



Better Living for Texans

4th Quarter 2022

- ▶ **33 Parents** from Region 16's Head Start/Early Head Start program participated in the **"Fresh Start to a Healthier You!" program**. Participants learned "Creating Safe and Healthier Meals", "Balancing Your Day", "Saving More at the Grocery Store", and "Celebrating Small Bites."
- ▶ **23 students** from River Road High School AP Health Sciences participated in **"Choose Healthy" program**. Students learned "All About MyPlate", "Living a Balanced Life", "Choosing Healthy Doesn't Have to be Hard", and "Healthy Hydration".
- ▶ **108 Region 16 Head Start/Early Head Start parents and staff** attended meeting at the Cleveland Street Center to learn about **"Healthy Meals on a Budget."** Participants learned about reading food labels and perimeter shopping at the grocery store. Inexpensive, healthy, and quick recipes for "SnapEd Trail Mix" and "Banana Pudding in a Bag" were demonstrated and sampled by the audience.