

What is Better Living for Texans?

Better Living for Texans (BLT) is a cooperative endeavor among the following:

- Texas AgriLife Extension
- Texas Health and Human Services Commission
- Southwest Regional Office of the Food and Nutrition Service
- United States Department of Agriculture

Who benefits from BLT?

- ★ Individuals and families who are receiving or who are eligible to receive food stamps
- ★ Temporary Assistance for Needy Families
- ★ Women, Infant & Children
- ★ Individuals who receive free and reduced school lunch



What are the goals of the BLT program?

- ◆ Improving diet quality and increasing physical activity
- ◆ Adoption of food source management skills (meals planning, comparison shopping, etc.)
- ◆ Improving food safety practices
- ◆ Reducing out-of-pockets food expenses



What types of lessons are available?

- ▶ MyPyramid: Better Health with Better Choices
- ▶ Food Safety & You
- ▶ Portion Distortion
- ▶ Eating Behaviors of the Young Child
- ▶ Shopping Strategies to Stretch Your Food Dollar

Can BLT benefit from partnerships?

- Yes, BLT can benefit from partnerships.
- Partnerships with agencies and non-profit organizations often provide space for programs that are convenient for the clientele.
- Partnerships helps to recruit a variety of participants.



What are some other facts about BLT?

- BLT was implemented in the state of Texas in 1994
- Provides research based information
- All programs and materials are FREE of charge, and services are available to agencies, schools, and organizations throughout Harrison County.

A Popular Recipe

Sweet Potato Muffins

2/3 cp mashed sweet potatoes
4 Tbs margarine
½ cp sugar
1 egg
¾ cp flour
2 tsp baking powder
½ tsp salt
½ tsp cinnamon
¼ tsp nutmeg
½ cp fat-free or low fat milk
¼ cp chopped pecans
¼ cp chopped raisins

Cream margarine and sugar. Add egg and sweet potatoes; mix well. In a large bowl, stir flour with baking powder, salt and spices. Alternate adding milk and the potato mixture to the large bowl with the dry ingredients. Fold in nuts and raisins. Spoon into greased 1 ½ inch muffins tins, filling each 2/3 full. Bake at 400°F for 25 minutes or until golden brown. Let cool for about 5 minutes before serving.

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Harrison County

