

WEBB WELLNESS

July - September

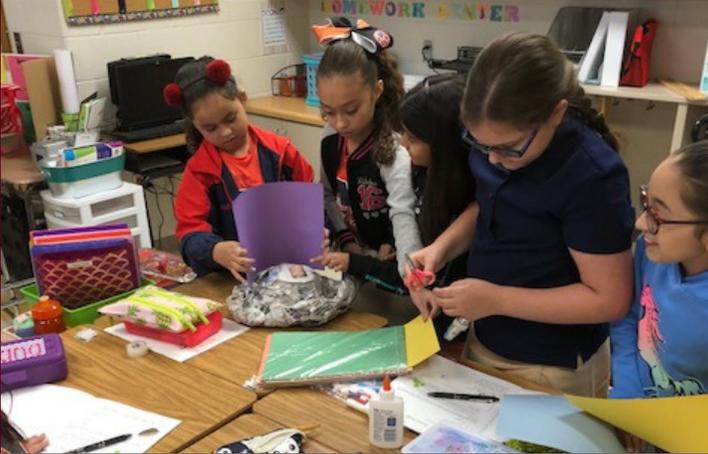


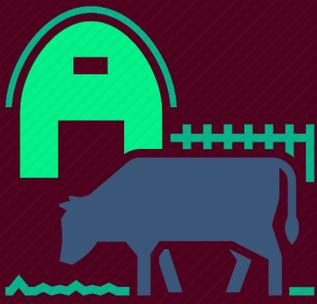
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Agriculture & Natural Resources

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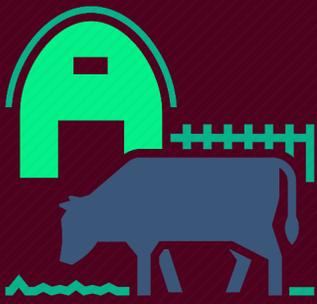
GROWING and NOURISHING

Composting 101

Border Region completed Growing and Nourishing Healthy Communities curriculum in May of 2019 and continue to garden and harvest produce in the Border Region garden.

As of September, participants decided to take up on composting. During the past weeks, participants were exposed to different lectures in which they learned what compost is, what materials work well, and which one does not. Compost is an excellent soil amendment and one that most soils need. For Border Region participants, it was important to learn to compost to continue adding this amendment onto their raised beds and to continue with their community garden. As seen on the pictures, participants helped develop the composting bins/cages to place items such as kitchen scraps, grass clippings, leaves, and other landscape debris that they brought from home. Participants also learned that they could divert 20 to 30 percent of the trash that currently is going to the landfill by using them through composting. The knowledge provided by Texas A&M AgriLife Extension and experiences of the participants has helped them gain confidence in providing availability of fresh produce to the center and participants.





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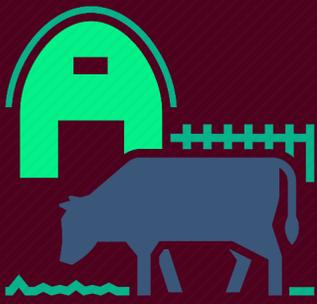
Water Well Screening

Eight South Texas counties including Webb County participated in coordinating the 2018 Water Well Screening Workshop for the month of August. This program supports water quality educational efforts for Healthy South Texas Initiative. Private water wells should be screened annually for common contaminants, including total Coliform bacteria, E.coli, nitrate-nitrogen, and salinity. This screening is at no cost and a total of 100 samples were submitted.

Beef Cattle Short Course

Webb County Extension Agent Martha Ramirez served as a moderator and presenter at the 2018 Beef Cattle Short Course in College Station. Agent Ramirez moderated and presented for the Vector Borne Disease sessions in which she got to present on Cattle Fever Tick and provided information on real life experiences along the permanent quarantine zone and current quarantines outside of the systematic area. Approximately 150 beef cattle producers participated in the session.





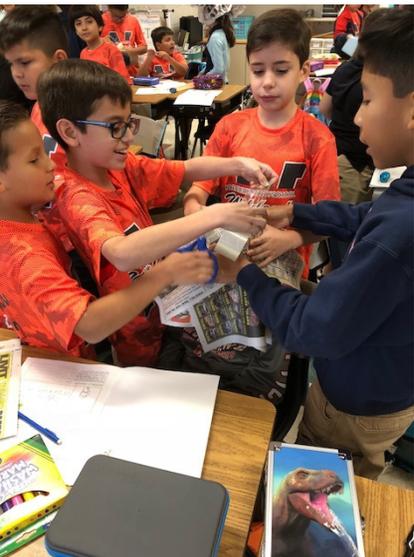
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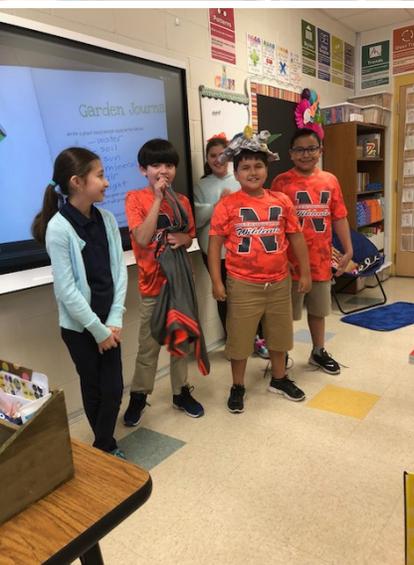


@ United I.S.D

July brought on the long awaited Learn, Grow, Eat & Go! Teacher In-Service training for United I.S.D. and Texas A&M AgriLife Extension. Through that programming effort, 16 U.I.S.D. elementary and middle schools were trained and prepared to implement the Learn, Grow, Eat & Go! (LGEG) program.



As of right now, all 16 schools have begun the implementation, adding over 60 garden beds across the participating campuses. 1,531 students going through the program will be planting carrots, spinach, leaf lettuce, swiss chard, potatoes, tomatoes, among so much more!



As shown in the pictures, students are going through weekly lessons, vegetable tastings, and cooking demonstrations to have a full experience of the LGEG program! Participating schools include: San Isidro, Nye, Arndt, Col. Santos, Borchers, Clark, Finley, Bonnie Garcia, Gutierrez, and Muller Elementary along with United, United South, Washington, Trautmann, Los Obispos and Raul Perales Middle School. Each school has a total of 3-10 teachers that make up the great LGEG teams!



Family & Community Health

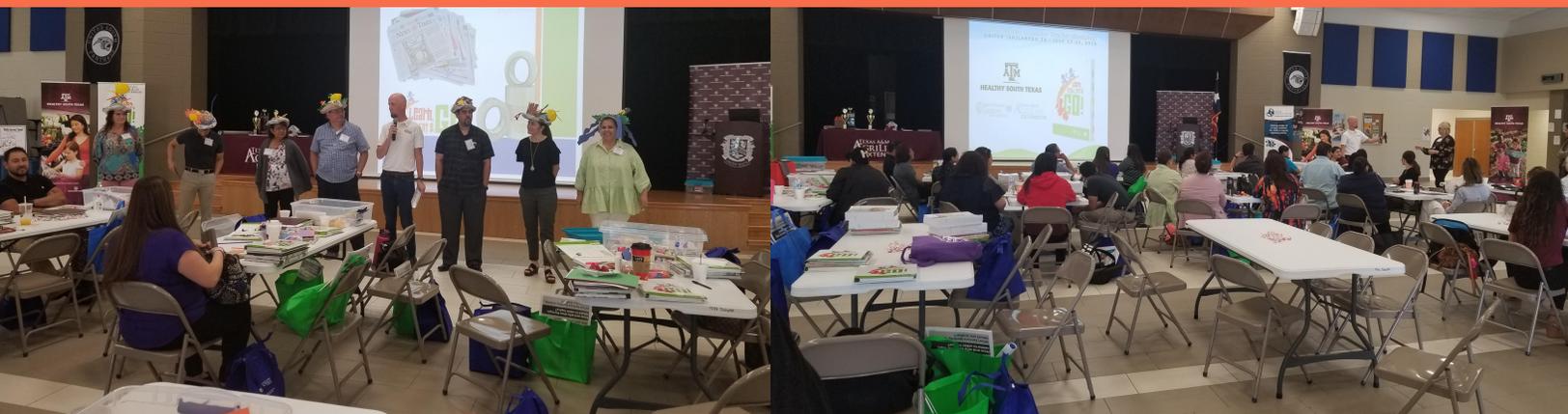
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HEALTHY SOUTH TEXAS Recognized Campuses

In 2016, the first attempt to begin implementing Learn, Grow, Eat & Go! within U.I.S.D. started in Nye Elementary's after-school program. From there, the program gained interest among the Gifted & Talented program and with the help of G.T. and Advanced Academics Coordinator, Ms. Lisa-Marie Dunn, the program was piloted for the first time at Clark Elementary School a year later for the entire G.T. student body.

Now, the Texas A&M AgriLife Extension office and United I.S.D's G.T program strengthened collaboration efforts to implement Learn, Grow, Eat & Go in over 15 elementary and middle schools. This was achieved by offering a two-day in-service for all participating teachers. Through this programming effort, schools will work towards implementing a multitude of nutrition education programs for adult and youth in hopes of becoming a Healthy Texas recognized campus. The first school in Texas to ever receive this recognition was in our very own county, and we are excited to for all there is to come.





Family & Community Health

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**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL

On August 3rd, 2018 Texas A&M AgriLife Extension, in collaboration with L.I.F.E., hosted the 2018 Dinner Tonight: Healthy Cooking School. Held at the L.I.F.E. Pavilion with 100 people in attendance, the event went through a 3-course menu of healthy recipes like a Panhandle Cowboy Steak, Cauliflower-Parsnip Mash, and a Frozen Peach Pie.

The recipes were prepared with the help of our great Healthy South Texas team of specialist and Special Initiatives Coordinator, Luisa Colin. The recipes were presented by HST Specialist Elain Montemayor with the help of our almost-pro sous chef, Mayor Pete Saenz.

Dinner Tonight is meant to encourage families to prepare healthier meals at home by incorporating more fruits and vegetables in their diet. Along with a short physical activity break, our cooking schools provide attendees with the necessary resources - like a handy cookbook, kitchen utensils and tools - to achieve this goal.



Family & Community Health



**PATH
 TO THE PLATE**

In conjunction to our Dinner Tonight: Healthy Cooking School, the Webb County Youth Ambassadors took to offering interactive education through our Path to the Plate expo booths with agriculture and health information about beef, poultry, swine, wheat, rice, corn, tomato, and grapefruit - all important Texan commodities.

With educational activities, researched-based information on agriculture myths and health benefits, interactive posters, and delicious recipes, eight of our youth ambassadors lead 20-minute presentations to discuss the path our food takes to reach our plate. This is all part of our Path to the Plate program, which is an interdisciplinary approach to educate our community on where our food comes from and to dispel myths that may be accessible through social media or unaccredited sources with research based information.

With well over their required hours of community service under their belt, the Webb County Youth Ambassadors prepared their recipes a day before, prepped and decorated their booths and activities, and studied their commodity information to give our attendees the best educational experience!



4-H & Youth Development

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District 12 Recordbook

Webb County 4-H had five Texas 4-H Record-book entries at the District 12 Contest. The results were three Blue Ribbons, one 2nd Place, and one Participant.

LIFE Grant

The Laredo International Fair & Exhibition awarded the Adult Leaders and Parent Association a \$5,000 grant.

This money will be used to buy necessary show equipment and to also award scholarships for youth leadership camps and events for the Webb County 4-H program.



Community Center Summer Camps

Santa Teresita, El Cenizo, Rio Bravo, and La Penitas

4-H Winning with Nutrition curriculum was presented to youth at multiple community centers. The Winning with Nutrition program includes five lessons that teach young athletes and youth the importance of nutrition and making healthy choices that will impact their health.





4-H & Youth Development

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Youth Council 2018-2019 4-H Year Planning Meeting 8/1/18

Youth council discussed and scheduled the different county contests and community service events for the upcoming 2018-2019 4-H Year.

Youth Council Officer Retreat 8/25/18

An officer training for the Webb Co. Youth Council was conducted. The topics covered were Different Leadership Styles, Officer Roles and Duties, and Parliamentary Procedure. The officers also participated in different team building exercises.



Webb County 4-H Club Manager Training

September 18, 2018, at 6:00 pm at the Webb County AgriLife Extension conference room.

Mr. Luis Saldana, District Extension Program Specialist 4-H will be our guest speaker. Please join us for an educational event designed to help you be the best 4-H Club Manager you can be!

Please RSVP by September 15, 2018

4-H Club Manager Training 9/18/18

The Webb Co. Extension office hosted a 4-H Club Managers training with guest speaker Mr. Luis Saldana the District 12 4-H Specialist.



Better Living for Texans



BETTER LIVING
 FOR TEXANS

July-September

Better Living for Texans had quite a year by implementing well known programs such as Walk and Talk and Fresh Start and exciting new programs such as Eat Smart Live Strong and Growing and Nourishing Healthy Communities. From July through September, 146 participants were graduated from the series.

Fresh Start and Eat Smart Live Strong are both nutrition focused programs and a four week series. Fresh Start brings participants a fresh updated perspective on basic concepts such as meal planning and budgeting while Eat Smart reminds participants to do light exercises and to consume more fruits and veggies. Fresh Start was offered at Iglesia Unida and Eat Smart was offered at Buenos Aires Community Center, Fasken Community Center, and Ernesto J. Salinas Community Center.

Walk and Talk is a 6-8 week exercise-focused program that encourages participants to track their steps as they engage with the program. Teams and solo walkers become more aware of their physical activity and challenge themselves to become more active as the weeks go by. Walk and Talk has been offered at Inner City Library, Mi Segunda Casa and Holding Institute,

Last but not least, Growing and Nourishing, our seven week series has been offered at : Holding Institute and First United Methodist Church. This program allows novices and experts alike an opportunity to venture into container or raise bed gardening. The program encourages participants to learn all about various gardening related topics such as types of soil, composting, pesticides and planting.



Better Living for Texans

BLT, where are you?



Walk and Talk @ Holding Institute



Growing and Nourishing @ FUMC



Walk and Talk @ Mi Segunda Casa



Eat Smart @ Fasken Community Center

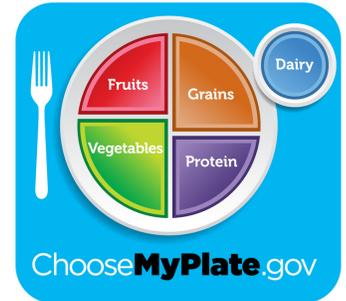




Better Living for Texans

MyPlate, My Wins! Hacking Your Snacks

Source: choosemyplate.gov



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab and go when you need them.



Make it a combo

Combine food groups for a satisfying snack-yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots or cucumbers in hummus, tzatziki, guacamole or baba ganoush.



Snack on the go

Bring ready-to-eat snacks when you're out. A banana, a yogurt (in a cooler) or baby carrots are easy to bring along and healthy options.

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