

Better Living for Texans (BLT)

Better Living For Texans/Supplemental Nutrition Assistance
Program Education (SNAP-Ed)

TEXAS A&M
AGRI LIFE

RESEARCH AND EXTENSION
CENTER AT OVERTON



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BIO

Ms. Putnam graduated from Stephen F. Austin State University (SFASU) with a Bachelor of Science in Health Science. After receiving her degree, she began her career working with grants teaching health literacy. She also held the position as the Network Project Specialist for a nursing grant addressing the attrition rate in the East Texas Nursing Schools. She began employment with Texas A&M AgriLife Extension in 2015 as the Family and Community Health Agent in Gregg County. After spending three years teaching youth and adult programs, she began working as the Regional Project Specialist for the Better Living For Texans (BLT) program in the East Region with AgriLife Extension covering both District 4 and 5.

Extending Knowledge & Providing Solutions

The BLT Supplemental Nutrition Assistance Educational Program (SNAP-Ed) began in Federal Fiscal Year 1995, as a collaborative effort with Texas A&M AgriLife Extension Service, Texas Health and Human Services (HHSC), and United States Department of Agriculture (USDA) Food and Nutrition Services (FNS). SNAP-Ed is a Nutrition Education and Obesity Prevention Grant Program.

Better Living For Texans (BLT) offers research and evidence-based curriculum focusing on nutrition, physical activity and gardening with adults and youth that are SNAP eligible. The County Extension Agents in the East Region covering District 4 & 5 implement the programs in their specific county.

As the Regional Project Specialists (RPS), I support, review, observe and ensure that the agents are meeting their proposed graduate numbers and also managing the allocated funds assigned to cover their expenses.



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