



Health Ambassadors for a Ready Texas

The Texas Department of Agriculture (TDA) created Health Ambassadors for a Ready Texas (HART) to provide the opportunity for high school students to champion healthy eating and wellness within their school communities. Health Ambassadors will gain leadership skills as they promote nutrition to their peers and engage with community stakeholders to champion the benefits of a healthy lifestyle.

Mission of HART Students:



Promote TDA Child Nutrition Programs

Work with your school's child nutrition team to promote nutrition and implement monthly activities



Improve School Health Environment

Involve stakeholders to develop strategies to engage and educate your peers about nutrition and wellness



Provide Food and Nutrition Program Feedback to TDA

Communicate on a monthly basis with TDA about your accomplishments and present recommendations

HART Applications are Open!
Apply Today!



How to Apply for HART:

A Health Ambassador shall be a student enrolled in grades 9th, 10th or 11th in a Texas school participating in the National School Lunch Program. *There is no cost for membership.*

Applications Due to TDA by Friday, December 14, 2018

Visit the TDA website for the HART application and for additional information about the HART initiative – [SquareMeals.org/HART](https://www.squaremeals.org/HART).

Contact TDA at HART@TexasAgriculture.gov or call (877) TEX-MEAL



TEXAS DEPARTMENT OF AGRICULTURE
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