



---

# The State of Well Being News Bulletin

*“Improvement is always possible”*



---

## SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016



### March is National Nutrition Month

Every March draws special recognition to the importance of healthy eating. National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. This year’s theme encourages everyone to “Savor the Flavor of Eating Right” by taking time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food adds to our lives. The emphasis is aimed at balancing food and beverages as part of a healthy eating pattern rather than focusing on a specific food and nutrient. The overall goal is to achieve and maintain a healthy weight, develop sound physical activity habits, reduce the risk of chronic disease and promote overall health. Each of us can make a special effort to celebrate Nutrition Month by focusing on eating right and developing better eating habits. March is a good month to start because it is around the same time that many of us start giving up on their New Year’s resolutions and slowly start slipping back into bad habits. Instead, let’s use this time as a chance to refuel and refocus. Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle. Take a small step to better nutrition today, and move toward a healthier you. *Continued page 2*

---

Texas A&M AgriLife  
Extension Service

Volume 1, Issue 6

2016

---

Special points of interest:

- National Nutrition Month
- Learn Grow! Eat! & Go!
- Parks & Recreation Workshops
- Walk Across Texas

---

### Gardening Sites/Greenhouses

Ringgold Campus Community Garden  
La Casita Community Garden  
San Isidro Community Center  
R.T. Barrera Elementary– Eagles Garden  
Roma High School Garden/Greenhouse  
Starr Co. Fairgrounds Greenhouse  
Dr. Mario Ramirez Elementary Garden  
Grulla High School Garden  
Colonias Unidas Community Garden  
Escobares Community Garden  
Pct. #1 Community/Headstart Garden  
Ac2E Elementary Garden

# March is National Nutrition Month *continued*

## WHY IS IT IMPORTANT TO EAT HEALTHY

Everyone can benefit from eating healthy—from controlling your weight to preventing chronic diseases, like heart disease—diabetes and cancer. Eating healthy at a young age sets kids on the path to a healthy life, but remember, it's never too late to get started. Perhaps you are asking, how do you eat healthy? With our busy lifestyles? Take small steps each week to improve your nutrition and move towards a healthier you!

It is easier than you think to start eating healthy! Set healthy eating goals to improve your nutrition.

Here are 8 Healthy eating Goals that can help you!

Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks.

1. Make half your plate fruits and vegetables
2. Make half the grains you eat whole grains
3. Switch to fat-free or low-fat (1%) milk
4. Choose a variety of lean protein foods
5. Compare sodium in foods
6. Drink water instead of sugary drinks
7. Eat some seafood

## You ask: “Healthier Alternatives for snacks?”

### STRAWBERRY S'MORES

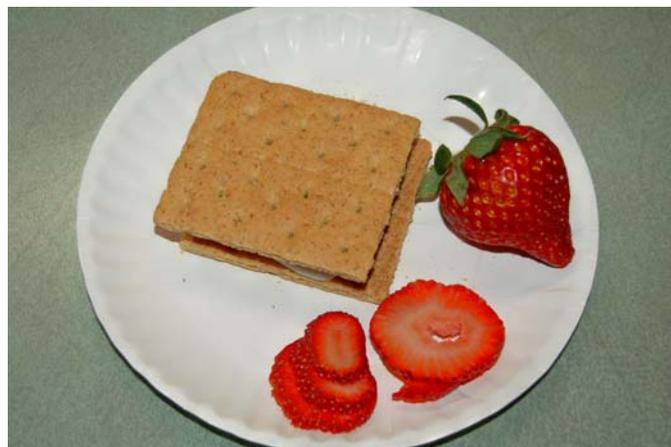
Makes 1 portion

2 strawberries

2 graham crackers

2 tablespoons of low fat yogurt

Wash strawberries and slice. Apply yogurt onto half of cracker and place sliced strawberries and add another graham cracker on top.



# Learn Grow Eat & Go!



**TEXAS CHILDREN HAVE HIGH OBESITY RATES:** In 5 Texas sites, a sample of 3rd grade students revealed that 45% - 54% of students were overweight or obese.

**RISK OF OBESITY INCLUDE:** lower school attendance, increased risk of being teased, bullied, and developing Type 2 Diabetes during childhood.

This program is youth gardening program that engages 3rd graders in a 14 week program where they plant a fall and spring garden, have recipe demonstrations and tasting activities. The students are also challenged to a two - eight week activity called Walk Across Texas. The physical activity project is designed to encourage family, school staff and volunteers to become involved. *Continued 4*



*Veteran's Memorial Elementary*



*Ringgold Elementary*



*Ac2E Elementary School*



## Learn Grow Eat & Go!



*RT Barrera Elementary*



*San Isidro Elementary*



## Keeping up with Parks and Recreation

Several Starr county and city staff members have attended two workshops conducted by Texas A&M Agrilife to address new and innovative way to “improve” and keep “safe” our places of play.

On February 3, 4 & 5 County Commissioner Pct. #4 Ruben Saenz and the City of Roma sent staff members to participants in a Community Engagement for Safe Parks and Recreation. The intense 3 day training provided manuals on what can be done to insure that parks are kept safe from injury and predators. A national team conducted the workshops along with specialists from College Station.



On March 5 a team from the Boys and Girls club in Rio Grande City attended a day workshop where they learned how to set up pop up events in various neighborhoods to bring communities together to play and be fit.

A session on pick up games and the use mold painting on church and school parking lots was a key feature of the workshop.

# Walk Across Texas



On March 4, Starr County had their kick off event for Walk Across Texas that involved some 100 community partners and county residents. It is not too late to register and sign up for the Walk Across Texas fitness event. There are just so many benefits to walking. If you are thinking about adding more physical activity to your day this is a great way to do it. Walking can be a great way to active. Walking is the most popular physical activity among adults, and it's easy to see why. It requires no special clothes or equipment. Regular walking can have many benefits. It may lower your risk of high blood pressure, heart disease, and diabetes. It may also help you maintain a healthy weight and lift your mood. Make walking fun by going to places you enjoy, like a shopping center or park. Bring along someone to chat with, or listen but keep the volume low enough to hear the sounds around you. Think about safety as you plan when and where to walk. Walk with others when possible, and take a phone and ID with you. If it's dark outside, wear a reflective vest or brightly colored clothing. And always be aware of your surroundings.

## Participants can use the following methods to calculate their miles

1. Measure mile at a track, walking path, trail, treadmill etc..
2. 2,000 steps measured on a pedometer
3. Miles calculated using mileage equivalent calculator found on the WAT website
4. 20 minutes of any continuous exercise

If you are interested in Walk Across Texas call our office and will we sign you up 956-487-2306.

For more information log on to: <http://walkacrosstexas.tamu.edu/>



## ***Walk Across Texas!***

*Is an 8 week walking program for teams of eight people or school classes.*

*Teams have a friendly competition to see who can log the most miles walking, jogging, or biking. You can even dance, do aerobics, or ride a stationary bike!*

*Everyone's miles are recorded on a Texas map posted in a public place, so everyone can see your progress. You can also enter your miles on the web and*

Texas A&M AgriLife  
Extension Service

500 N. Britton Ave.  
Rio Grande City, Texas  
Phone: 956-487-2306  
E-mail: [starr-tx@tamu.edu](mailto:starr-tx@tamu.edu)

Extending Knowledge, Providing  
Solutions



To improve the health and quality of life for people in Starr County by creating healthy and safe communities and eliminating health disparities.

Goals are to:

Reduce the use of tobacco & exposure to second hand smoke. Improve dietary behaviors by increasing access, availability and affordability of fruits and vegetables. Identify preventive clinical services to help individuals control diabetes, hypertension, etc. Increase opportunities for physical activities.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## Coalition Board Members

President

Romeo Lopez

Vice-President

Hilda Guerra

Secretary

Sister Diane Maresh

Treasurer

Cris Salinas

## Extension Staff & Support

Alice Kirk, Ext. Program Specialist III

Elva Yolanda Morado, CEA-FCS

Omar Montemayor, CEA-AgNR

Michael Lopez, Ext. Specialist, Environmental Health

Adela Mancha, BLT - PA

Nilda Gonzalez, County Support Staff

Dr. Jenna Anding, Asst. Prof. & Ext. Nutrition Specialist

Hector O. Guerra, BLT- PA

Elizabeth Barrera, County Support Staff

Dr. Jaime Rae Walker, Asst. Prof. & Ext. Specialist

Irma Ortiz, CEP- Ext. PA-EFNEP

Jackie Requenez-Salinas, PA- FDRM

Dr. Stephen Green, Assistant Director, FDRM - Prof. & Child Development Specialist - Regents Fellow

Vit Kaspar, PA-FDRM

Robert Alaniz, Student Worker

David Sanchez, BLT-PA

