



A Fresh Start to a Healthier You!

Better Living for Texans Program

A Fresh Start to a Healthier You! is a adult-learning series that uses practical experience and information to help change lives and improve health.

To complement and support each session, participants will take home:

- ✓ Support of friends
- ✓ Confidence to cook healthy meals for their children and family
- ✓ Pocket guide with practical cooking and shopping tips
 - ✓ Incentive item
- ✓ Recipe(s) for success in the kitchen!

Goals

1. Participants will adopt Fight BAC! food safety principles.
2. Participants will prepare and eat fruits and vegetables more often.
3. Participants will improve their ability to cook nutritious meals.
4. Participants will reduce the amount of money they spend on groceries.

Dates

Thursday's

December 3, 10, & 17, 2015

Time

1:00 pm to 2:00 pm

Location

Jasper Head Start

105 Collier St, Jasper, TX 75951

Register by

Tuesday, December 1, 2015

by calling 384-3721

JASPER COUNTY EXTENSION OFFICE

103 East Houston Street
Jasper, Texas 75951

Phone: 409-384-3721

Fax: 409-384-5949

E-mail:

c-vandevender@tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION

