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TEXAS A&M
AGRILIFE
EXTENSION

2018 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 the importance of physical fitness.

- A Fresh Start to a Healthier You!
 - Taught 4 series – 5 lessons each
 - 136 contacts
 - 27 graduates
- Eat Smart, Live Strong
 - Taught 4 series – 5 lessons each
 - 138 contacts
 - 28 graduates

One Shots

- Dining at the Dollar Store
- National Night Out
- School enrichment – Dr Seuss Day
- Hydration Squeeze – 3 times
- MyPlate – 3 times
- Packing a Safe Lunch – 3 times
- Brownwood Senior Citizen Health Fair

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

- Challenges
 - 43 participated 37 completed 10K
 - 41 participated 30 completed Spring into Motion
 - 40 participated 37 completed Keep America Active
 - 33 participated 24 completed Walktober
 - 28 employees earned \$50 Amazon gift card
 - Estimated \$800 - \$1,000 will be awarded to county
- Naturally Slim – 10-week online weight management class
 - 12 participated 6 completed class
- Quarterly “Lunch and learns” with guest speakers

December 10, 2018
Exhibit #7

Financial Wellness – taught about saving, spending, credit, identity theft, Medicare Fraud and Top 10 Scams of 2018

- Texas Senior Medicare Patrol
 - 30 programs, 506 participants, \$1,600 earned
- Money Matters Workshop
 - 4-hour workshop, 10 participants, sponsored by First Central Credit Union, guest speakers from Brown County Sheriff's Office
 - Follow-up Workshop, 8 participant, Mark Trice with Cleara Vista Financial talked about planning for your financial future
- Monthly news articles

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

- 9 sessions
- 125 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.

- 2 sessions
- 10 participants, 9 passed

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
- 2017-2018 year
 - \$1,600 given in 4 scholarships
 - 13,089 hours of community service
 - Good Samaritan, 4-H and other club activities
 - \$346,602.65 total value of their services

Other FCH programs

- Food Safety "Mythbusters"
- Grilling Safety
- Health Talk Express
 - Stress Less Mind Matters – 8 times
 - Relax and Stay Stress Free
- How to Fit into a Fitness World
- Monthly newsletter
- Weekly news column