

TEXAS A&M AGRI LIFE EXTENSION



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

A garden
can be good for the
mind, body, and soul!

This training will cultivate awareness
of how school gardens can be used
as a tool to educate children and
families on the importance of healthy
eating and active lifestyles utilizing
the Learn, Grow, Eat, & Go
elementary school curriculum
& Walk Across Texas!

Learn, Grow, Eat, & Go!

Lillie Russell Memorial Library
200 East Hubbard Street, Lindale

Better Living For Texans Smith County Agent: Amy Shively

Feb. 3, 2021 1:30
PM- 2:30
PM

3rd - 6th grade

This is a 10 week series, involving community gardening, physical
activities, food tastings and recipe demonstrations.



Register at the Library with Carrie Custer,
Executive Director

For more information email:
amy.shively@ag.tamu.edu

LEARN! coordinate classroom learning in science, math, language arts, and health.

GROW! a school garden.

EAT! incorporate vegetable tasting and vegetable recipe demonstrations.

GO! increase physical activity in children and their families.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.