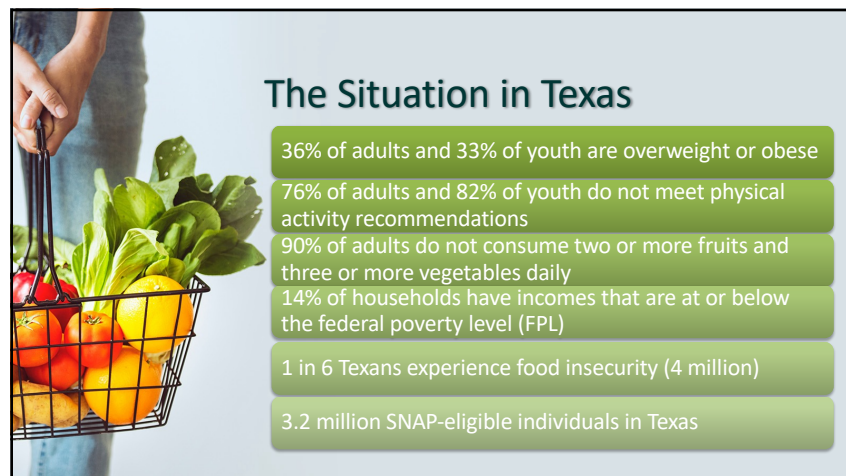




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3



4




## MWV and BLT Engagement

- BLT Events: ~25%
- BLT Participants: ~35% (male/female)
- BLT Hours: ~25%

*\*\*Pre-COVID-19 MWV and BLT program efforts*



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## Community Nutrition

Texas A&M AgriLife Extension Service supports two community nutrition education programs:

- Expanded Food and Nutrition Education Program (EFNEP, <https://efnep.tamu.edu/>)
  - More than 50 years (started in 1969)
  - EFNEP has programming efforts in nine Texas counties (Counties: Bexar, Cameron, Dallas, El Paso, Harris, Hidalgo, Tarrant, Travis, and Willacy)
- Better Living for Texans Program (BLT)/SNAP-Ed, <https://blt.tamu.edu>
  - More than 25 years (Fiscal Year 1995)
  - BLT has programming efforts in more than 210 Texas counties

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## SNAP-Ed/BLT Funders

- FY 2022 Supplemental Nutrition Assistance Program Education (SNAP-Ed) Plan Guidance – Nutrition Education and Obesity Prevention Program
- Requirements of Funders
  - USDA's Food and Nutrition Services (FNS)
  - Texas Health and Human Services Commission (HHSC)
  - Federal Fiscal Year 2022
    - October 1, 2021 – September 30, 2022



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## Mission Statements

**FNS SNAP-Ed:** *Improve the likelihood that **persons eligible for SNAP** will make **healthy food choices within a limited budget** and choose **physically active lifestyles** consistent with the current Dietary Guidelines of America and the USDA food.*

**Texas HHSC SNAP-Ed:** *Educate, connect, and support individuals as they attempt to live healthier lives on a budget through **direct education, targeted social marketing efforts, environmental strategies** to encourage healthy food selection, and **use of technology** to reach people and communities.*


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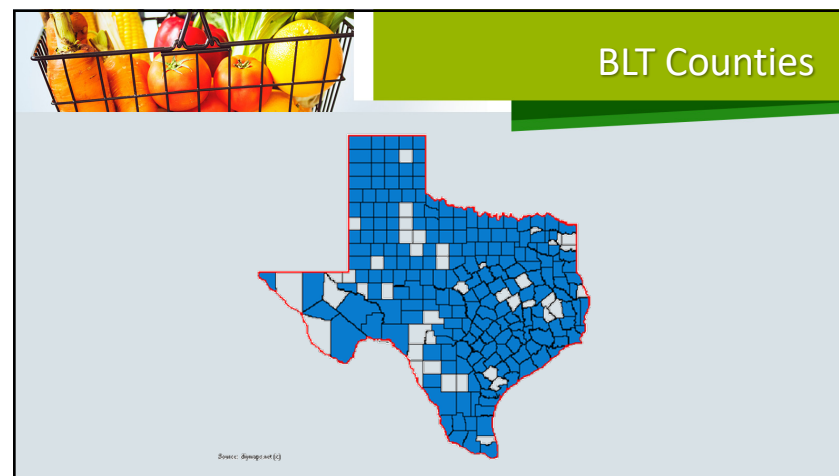
## Better Living for Texans

**Vision**  
Creating opportunities, changing lives


**Mission**  
We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives



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## Determining County BLT Levels

- County BLT levels are based on the number of SNAP recipients reported by Texas HHSC and can be found at Supplemental Nutritional Assistance Program (SNAP) Statistics (<https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics>)
- BLT programming expectations and program funds are based on the county's BLT Level

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## Serving Texans in FY 2021

- More than 112,360 adults and youth educational contacts across the state (22% were program series)
- 780+ agencies and sites BLT partnered with throughout Texas
- Helped limited-resource Texans make healthier choices where they live, learn, eat, shop, play, and work

*\*\*Due to COVID-19, programs cancelled/adapted, thus a significant drop in the number of educational contacts and partnering sites.*

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### FY 2021 Program Series Impacts

**Participants Reported**

- 34% Adults; 66% Youth
- 60% Female; 40% Male (all ages)
- 34% Hispanic; 66% Non-Hispanic (all ages)
- 60% High school diploma or less education

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### FY 2021 Program Series Impacts

**Behavior Impact Results (Participant Surveys)**

- 67% ate fruit more times during the day
- 66% ate more vegetables more times during the day
- 90% made fruits and vegetables available in the home
- 59% filled half or more of their lunch and dinner plates with vegetables and fruits
- 53% of participants increased the number of days of the week they were physically active
- 88% washed fruits and vegetables before eating or preparing
- 54% use the Nutrition Facts label to buy food products
- 58% planned meals in advance


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### Better Living for Texans

- Offers opportunities to help others live healthier lives
- Builds confidence in our participants to learn practical cooking and gardening skills
- Teaches the importance of being physically active
- Offers educational items that reinforce what is taught
- Creates support that encourages families and friendships

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### Focus Areas for FY 2021

1. Increase fruit and vegetable intake
2. Increase physical activity
3. Improve access to fruits and vegetables (gardening)
4. Food safety
5. Food resource management

**Focus areas are based on the SNAP-Ed guidelines outlined for that fiscal year (October 1 – September 30).**

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## Target Audiences

### Identified in SNAP-Ed Guidance

- SNAP participants, low-income individuals eligible to receive SNAP benefits or other means tested Federal assistance programs
- Individuals residing in communities with a significant low-income population
- Low-income households with SNAP-Ed eligible women and children

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## Implementing BLT


### Program Delivery Methods

- Agents and BLT Educators implement programs with adults and youth
- Co-workers implement programs with adults and youth
- Volunteers participate as educators or facilitators – coordinate with your County Extension Agent to identify county needs; or support in preparation of programs

### Identifying the Target Audience/Participates in the County

- Coordinate with your Extension Agent

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## Limited-Resource Audiences & Sites

- Low-income individuals receiving or eligible to receive benefits under SNAP and other means-tested programs, such as individuals receiving Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI) benefits
- Individuals living in communities where at least 50% of the residents/population live at 185% of the Federal Poverty Level or below (<https://squaremeals.org/FandNResources/IncomeEligibilityGuidelines.aspx>)

Example: Household income of four members at 185% = \$49,025 annual; \$4,086 monthly; \$943 weekly  
(100% Federal Poverty Level = \$26,500 annual)

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## Limited-Resource Audiences & Sites

- Community agencies and organizations
- Schools
  - Schools where  $\geq 50\%$  of students receive free/reduced meals (call school office for percentages or <http://www.publicschoolreview.com>)
  - Title 1 schools
- Demographic locations



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## Examples of Partnerships

- Local educational agencies
- Local churches, libraries, community centers (youth, adults, senior), and parks and recreation programs
- Feeding Texas – statewide network of food banks and food pantries/distribution sites
- Soup kitchen
- Texas Work Force
- Christian Women's Job Corps and or Men's Job Corps
- Migrant Workers
- Grocery stores with high SNAP benefit usage
- Health and Human Services Commission offices
- English as a Second Language Classes (ESL)
- Public housing authorities


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## Community Agencies and Audiences

- If you are unsure if the audience meets the program requirements, coordinate with your BLT or County Agent – one of the following forms **may need** to be completed...
  - Site Certification Form
  - Justification Form


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## Ineligible BLT Audiences

- Individuals with incomes greater than 185% of the poverty level
- Individuals who are incarcerated or in an institution
- Jails/detention centers
- Prisons
- Nursing homes/convalescent centers
- Mental facilities
- Individuals not responsible for planning and preparing their own meals do not qualify for BLT programs


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## Topics BLT Cannot Teach or Fund

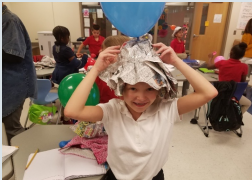
- Education as it relates to the management/treatment of medical conditions
  - Diabetes
  - High cholesterol
  - High blood pressure
- Obesity treatment
- Food safety for retail establishments
- Life skills training
  - Debt management
  - English as a Second Language (ESL)

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## BLT Curricula Series

Curricula is research, evidence, and practice-based



Three curricula focus areas :

- Nutrition
- Physical activity
- Gardening  
(with nutrition component)

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## BLT Curricula

**Nutrition Focus**

**Adult:**

- *A Fresh Start to a Healthier You!*
- *Be Well, Live Well* (50+ years of age)
- *Get the Facts*
- *Healthy CarbohydrateS*

**Youth:**

- *Color Me Healthy for SNAP-Ed* (early childhood/ kindergarten age; and physical activity focus)
- *Choose Healthy* (middle school age)




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## BLT Curricula

**Physical Activity (nutrition component)**

**Adult & Youth:**

- *Walk Across Texas! (WAT) / Walk N Talk*

**Youth:**

- *Balancing Food & Play* (elementary age; and nutrition focus)

**Gardening Focus (nutrition component)**

**Adult:**


- *Growing and Nourishing Healthy Communities Gardening Course*

**Youth:**

- *Learn, Grow, Eat & GO!* (elementary age)




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## Policy, Systems, and Environmental (PSE) Interventions

- **Policy Change:** passing laws, ordinances, resolutions, mandates, regulations, or rules at federal, state, or local level
- **Systems Change:** ongoing, unwritten, often qualitative decisions/changes made within an organization; systems change and policy change can work hand-in-hand; systems change impacts all elements of an organization and its participants
- **Environmental Change:** changes made to the physical, economic, social or message environments

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### Policy, Systems, and Environmental (PSE) Interventions - continued


- FNS has adopted standards to evaluate the impact of strategies and interventions related to SNAP

**Your BLT or County Agent will report these interventions.**

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### Collecting BLT Series Surveys

- Use the correct pre, post, and follow-up surveys or retrospective survey; surveys vary from series to series
- If a follow-up survey is used and to increase participation in this survey, offer another BLT related program on a topic suggested by the audience
- Survey data is used by the BLT State Office in the annual report submitted to Texas HHSC and by BLT and County Agents in their reports to stakeholders and for year-end summaries
- Coordinate with your BLT or County Agent on collection and survey data entry

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### Reporting for BLT

**Your efforts count!**

**When conducting BLT related programs, select BLT when reporting Master Wellness Volunteer hours.**

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## Program Supplies

- Curriculum materials
- Food demonstration supplies
- Educational reinforcement items
- When considering resources for BLT programs, ask yourself:
  - ✓ Is it necessary
  - ✓ Is it audience appropriate
  - ✓ Is it reasonable

**Coordinate program supplies with your BLT or County Agent.**

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## Recipes for BLT Programs

### Recipe Databases

- BLT/EFNEP recipe database on the FCH Agent Only website (Family and Community Health) – your BLT or County Agent will have access to this website
- MyPlate Kitchen!; USDA and SNAP appropriate recipes (<https://www.myplate.gov/myplate-kitchen>)
- Dinner Tonight, Texas A&M AgriLife Extension Service; check with Agent for appropriate recipes (<https://dinnertontight.tamu.edu/>)
- Other preapproved recipes

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## BLT Logo, Civil Rights/EEO, and Credit Statements

### USDA Statements

- USDA is an equal opportunity provider and employer.
- This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
- To learn more about the Supplemental Nutrition Assistance Program (SNAP) or to apply for benefits, visit [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com).

### Texas A&M AgriLife Extension Service

- The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.
- The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



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## Contacts for County BLT Programs

### Texas A&M AgriLife Extension Service County Offices

Extension Agents – Better Living for Texans  
 County Extension Agents – Family and Community Health and Extension Agents – Health  
 Better Living for Texans Nutrition Education Associates and Assistants

### BLT Regional Project Specialists

Vacant, North Region (Districts 1 & 2 – Amarillo and Lubbock)  
 Andrea Stelting, Central Region (Districts 3 & 8 – Vernon and Stephenville)  
 Tami Putnam, East Region (Districts 4 & 5 – Dallas and Overton)  
 Barbara Brown, West Region (Districts 6 & 7 – San Angelo and El Paso)  
 Orlando Salinas, South Region (Districts 10 & 12 – Austin and Weslaco)  
 Brenda Anderson, Southeast Region (Districts 9 & 11 – College Station and Corpus Christi)

### State Program Director

Renda Nelson, State Program Director

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## Reflection

If you have an interest in serving limited-resource youth and adults through the BLT program, what opportunities do you see as a Master Wellness Volunteer?

[agrilifeextension.tamu.edu  
blt.tamu.edu](http://agrilifeextension.tamu.edu/blt.tamu.edu)
[@agrilifeextension  
@betterlivingfortexans](https://www.facebook.com/agrilifeextension)
[blt@ag.tamu.edu](mailto:blt@ag.tamu.edu)
[@bettertexans](https://www.instagram.com/bettertexans)

BLT Podcast: Spotify

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## Creating Opportunities, Changing Lives

Volunteers are valuable in helping expand our outreach so more families and individuals can benefit from what the BLT program has to offer.

**Thank you for helping us make a difference in the lives of those we serve.**

USDA is an equal opportunity provider and employer.  
This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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