANS DO?

Better Living for Texans (BLT) is a nutrition education program for adults and children who receive or are eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits. The BLT program helps people make healthier food choices, be more physically active, save money at the grocery store, adopt better food safety habits, and grow their own foods.

BLT VISION

Creating opportunities, changing lives

BLT MISSION

We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives.



CORE PROGRAM AREAS

NUTRITION



PHYSICAL ACTIVITY



GARDENING



PROGRAM FOCUS AREAS

1. Increasing fruit and vegetable consumption
2. Adopting healthier eating patterns
3. Increasing physical activity
4. Increasing access to fruits and vegetables through gardening programs
5. Adopting food resource management skills to reduce food insecurity
6. Improving food safety practices



BLT PROGRAMS

NUTRITION

Adults

- A Fresh Start to a Healthier You!
- **Be Well, Live Well**
- Get a Taste for Reducing Food Waste
- Get the Facts
- Healthy Carbohydrates

Youth

- Balancing Food & Play
- Choose Healthy
- Color Me Healthy

PHYSICAL ACTIVITY

Adults and Youth

- Walk Across Texas
- **Walk N Talk**
 - **Fruit & Vegetable**
 - **Rethink Your Drink!**
- Walk Through Texas History – Fruit and Vegetable (*adults only*)

GARDENING

Adults

- **Growing and Nourishing Healthy Communities Garden Course**

Youth

- Early Childhood Learn, Grow, Eat & Go!
- Learn, Grow, Eat & Go!

AGING ADULT BLT PROGRAMS

NUTRITION

Be Well, Live Well (5 sessions)

- Participants will learn new information and enhance skills related to nutrition and food to help preserve health.
- Participants will enjoy a social environment with peers.
- Participants will actively participate in sessions to the extent that they desire

PHYSICAL ACTIVITY

Walk N Talk (4 or 8 sessions)

- Participants will come together for a group physical activity, such as walking or chair exercises.
- Each week, a new fruit or vegetable will be feature with recipe samples.

GARDENING

Growing and Nourishing Healthy Communities (6 sessions)

- Participant will learn how to garden and grow fruits and vegetables to increase their access to fresh produce.



https://youtu.be/B_7ALu8qPJI?si=LFLZ52QF_U4wsNl-

Questions?

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Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

Thank you!

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