Health Ambassadors for a Ready Texas

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.
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

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**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](http://SquareMeals.org/HART).

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