MORE THAN 773,600 PARTICIPANTS

9 OUT OF 10 PARTICIPANTS WOULD RECOMMEND OUR BLT PROGRAM

208 NUMBER OF COUNTIES WITH BETTER LIVING FOR TEXANS PROGRAMMING EFFORTS

73% OF PARTICIPANTS REPORT THAT BLT IS THEIR FIRST EXPERIENCE WITH TEXAS A&M AgriLife EXTENSION

A FRESH START TO A HEALTHIER YOU
RESPONSES BASED ON A SAMPLE OF 4,770 PARTICIPANTS THROUGHOUT 69 COUNTIES THAT INTEGRATE THE IMPORTANCE OF HEALTHY NUTRITION WITH AN EMPHASIS ON INCREASING FRUIT & VEGETABLE INTAKE, PHYSICAL ACTIVITY, FOOD SAFETY AND FOOD RESOURCE MANAGEMENT.

PEOPLE WHO REPORTED EATING FRUIT TWICE A DAY
21% INCREASE

PEOPLE WHO REPORTED EATING VEGETABLES THREE TIMES A DAY
29% INCREASE

PEOPLE WHO REPORTED PLANNING THEIR MEALS AHEAD OF TIME
36% INCREASE

PEOPLE WHO USED A SHOPPING LIST
30% INCREASE

PEOPLE WHO COMPARED PRICES WHILE SHOPPING
28% INCREASE

PEOPLE WHO REPORTED BEING PHYSICALLY ACTIVE FOR 30 MIN/5 TIMES PER WEEK
21% INCREASE

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GROWING AND NOURISHING HEALTHY COMMUNITIES
RESPONSES BASED ON A SAMPLE OF 695 ADULT PARTICIPANTS THROUGHOUT 21 COUNTIES WHICH INCLUDES A SIX WEEK EDUCATIONAL PIECE WHICH TEACHES GARDENING BASICS, INCLUDING THE CONSTRUCTION AND MAINTENANCE OF A COMMUNITY GARDEN SITE, AND INCREASING ACCESS TO FRUITS & VEGETABLES.

56% INCREASE OF PARTICIPANTS WHO KNEW WHEN TO PLANT VEGETABLES

10,303 NUMBER OF POUNDS OF PRODUCE HARVESTED THROUGH GROWING AND NOURISHING HEALTHY COMMUNITIES INCLUDING:
- squash
- tomatoes
- peppers
- eggplant
- watermelon
- cantaloupe
- strawberries
- basil
- cilantro
- carrots

EAT SMART, LIVE STRONG
RESPONSES BASED ON A SAMPLE OF 3,271 SENIOR ADULT PARTICIPANTS THROUGHOUT 38 COUNTIES WHO PARTICIPATED IN A FOUR SESSION NUTRITION EDUCATION SERIES TO HELP INDIVIDUALS OVER 60 YEARS OF AGE TO IMPROVE THEIR FRUIT AND VEGETABLE CONSUMPTION AND INCREASE PHYSICAL ACTIVITY.

26% OF PARTICIPANTS REPORTED EATING FRUIT TWO OR MORE TIMES A DAY FOLLOWING THE COMPLETION OF THE PROGRAM.

11% OF PARTICIPANTS REPORTED BEING PHYSICALLY ACTIVE FOR AT LEAST 30 MINUTES, FIVE TIMES A WEEK FOLLOWING THE COMPLETION OF THE PROGRAM.

25% OF PARTICIPANTS REPORTED EATING VEGETABLES TWO OR MORE TIMES A DAY FOLLOWING THE COMPLETION OF THE PROGRAM.

LEARN, GROW, EAT & GO!
RESPONSES BASED ON A SAMPLE OF 5,416 YOUTH PARTICIPANTS THROUGHOUT 60 COUNTIES WHO PARTICIPATED IN A TEN SESSION NUTRITION EDUCATION PROGRAM TO HELP YOUTH MAKE HEALTHIER FOOD CHOICES, LEARN BASIC GARDENING SKILLS, AND THE IMPORTANCE OF BEING PHYSICALLY ACTIVE.

17% INCREASE OF PARTICIPANTS WHO REPORTED DRINKING WATER MORE THAN ONCE A DAY AFTER TASTING, MORE STUDENTS REPORTED LIKING SPINACH, SWISS CHARD, SUGAR SNAP PEAS & BOK CHOI

62% HAD THE OPPORTUNITY TO TEACH SOMEONE ELSE TO MAKE BETTER FOOD CHOICES

69% REPORTED INCREASED INTEREST IN ATTENDING SCHOOL

BY PARTICIPATING IN THE GARDENING PROGRAM, ADDED BENEFITS STUDENTS REPORTED ARE...

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