

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



PRAIRIE VIEW  
A&M UNIVERSITY  
COLLEGE OF AGRICULTURE  
AND HUMAN SCIENCES

Cooperative Extension Program

# MAKING A DIFFERENCE

TARRANT COUNTY

WINTER 2024



Each year the Tarrant County AgriLife Extension team hosts an interpretation luncheon and volunteer awards reception to close out the year and celebrate AgriLife's big wins. The 2023 event was held on Thursday, December 14<sup>th</sup> at the Tarrant County Plaza building with nearly 50 in attendance.

The following awards recipients were recognized by the Tarrant County team.



**Bob Byers**

FRIEND OF EXTENSION AWARD  
FORT WORTH BOTANICAL GARDEN  
BOTANICAL RESEARCH INSTITUTE OF TEXAS



**Cherrelle Tillis**

JOHN SOUTH SPIRIT OF EXTENSION AWARD  
P.E. CURRICULUM SPECIALIST  
FORT WORTH ISD



From Left to Right:  
Laura Miller, County Extension Agent  
Comm Hort, Bob Byers, award recipient  
Courtney Davis, County Extension Director

**The Friend of Extension Award** recognizes an individual or organization For outstanding service to the people of Tarrant County by their exceptional support and personal involvement in Texas A&M AgriLife Extension Service.



From Left to Right:  
Robin Hall, Extension Agent  
EFNEP, Cherrelle Tillis, award recipient  
Courtney Davis, County Extension Director

**The John South Spirit of Extension Award** recognizes a program area committee member for exemplary service in the design and delivery of educational programs which enhance the quality of life for the people of Tarrant County.





**Kacee Gordillo**  
**DARLENE MYATT FRIEND OF CHILDREN AWARD**  
 TARRANT COUNTY 4-H

The Darlene Myatt Friend of Children Award recognizes an individual or organization for dedicating time, talents and treasure to teaching children with dynamic enthusiasm and loving leadership.



From Left to Right: Kate Marshall, County Extension Agent - 4-H, Kacee Gordillo, award recipient and Courtney Davis, County Extension Director

# Nourishing Success: Texas 4-H Food Challenge Empowers Youth Through Culinary Creativity

**Kate Marshall, County Extension Agent, 4-H Youth Development**

One of the Tarrant County teams that participated in the District 4-H Food Challenge Contest in Sulphur Springs, TX last November. Pictured Left to Right: Lane Olmstead, Evelyn Cook & Avilee Jacinto.



**Renetta White**  
**DIRECTOR'S AWARD**  
 TRANSITION CENTER  
 FORT WORTH ISD

From Left to Right: Jordan Peldyak, Extension Agent CEP - 4-H, Dolores Haley, Nutrition Education Assistant - EFNEP, Renetta White, award recipient and Courtney Davis, County Extension Director

The Director's Award recognizes an Individual Or Organization for providing exemplary support for Extension educational programs and volunteers.



Congratulations to all of our Recipients!

In the heart of Texas, a group of enthusiastic and talented young individuals recently took part in a transformative experience - the Texas 4-H Food Challenge. This competition not only tested their culinary skills but also empowered them with knowledge about nutrition, food safety, and the importance of adopting healthy habits to reduce the risk of chronic diseases.

The Texas 4-H Food Challenge is a unique competition that goes beyond the conventional cooking contest. It encourages youth to explore the world of nutrition, safe food preparation, and the significance of making healthy choices. Teams of 4-H members are tasked with creating a delectable dish using only a predetermined set of ingredients. The challenge involves not only identifying and preparing the dish but also presenting it convincingly to a panel of judges.

One of the primary objectives of the Food Challenge is to allow participants to showcase their knowledge and culinary skills. Youth involved in the competition delve into the art of creating nutritious and safe meals and snacks. Through careful planning and execution, they learn to navigate the world of ingredients, demonstrating their ability to make informed choices that contribute to a healthy lifestyle.

The Food Challenge places a strong emphasis on collaboration and teamwork. Participants work closely with their team members to brainstorm ideas, allocate responsibilities, and bring their culinary creation to life. This aspect not only hones their culinary skills but also instills crucial teamwork values that extend beyond the kitchen. The experience of working together towards a common goal fosters a sense of camaraderie and unity among the youth.

In addition to the culinary aspect, the Food Challenge offers a platform for participants to enhance their public speaking skills. Each team is required to make a presentation about their dish to the judges. This component of the competition encourages participants to articulate their thoughts, share their culinary journey, and effectively communicate the nutritional value and significance of their creation.

The Texas 4-H Food Challenge goes beyond the kitchen to provide valuable leadership opportunities for the youth. Participants are entrusted with responsibilities such as decision-making, planning, and organizing. These experiences contribute to the development of leadership skills, helping youth become confident, capable leaders both in and out of the kitchen.

The Texas 4-H Food Challenge is not merely a cooking competition; it is a transformative experience that empowers youth with valuable life skills. From honing their culinary talents to fostering teamwork, promoting public speaking, and providing leadership opportunities, this unique challenge equips young individuals with the tools they need to thrive in various aspects of their lives. As these budding chefs continue to create delicious and nutritious dishes, they are also shaping a healthier and more empowered future for themselves and their communities.



**Allison Reid**  
**DIRECTOR'S AWARD**  
 TCU ATHLETICS

From Left to Right: Kate Marshall, County Extension Agent - 4-H, Allison Reid, award recipient and Courtney Davis, County Extension Director





# 2023 ... 4

Jacklyn Jones-Doyle, County Extension Agent, Agriculture and Natural Resources

A basic appreciation for and a lack of knowledge by the consumer on the value of agriculture to their everyday lives is evident in Tarrant County. Residents do not fully understand the importance of agriculture or the basic concept of agricultural production. The time-tested saying, "If you eat, you're involved in Agriculture" is as true today as it ever has been. Obviously, the food we eat is a direct result of production agriculture, but many consumers do not recognize the benefit we derive from the various by-products of agriculture production and processing, and the economic benefit associated with all the aspects of the food chain.

Small acreage producers (under 100 acres) typically have a negative net cash farm income. The availability of educational activities in small scale farming and ranching enterprises in Texas with diversified goals incorporating possible labor limitations, quality of life goals, environmental goals, and wildlife management are balanced by community development concerns and are currently available only as piecemeal segments. Small acreage agricultural operators and commercial producers in rural and suburban areas will become more knowledgeable in effectively identifying and evaluating diversification strategies for risk mitigation and improved economic sustainability based on total management goals and optimal resource-based use.

The Agriculture and Natural Resources department is continuing with the goal of offering programming that supports the small acreage producers and new landowners. Offering programming from Ag Valuation to Beef Cattle Production while focusing on the producers that are new to the industry or who have limited acreage.

Be on the lookout for more information on the following "Agricultural Management" programming.

<b>March</b> Pollinators *CEUs will be offered	<b>April</b> Wildlife Management *CEUs will be offered	<b>April</b> Water Well Management *CEUs will be offered	<b>TBD</b> Grazing Pasture Management
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In 2023, we also launched the inaugural Women in Agriculture Conference. This conference was a day and a half, which was inspired by Annie's Project. We had ladies attend from all over Texas, as well as Kansas and Alabama. The feedback in the conference was overwhelmingly positive, and we will be continuing with the conference for the 2024 programming year. More information will be coming as we get closer to the meeting date, but it will be an event you will want to mark your calendar for.

**May we all have a blessed 2024!**



# 2023 YEARLY SUMMARY (TARRANT COUNTY)

Jordan Peldyak, Extension Agent, Cooperative Extension Program, 4-H Youth Development

## Water/STEM In-Depth Plan

My first In-depth Plan focused on weather and climate education (water) and computer science coding programs. A 4-H youth water and science plan was needed to address youth water education by teaching youth participants about water systems, weather and climate, clean water ways, and potential career opportunities associated with these areas. "Texas's population is expected to double by the year 2026, this will dramatically increase the need for more fresh water sources. Health impacts and physical effects are increasing from climate change." (Texas aquatics science). This plan also addressed the growing need for youth technology skills to help further their skills for the workforce. Panther Programmers Computer Coding is a state-wide computer science program created by Prairie View A&M University Extension, to teach and improve skills within the computer science field and increase the number of youth interested in going into STEM related careers. (According to the Institute for Health Disparities, in 2021 only 11% of STEM related careers are held by underserved college students).

**Survey results include data from January 2023 - August 2023. Numbers in parenthesis include data from September 2022 - August 2023.**

## Water/Science In-Depth Plan Youth Reached:

**69 (92) total graduates from weather and climate programs and 49 (0) graduates from coding programs totaling 118 (141) total graduates in this plan.** (41 participants completed the post-test survey for the weather and climate program. Forty-three students completed the post-test survey for the Panther Programmers Coding Program). Youth completed six educational hours or more in these programs. Pre and post-test results from graduates were completed including two questions from water education graduates and one question from post-test coding graduates shown below.

- ▶ **92.68% (38 out of 41 answered)** Chose the correct answer for defining what relative humidity is.
- ▶ **90% (36 out of 41 answered)** Strongly agree or agree that they would be interested in a career in weather and climate or another agriculture / STEM related career.

- ▶ **65% (28 out of 43 answered)** Would like a job involving coding, robotics, technology and or a STEM career.

## Youth Gardening In-Depth Plan

My second In-depth plan was in youth growing garden education. A 4-H youth gardening plan is needed to help serve and provide garden education to underserved and vulnerable audiences in Tarrant County. Youth gardening programs give youth the opportunity to foster responsibility. Gardening is good for psychological well-being. Outdoor time promotes exercise through exposure to being outside. Gardening and working with others promote a way to connect and encourage healthier eating habits (verywellfamily.com). Through garden programs youth engage in hands on group and individual learning experiences that help them develop an appreciation for the environment.

## 4-H CEP Grows Outreach Education Plan

My final Plan was the 4-H outreach plan "4-H Grows." This plan addressed the administrative and management of 4-H programming. The CEP 4-H Advisory committee helped with the planning process and implementation of 4-H programs throughout the year.

## Youth Gardening In-Depth Plan Youth Reached:

**136 total graduates from the programs**, completing six educational hours or more. Pre- and post-test results were collected from graduates including statistics from three questions asked to all gardening graduates. Post-test results below show the number of participants that selected they know the question well or very well. (87 participants completed the post-test survey).

- ▶ **70.12% (61 out of 87 answered)** Know the components it takes for plants to grow.
- ▶ **74.71% (55 out of 87 answered)** Know how soil fertility affects plant growth.
- ▶ **78.8% (67 out of 85 answered)** Learned more about gardening and/or STEM careers.
- ▶ **Results above are students who surveyed 3 (well) or above in knowledge gain.**

4-H Contacts	Contacts Reached	Tarrant County 4-H CEP Clubs	4-H Committees
<ol style="list-style-type: none"> <li>I.M. Terrell Range &amp; Pasture ID contest: <b>9 youth</b></li> <li>Tarrant County Talent Showcase: <b>43 youth</b></li> <li>Fort Worth Stock Show Range &amp; Pasture ID contest: <b>7 youth</b></li> <li>Tarrant County Food Show: <b>3 youth</b></li> <li>Weather &amp; Climate contest: <b>10 youth</b></li> <li>4-H CEP State-wide Photography contest: <b>37</b></li> </ol>	<ul style="list-style-type: none"> <li>Total outreach contacts: <b>5,045</b> (5,232)</li> <li>Total adult volunteers: <b>17</b></li> <li>Total volunteer hours: <b>239</b></li> <li>Total 4-H Enrollment: <b>550</b></li> <li>Total 4-H CEP Enrollment: <b>75</b></li> <li>Total in-depth numbers: <b>254</b> (369)</li> </ul>	<ol style="list-style-type: none"> <li>I.M. Terrell Academy 4-H</li> <li>North Tri-Ethnic CC 4-H</li> <li>East Fort Worth 4-H</li> <li>Everything 4-H</li> <li>Thomas Place 4-H</li> <li>JRB Fort Worth 4-H - youth programs 4-H</li> </ol>	<ul style="list-style-type: none"> <li>4-H CEP Water Education Chair</li> <li>4-H State-wide Programming Panthers</li> <li>4-H State-wide CEP Garden</li> <li>4-H CEP Jr. Youth Lab</li> <li>4-H Texas Military Partnership</li> <li>4-H District Talent Showcase</li> <li>4-H District Shooting Sports</li> <li>4-H National Thrive Network</li> <li>District Record Book</li> <li>S.A.L.E Scholarship</li> </ul>





# WINTER IS NOT A SEASON, IT'S A CELEBRATION!

"In seed time LEARN, in harvest TEACH, in winter ENJOY." – William Blake

Brittnay Meyer, County Extension Agent, Horticulture

'Tis the season once more, a time when everyone gathers with family and friends to revel in the achievements of the past year and anticipate the possibilities that lie ahead! Here are a few standout moments from the year 2023!

The youth in Tarrant County have had a dynamic year in 2023! A total of 33 teachers from across the county engaged in training sessions focused on our Junior Master Gardener (JMG) Program, aimed at integration into their classrooms. Designed for Pre-K to 8th grade students, the program offers a selection of seven different curricula. This classroom-ready curriculum is aligned with Texas Essential Knowledge and Skills (TEKS) and comes complete with a list of required materials and the estimated time for each lesson. Teachers received guidance on seamlessly incorporating these lessons into their yearly program plans, with additional expert support available from our Master Gardener program.

The accomplishments of the Tarrant County Master Gardeners are truly remarkable, as they have dedicated an impressive 33,529 hours of volunteer time to benefit the community. Among their achievements, they distributed over 300 ready-made rain barrels to homeowners, conducted 25 virtual classes, and engaged with more than 7,652 community members at public events. It's an understatement to say that these committed individuals have been exceptionally busy! I eagerly anticipate the addition of more members and the ongoing enhancement of this already incredible program in Tarrant County.

I am looking forward to more classes and programs in 2024! If there is a class you would love to see, email our Help Desk at [tarrantmg@ag.tamu.edu](mailto:tarrantmg@ag.tamu.edu). Here are events on the 2024 calendar so far:

2024 Calendar of Events				
March 9	March 16, June 8, & September 14	March 19	July 9 & 10	November 9
4-H District 4 Entomology & Range ID Contests	Earth-Kind Workshops	Bee Keeping 101	Junior Master Gardener Teacher Training	Holiday Floral Design Class

Master Gardener Virtual Classes:  
Check [tarrantmg.org](http://tarrantmg.org) or Facebook for dates!  
Follow Tarrant County - Ag and Natural Resources on Facebook for up-to-date information on classes and events!



## HOW DO YOU MEASURE A YEAR? COUNTING DOWN TO 2024

Laura Miller, County Extension Agent, Commercial Horticulture

1



### Water Efficient Recognized Green Professionals

We welcomed a new cohort of 25 pros who joined the 124 landscape service providers that have completed the five-week course since its inception in 2016. Designing and maintaining multiple commercial and residential landscapes, they have a big impact on the adoption of water conserving practices.

2024 classes start January 10<sup>th</sup> in Grapevine



2

### Pros in Parks

Providing ongoing continuing education to employees who care for our public park spaces has been a priority for this program area since 2008. In 2023 we were happy to complete four in person classes in Fort Worth and three in Arlington. This year 263 participants came from Fort Worth, Arlington, Mansfield, and Burleson to attend one or more of the seven sessions with topics that ranged from managing invasive species to park assessment. This partnership with the cities of Fort Worth and Arlington benefits the entire area by ensuring continued access to nature, opportunities for exercise and better health for the environment and all citizens.

2024 classes begin January 18<sup>th</sup> in Arlington & 23<sup>rd</sup> in Fort Worth

3

### North Texas Urban Forestry Conference

A record setting 221 arborists attended the 2023 conference to discuss protecting trees during construction and ways to mitigate tree loss as population of people, not trees, continues to grow rapidly in North Texas.

2024 Conference: Texas Trees & Technology is February 15<sup>th</sup> in Hurst



4

### Arborist Short Course

Our Certified Arborist Short Course has helped arborists prepare for the challenging International Society for Arboriculture examination since 2018. 15 aspiring credential holders completed the three-day course this year, and two of them have already earned their certifications.

The 2024 Short Course will be November 12<sup>th</sup> -14<sup>th</sup> in Fort Worth





# MY 2024 DAILY HEALTH PLANNER

Christa DeStefano, County Extension Agent, Family & Community Health

DATE:

**M T W T F S S**

MY WORD OF THE YEAR IS:  
 WHAT DOES HEALTH MEAN TO ME?  
 HOW WILL I FIT MY HEALTH INTO MY DAY?

## TO DO LIST

- Choose my word for 2024
- Define what health means to me
- Identify how health will fit in my day
- Move more, sit less
- Drink water
- Plan/prep all meals and snacks
- Sleep and mentally recharge
- Track my steps/physical activity
- Get outside and enjoy nature
- Spend time with friends and family

## SCHEDULE

time	activity

## MEAL PLAN

water

breakfast

lunch

dinner

## SHOPPING LIST

- DAIRY
- FRUITS
- PROTEIN
- VEGETABLES
- WHOLE GRAINS

## AGENT NOTE

Well hello there, 2024! There is something empowering that comes with the turning of the calendar and starting of a new year. Finding my "Word of the Year" sets the tone for all that I plan to accomplish in the coming 12 months. 2023 was all about STRENGTH...I hope last year gave you the STRENGTH to discover new and exciting ways to improve your health. My word for 2024 is FIT! Now "FIT" can be a noun, verb, or an adjective, and honestly, this year's context is all three. I challenge you to find ways to FIT health into your schedule each day in this new year. You would be surprised how little time we schedule for own health and fitness every 24 hours. I know, because I surveyed our Tarrant County Extension Team! It is quite shocking to see how challenging that can be once we keep a daily health calendar. I hope you find some tips on this planner that will help you FIT health into each day this new year.

Have a blessed (and FIT!) 2024!

# 2023 - EFNEP's Year at a Glance

Robin Hall, Extension Agent, Expanded Food & Nutrition Education Program

With every Making a Difference Newsletter that comes out, we make it a point to provide you, the reader, with updates and highlights of the great programs and partnerships we have been a part of over the year. This might lead one to wonder what goes on in the EFNEP department when we're not teaching classes. Take a look at our 2023 timeline to see what we were up to all year long.

**1 January 2023**  
**HAPPY NEW YEAR**  
 Started the new year with an EFNEP presence at Aggie Night at the Fort Worth Stock Show and Rodeo. During this event, had the opportunity to interact with individuals and discuss the great things going on in Tarrant County Extension.

**2 February 2023**  
**PROFESSIONAL DEVELOPMENT**  
 EFNEP staff attended the 2023 AgriLife Health Summit, a state-wide professional development conference. Staff attended sessions related to food safety, diet quality for emerging adults, EFNEP-specific training, and more.

**3 March 2023**  
**\*\*NEW PARTNERSHIP\*\***  
 EFNEP staff began facilitating adult classes with a group of seven adults at the Morris Foundation location of Child Care Associates - this was a new partnership for us that we hope to keep going for years to come.

**4 April 2023**  
**NATIONAL VOLUNTEER MONTH**  
 Honored and celebrated EFNEP program partners and volunteers during our inaugural EFNEP Volunteer Appreciation Luncheon. Volunteers were also recognized at a presentation during Tarrant County Commissioners Court.

**5 May 2023**  
**\*\*NEW PARTNERSHIP\*\***  
 Presentation with Parent Partnership Department at FWISD - the first of many meetings with this new group of partners. Through this partnership, Tarrant County EFNEP will reach at least four new campuses in the district in 2024!

**6 June 2023**  
**SUMMER FUN**  
 Facilitated EFNEP summer programming at Chisholm Trail Community Center. This was another new partnership for Tarrant County EFNEP in 2023. Also conducted interviews to fill vacant youth educator positions.

**7 July 2023**  
**WELCOME TO THE TEAM!**  
 Hired Megan Lauderdale, new Extension Assistant, and Lisa Saunders, new Nutrition Education Associate for the EFNEP-Youth component. Tarrant County EFNEP is now fully staffed!

**8 August 2023**  
**PRACTICE, PRACTICE, PRACTICE**  
 Participated in teach-backs with EFNEP educators, which allowed them the opportunity to practice teaching EFNEP curriculum in familiar company before facilitating the lessons with live participants.

**9 September 2023**  
**\*\*NEW PARTNERSHIP\*\***  
 Took the opportunity to promote EFNEP with Local Wellness Coordinators at FWISD campuses. This presentation opened up a door to yet another audience in the community.

**10 October 2023**  
**INTERN SEASON**  
 Three dietetic interns from TCU's dietetic internship program and one from TCC's dietetic internship program completed supervised practice hours with Tarrant County EFNEP staff, learning about Extension and EFNEP, and assisting with EFNEP programming.

**11 November 2023**  
**\*\*NEW PARTNERSHIP\*\***  
 Facilitated classes with middle-school-aged students at Daggett Middle School. This was our first time to partner with this campus. We hope to partner with even more middle-schools in the new year!

**12 December 2023**  
**NAVIGATING FOR A SUCCESSFUL NEW YEAR!**  
 Our new educators attended EFNEP's Navigating for Success training in College Station for more training on how to effectively deliver nutrition education programs.

# Nourishing Reflections: A BLT Year-End Feast of Wellness

Sanci Hall, Extension Agent, Better Living for Texans

I'm sure I said this last year, but how is it January already! Last year flew by! We've been busy around here and I cannot wait to share some of our Better Living for Texans (BLT) success.

From October 1, 2022, to September 30, 2023, BLT offered five adult nutrition curricula reaching 327 Tarrant County adult residents, with 166 of them attending four or more sessions to receive graduate status.

BLT developed and sent out 12 monthly newsletters, reaching an average of 140 contacts per month and made 172 Facebook posts to the Tarrant Co AgriLife Facebook page, averaging 180 views per post (30,000 views). We also supported adult outreach events around the county.

And we don't want to forget about our youth! We facilitated seven volunteer lead Learn Grow Eat and Go! (LGE!) programs in seven locations (A.V. Cato Elementary School, Chisholm Trail Community Center, Mullendore Elementary School, David E. Smith Elementary School, Holiday Heights Elementary School, O.H. Stowe Elementary School, W.J. Turner Elementary School) and supported Daddy Day Care to deliver a volunteer lead Color Me Healthy - SNAPed (CMH) to 39 3-5-year-olds Pre-K students.

We also supported youth outreach events such as Birdville ISD Lights on Afterschool and Keller ISD Back to School Bash. BLT presented single event nutrition education with Fort Worth Stock Show and Rodeo School Tours reaching over 4,300 youth!

BLT could not reach these participants without the support of our community partners. If I listed them all, I'd need several pages. Just know you are appreciated and valued. I also would like to thank the following businesses as they donated or sponsored equipment, books, and gardening supplies: Amazon, Amerigroup, Lowes, Tom Thumb, and Kroger.



Participants from Hurst Senior Center



David E. Smith Elementary students preparing Cinnamon Carrot Crunch

I cannot thank our Master Gardeners and our Master Wellness volunteers enough. They donate their time and their energy to make Tarrant County a better place. We even have some getting ready to teach BLT curricula in 2024! One unsung hero of our office is our Family and Community Health (FCH) Administrative Assistant, Tanica Bell. I would be lost without her organizational skills, her institutional knowledge of BLT, and most importantly her amazing positive attitude. Nothing phases Ms. Tanica!

Speaking of other amazing people, I have 7 Program Area Committee (PAC) members who donate their time each quarter to assist me in determining the needs of our youth and adults, connecting partnerships, and providing critical feedback on programs. Sharon, Steven, Camille, Sheryl, Pierre, Mamie, and Marcus, THANK YOU for your support and for seeing my vision and helping to bring positive healthy behavior changes to our community. I love working with these amazing people!

I am so excited to see what we can accomplish next. We've got several programs gearing up in 2024 for our youth and adults. If this newsletter has inspired you to volunteer, please let me know and I am sure we can find a spot on the team for you!

## What are our BLT Participants saying afterwards?

"We had never had a garden and do now! This class and Sanci have really helped me build my confidence. It's opened up areas of research into things we hadn't thought of. These courses are a must for our community." ~ Participant

"Healthy cooking can be yummy!" ~ Participant

"After our class, I went and cleaned out my refrigerator. I had stuff in there with a 2017 date! I was shocked and threw that stuff away!" ~ Participant

## BETTER LIVING FOR TEXANS CLASS SCHEDULE 2024

### Adult Gardening - Growing and Nourishing Healthy Community Gardens:

This 6-part teaches 6 main garden topics. Learn how to: Choose a Garden Location, Soil and Compost, Raised Bed and Container, Maintaining Your Garden, Diseases and Insects, and Harvesting Your Garden.

**Heritage Elementary School**  
4001 Thompson Rd.  
Fort Worth, TX 76244  
4:00 p.m.  
- **Tuesdays** -

March 5, 19, and 26, 2024  
April 9, 16, and 23, 2024

Contact the site to sign up.

**Arlington Public Library**  
Northeast Branch  
1905 Brown Blvd.  
Arlington, TX 76006  
1:00 p.m.  
- **Thursdays** -

April 11, 18, and 25, 2024  
May 2, 9, and 16, 2024

Contact the site to sign up.

# TARRANT COUNTY BETTER LIVING FOR TEXANS

Sanci Hall, Extension Agent, Better Living for Texans

## CLASS SCHEDULE 2024

### Adult Nutrition Class – Get the Facts

This 4-part series will help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size.

#### Blessing Court

3100 Blessing Court  
Bedford, TX 76021  
1:00 p.m. - 2:00 p.m.  
- **Wednesdays** -

January 3, 2024  
January 10, 2024  
January 17, 2024  
January 24, 2024

Contact the site to sign up.

#### Arlington Public Library

Southwest Branch  
3311 SW Green Oak Blvd.  
Arlington, TX 76017  
6:00 p.m. - 7:00 p.m.  
- **Wednesdays** -

January 3, 2024  
January 10, 2024  
January 17, 2024  
January 24, 2024

Our Master Wellness Volunteer, Theresa, will be teaching!

Contact the site to sign up.

#### Mansfield Public Library

104 S. Wisteria St.  
Mansfield, TX 76063  
11:00 a.m. - 12 noon  
- **Wednesdays** -

January 3, 2024  
January 10, 2024  
January 17, 2024  
January 24, 2024

Our Master Wellness Volunteer, Theresa, will be teaching!

Contact the site to sign up.

### Adult Nutrition Class – A Fresh Start to a Healthier You

Learn how to: Create Safe and Healthier Meals, Balance Your Day - Meal Planning, Save More at the Grocery Store, and Celebrate Small Bites.

#### Haltom City Public Library

4809 Haltom Rd.  
Haltom City, TX 76117  
6:00 p.m. - 7:00 p.m.  
- **Thursdays** -

January 4, 2024  
January 11, 2024  
January 18, 2024  
January 25, 2024

Contact the site to sign up.

#### Mansfield Public Library

104 S. Wisteria St.  
Mansfield, TX 76063  
6:00 p.m. - 7:00 p.m.  
- **Tuesdays** -

January 9, 2024  
January 16, 2024  
January 23, 2024  
February 6, 2024

Contact the site to sign up.

#### Watauga Public Library

7109 Whitley Road  
Watauga, TX 76148  
4:30 p.m. - 5:30 p.m.  
- **Mondays** -

February 26, 2024  
March 4, 2024  
March 11, 2024  
March 18, 2024  
March 25, 2024

Contact the site to sign up.

### Adult Nutrition Class – Healthy Carbohydrates

This 4-part series dives into how carbohydrates work in the body, incorporating them into a simple plate, and finding the right amount to eat.

**Haltom City Senior Center**  
3201 Friendly Ln.  
Haltom City, TX 76117  
1:30 p.m. - 2:30 p.m.  
- **Wednesdays** -

February 7, 2024  
February 14, 2024  
February 21, 2024  
February 28, 2024

Contact the site to sign up.

**Evergreen at Keller**  
501 Bourland Rd.  
Keller, TX 76248  
11:00 a.m. - 12 noon  
- **Thursdays** -

April 4, 2024  
April 11, 2024  
April 18, 2024  
April 25, 2024

Contact the site to sign up.

**Keller Senior Center**  
640 Johnson Rd.  
Building C  
Keller, TX 76248  
1:00 p.m. - 2:00 p.m.  
- **Tuesdays** -

April 30, 2024  
May 7, 2024  
May 14, 2024  
May 21, 2024

Contact the site to sign up.

**Kennedale Public Library**  
316 W. 3rd St.  
Kennedale, TX 76060  
6:00 p.m. - 7:00 p.m.  
- **Tuesdays** -

May 7, 2024  
May 14, 2024  
May 21, 2024  
May 28, 2024

Contact the site to sign up.