

AgriLife Extension of Tarrant County has been ramping up the excitement with regards to our project Eat Well Feel Well. Over the summer our team hosted over 30 teachers for our annual Learn Grow Eat & GO! training. Learn Grow Eat & GO! is a 10 week curriculum of the international youth gardening program of Extension that exposes students to vegetables through activity, taste tests & growing. These educators took away all of the necessary materials and handouts required for these lessons with thanks to the ARPA grant of Tarrant County. Now that they have returned to class to implement this all inclusive program, our Better Living for Texans Agent is also on site teaching parents about vegetable gardening with our Growing & Nourishing Healthy Communities class. This Family Engagement approach to improved health & wellness is certain to make a lasting impression on our community. Our next chapter will involve helping students build their very own community vegetable gardens on their campuses. Follow our journey by subscribing to our monthly newsletter [here](#).

