



HEALTH AMBASSADORS
FOR A READY TEXAS

STUDENTS STEPPING UP FOR A HEALTHIER FUTURE

Be a Part of TDA's HART Initiative

A healthier future starts with Child Nutrition Directors and Student Advisors

Are you a Child Nutrition Director (CND) who wants more student involvement in your high schools?

Are there influential students on your campuses who could entice their peers to try school meals? Do you want to increase your meal participation and educate students about what goes into school meals? TDA's HART Initiative was created for CNDs like you!

What do HART CNDs do?

- Communicate with advisors and cafeteria staff to determine what student projects can accomplish
- Attend TDA hosted calls about HART
- Guide and encourage students to complete HART tasks throughout the year

Student Feedback See what HART Ambassadors have to say:

“ My advisor, Coach Mainord, has been an incredible mentor and HART advocate these past two years. I became interested in agriculture in her freshman AP Human Geography class, and she's continued to emphasize the importance of agricultural and nutritional effects on global populations while inspiring students to learn more about local food production processes.

As my HART advisor, Coach Mainord has ensured that I have the tools I need to succeed as a student ambassador. We check in frequently to ensure that we are both “up-to-date” on all information and communications coming from the TDA and the Frisco ISD Child Nutrition Department. I take on a lot of the HART projects by myself, but she's always there to make sure that I'm on track and have the support I need.

– Riley McCain, HART Ambassador

In 2016, the Texas Department of Agriculture (TDA) created the Health Ambassadors for a Ready Texas (HART) Initiative with the goal of empowering student leaders to promote school meals, Texas agriculture, and healthy habits.

For more information, scan the QR code or visit [HART Public Page](#)



Are you a school faculty member with a passion for student engagement?

Do you enjoy being a sounding board for student creativity? Are nutrition, local foods, and promoting healthy habits exciting to you? Do you know passionate students in your high schools? TDA's HART Initiative is looking for people like you to serve as student advisors!

What do HART Advisors do?

- Work with advisors and cafeteria staff to promote school meals and Texas agriculture
- Complete tasks and challenges set by TDA to earn recognition
- Act as liaison between students and CNDs
- Guide and encourage students to complete HART tasks throughout the year
- Attend TDA hosted calls about HART



“ Mrs. Carrier is really helpful because she helped me in organizing the CATCH Event for my HART project. She was really nice and gave me ideas as well on what games to create for the event. Overall, she gave me a lot of resources and helped me in creating a successful HART project.”

– Harjas Chadha



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HART Advisor Guide

What are your responsibilities?

HART advisors serve as the link between HART students and the child nutrition department. As a HART advisor, you will guide your student(s) with their challenges throughout the year.

Your Role as a HART Advisor

Work with your student ambassador(s) to increase awareness of school meals and Texas agriculture.

Meet at the beginning of the school year to discuss goals. Continue meeting on a monthly or as needed basis throughout the year to determine project progress. Provide guidance and encouragement when necessary. Be a sounding board for your student(s) to brainstorm project ideas.

Communicate with the child nutrition director and/or cafeteria staff to remain informed of collaborative opportunities.

Your Student(s) now and in the Future

You can recruit new students each year. If you know of any teens who are passionate about health and eager to learn more about Texas agriculture and school meals, let them know about the HART Initiative. Have them speak with your current ambassador(s) to learn more about the time requirements

Student Led Initiative

HART students join the initiative to share their passion for health and wellness. Their goals include increasing school meal participation and awareness of Texas agriculture.

- Share school meal knowledge
- Encourage eating at school
- Learn and share info about Texas agriculture
- Spread awareness of local products and benefits

Student Feedback

See what HART Ambassadors have to say:

“ Milissa Wright has helped me with ideas that she has that would hit my targeted audience. It has helped me so much and especially when she is willing to take time out of her busy day to help me with my project. I couldn't have done it without the support and guidance from Mrs. Wright. I wish nothing but the best to my next HART ambassador from my county and to my advisor Mrs. Wright! It was fun and I enjoyed it so much! ”

- Ofilia Gonzalez

“ My advisor helps me get out of my comfort zone. Encourages me to try my best participating even if I'm not good. ”

- Amy Loyola



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