



## Better Living for Texans Program 2014 in Brown County

It has been a successful year for the Better Living for Texans program in Brown County. This year's focus has primarily been the Back to Basics series which focuses on creating a healthy plate, how to shop smart at the grocery store and how to keep food safe. Several nutritional series were conducted throughout the community at both agencies that had used Better Living for Texans (BLT) in the past and at new venues that got to learn about BLT in conjunction with a nutrition based lesson. Here's what the Better Living for Texans program in Brown County has done so far in 2014:

- **Marketing:** Made contact with local agencies that had used BLT in the past to introduce myself as the new BLT program assistant and added new contacts.
- **Education:** Completed an online nutrition education course and attended web meetings on nutrition based topics.
- **The Ark Women's Shelter:** Organized a weekly program with The Ark Women's Shelter
- **HPU Health Fair:** Set up a booth at the HPU health fair with Kim Miles to talk to students about hidden sugars in common drinks.
- **CWJC:** Conducted two Back to Basics programs at Christian Women's Job Corps, one in the spring semester and one in the fall semester for a total of 15 graduates.
- **BLT Retreat:** Attended a Better Living for Texans retreat at the 4H center where we talked about the importance of communication
- **Senior Nutrition:** Met with the members of the May Senior Citizens center to talk about senior nutrition.
- **FSC:** Completed a series with Step by Step child care center in Bangs, TX after meeting with a Family Services Center Educator. This program led to many more programs via FSC.
- **PALS:** Conducted programs for the PALS aging out seminar
- **Carrousel:** Conducted a nutrition series for Carrousel child care center employees that helped them focus on healthy plates, healthy snacks and a healthy breakfast.
- **ACE:** Hosted a 3 part series and luncheon in office for ACE the EISD after school program which yielded 20 graduates from the three part Back to Basics course
- **Future Programs:** Set up future programs for Ranger nursing college, Brownwood Apartments, Brownwood retirement village and Senior Circle via Brownwood Regional Medical Center.

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(Exhibit #7)