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TEXAS A&M
AGRI LIFE
EXTENSION



FAMILY &
CONSUMER
SCIENCES

Health

community

2017 FCH Year

Better Living for Texans (BLT) is a statewide nutrition education program that teaches nutrition-related concepts focusing on: Comparing Prices, Healthy Menu Choices, MyPlate, Preparing Healthy Meals and Importance of Physical Fitness.

- A Fresh Start to a Healthier You
 - Taught 6 series
 - 156 contacts
 - 75 graduates
- MyPlate – 4 times
- School enrichment – Jump Rope for Heart, Dr Seuss Day, Hydration Squeeze
- Container Gardening
- Cooking for One: Let's help Robert eat at home
- Care Nursing and Rehabilitation Health Fair

Healthy County Wellness Program is a free program through BlueCross BlueShield that offers many different avenues to get and stay healthy.

- Challenges
 - 24 participated 21 completed Spring Into Motion
 - 14 participated 10 completed Passport
 - 12 participated 6 completed Colorful Choices
 - 15 participated 12 completed Health Trails
 - 8 employees earned \$50 Amazon gift card
 - Estimated \$280-\$300 will be awarded to county
- Health Talk Express as monthly lunch n learns

Food Handler's is a 2-hour program, which is accredited by the Department of State Health Services, trains front-line food service workers on the basic principles of food safety.

- 10 sessions
- 92 participants

Food Protection Management is a two-day certified food manager program that prepares food service workers to sit for the state Certified Food Manager exam.

- 4 sessions
- 24 participants, 21 passed

December 11, 2017
(Exhibit #5)

Texas Extension Educators Association (TEEA) The mission of the TEEA is to work with the Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development, and community service.

- 3 clubs, 41 members
- 2016-2017 year
 - \$2,100 given in 4 scholarships
 - 19,212 hours of community service
 - Good Samaritan, 4-H and other club activities
 - \$472,451.29 total value of their services

Other FCS programs

- Food Preservation
- Health Talk Express – 8 times
- Home Safety – 4 times
- Pressure Canner Testing
- Smoking Cessation
- Texas Senior Medicare Patrol – 6 times
- Weekly news column

Looking Ahead to 2018

Money Matters will target adults with limited financial knowledge and skills. They will increase their financial knowledge, develop financial confidence, use banking services effectively and plan to increase adoption of recommended financial management practices. Sponsored by First Central Credit Union and ClearVista.

Take A Stand! 4-H curriculum aims to teach strategies to children and teen to reduce bullying. Topics include: conflict resolution, bullying, communication, etiquette, teamwork and cultural awareness. JB Stephens and Early Primary

Master Wellness Volunteer undergo 40 hours of training on health, nutrition and food safety and are then empowered to provide outreach and education, helping reduce the burden of chronic conditions in Texans and Texas' communities.

Continued Programs

Better Living for Texans

Healthy County

Retail Food Safety – Food Handler's and Food Protection Management

Texas Extension Educators Association