

2010 ANNUAL REPORT

Better Living for Texans

Supplemental Nutrition Assistance Program

Travis County



Improving Texas Families Since 1995

The *Better Living for Texans* (BLT) Supplemental Nutrition Assistance Program (SNAP) provides nutrition education to assist food-stamp eligible individuals and families acquire the knowledge to:

- adopt eating and lifestyle behaviors that are consistent with the Dietary Guidelines for Americans.
- improve their handling and preparation of food at home.
- insure that they have enough to eat without resorting to emergency food assistance.
- engage more often in physical activity.

BLT Reaches Diverse Audiences

BLT educational programs and resources reflect the nutritional needs and the cultural heritage of our audience. In Travis County, BLT Extension Assistants teach classes to groups whose primary language may be English or Spanish. In 2010,

- 437 BLT programs were conducted in Travis County.
- 14,764 SNAP clientele participated in BLT programs.
- 4,765 SNAP clientele reached with newsletters/factsheets.
- 45% of BLT participants were Hispanic/Latino.
- 33% of BLT participants were Caucasian/White.
- 20% of BLT participants were African American.
- 2% of BLT participants were Asian/Pacific Islander.

In 2008, 14.8% of Travis County lived below the federal poverty level.



BLT programs continue to provide much needed services to people living in poverty. Did you know...?

- 1 in 5 children in Travis County live in poverty.
- 47.6% of single-parent households with children under five live in poverty.
- 47,723 children under the age of 18 in Travis County are food insecure every day.
- 60% of students in the Austin Independent School District (AISD) are eligible for free or reduced lunch.
- 23% of immigrants in Travis County were below the federal poverty level.
- 35% of children ages 2 to 5 from low-income families are overweight or obese.

Source: American Community Survey Analysis

*Improving Lives.
Improving Texas.*

SUCCESS STORIES

"For me personally, this program has helped out a lot. I lost 15 pounds with the changes I made in my diet. My husband has also learned to eat healthier. I use coupons a lot. If you count up all the money saved in a year from coupons it's a lot of money and it's a great savings when collected together in a piggy bank. This program is a blessing. It allows the people to learn how to eat well. Thank you very much."

-Margarita R.

"I always look at the food labels and I check to make sure that the vitamins have a high percentage. I also make sure that everything that I buy has zero trans fat in it. I try to get as little as possible of saturated fats and I try to stay away from anything that has cholesterol in it. I try to buy foods that are healthy for my family."

-Rufina A.



"SNAP...designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being for those on a limited budget."

— USDA - Food and Nutrition Services

BLT Makes a Real Difference

Using "hands-on" experiences, BLT participants completed a series of lessons on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participating in BLT programs, the following dietary quality results were achieved:

- **89%** reported using the Nutrition Facts label to determine fat content when shopping for food, a 50% increase over pre-test results.
- **88%** reported using the Nutrition Facts Label to determine serving size or portion control, a 62% increase.
- **85%** reported using the Nutrition Facts Label to determine sodium content when shopping for food, a 64% increase.
- **82%** reported always using a list when shopping to save time and money, a 46% increase over pre-test results.
- **79%** reported using unit pricing to save money, a 51% increase.
- **73%** reported that they would now plan meals in order to save money and time, a 46% increase.
- **48%** reported storing food immediately after eating for food safety, a 100% increase over pre-test results.

Partnerships Strengthen BLT

Partnerships and collaborations have played a key role in the success of the *Better Living for Texans* program in Travis County. Programs were conducted with the following agencies and groups:

- **Austin Elementary Schools** - Alan, Allison, Andrews, Barrington, Blanton, Blazier, Brooke, Cook, Galindo, Hart, Houston, Jordan, Joslin, Kocurek, Maplewood, Odom, Overton, Pickle, Pillow, Reilly, Rodriguez, Rosedale, St. Elmo, Sanchez, Sims, Williams, Wooldridge, Wooten, and Zavalla.
- **Housing Authorities** - Cambridge Villas, Gaston Place, Georgian Manor, Lakeside, Lyons Gardens, Ponsada Esperanza, St. George's Court, and Village Christian Apts.
- **WIC Centers** - Del Valle, Manor, and Oak Hill.
- **Agencies** -Austin Women's Shelter, Goodwill Industries, Mexican Consulate, and WorkForce Career Centers.



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In accordance with Federal law and U.S. Department of Agriculture's Policy, Better Living for Texans Supplemental Nutrition Assistance Program is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.