



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Health Ambassadors for a Ready Texas



Building Student Engagement

The Texas Department of Agriculture recognizes the power of student support when delivering important messages about child nutrition. The Health Ambassadors for a Ready Texas Initiative provide guidance and resources to help schools establish nutrition-based campus and community activities.

About HART

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.

The Health Ambassadors are encouraged to engage with school staff, students, their School Health Advisory Committee (SHAC) and other school partners to achieve the following goals:

1. Promote TDA Child Nutrition Programs
2. Improve their school health environment
3. Provide feedback to TDA



HART Students will accomplish these goals through monthly targeted activities promoting nutrition and wellness including, but not limited to:

- **Promoting TDA initiatives** – Farm Fresh Challenge, Meal Appeal Universities, National School Lunch Week, School Breakfast Week and Summer Feeding Program
- **Providing student perspectives through participation in existing school committees** – School Health Advisory Committee (SHAC), school board, garden club, PTA meetings or more based on the school
- **Conducting a needs assessment of school health environments** – Evaluate existing programs such as health fairs, school wellness events and nutrition initiatives to provide recommendations

Eligibility

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.*





Health Ambassadors for a Ready Texas



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



Are you ready to be a Health Ambassador at your school?

HART students will gain leadership skills as they promote nutrition to their peers and engage with community stakeholders to champion the benefits of a healthy lifestyle.

How to Apply for HART:

Applications Due to TDA by Friday, December 14, 2018

Visit the TDA website for additional information about the HART initiative and for the HART application – SquareMeals.org/HART.

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



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