

TEXAS A&M AGRI LIFE EXTENSION

BETTER LIVING FOR TEXANS

MONTHLY REPORT

OCTOBER 2017

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BETTER LIVING FOR TEXANS MONTHLY UPDATE (OCTOBER 2017)

Contacts: Better Living for Texans had 31,519 contacts in the month of October and participated in over 10,000 educational events in the month. Our educators dedicated over 17,000 hours to educating our participants in varied nutrition, gardening, and physical activity concepts.

The gender breakdown of BLT participants in October was: 60% of the participants were female and 40% were male.

The racial breakdown of BLT attendees for the month was: 46% White; 11% Black; 2% Asian and American Indians; the remaining 41% identified as Hispanic.

Featured activities: Better Living for Texans is excited about our work in Bexar County where BLT Assistant, Natalie Ramos, is working with seniors to teach them cooking strategies that fit within their lifestyles and their budget. This effort has been very successful and the participants have expressed how much they are benefitting from the knowledge being shared as well as the enjoyment their getting from interacting with their peers.

Pictured below are images from the event:



Informational items: The monthly Better Living for Texans State Office newsletter (English & Spanish) featured an article on eating wisely on game-day. The main article focused on ways that sports fans can enjoy tailgates or home-based watch parties without abandoning nutritional discipline. Several strategies were offered to help fans avoid overeating and/or indulging in too many unhealthy meal choices. Two healthy recipes that can serve as alternates to traditional game-day foods, one for orange-glazed skinless chicken wings and another for crunchy berry parfait, were offered in the newsletter. Both recipes are in accord with MyPlate standards.

Over 1,400 newsletters were distributed in the month of August. Note: Some counties continue to distribute a local newsletter in lieu of, or in addition to, the BLT State Office Newsletter.