



**WALK
ACROSS TEXAS!**

Don't get behind!
Register your team
at our Kick-off Event



**MASTER
WELLNESS**
VOLUNTEER PROGRAM

Find out how our
volunteers are serving
the community



**BETTER LIVING
FOR TEXANS**

Nutrition education
near you!

Webb Wellness

January-March

**Growing &
Nourishing
Healthy
Communities**



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UPCOMING EVENTS:

Master Wellness Volunteer Program
Every Friday at 1:30 - 3:30 p.m.
January 6th - February 3rd
Texas A&M AgriLife Extension Office

Walk Across Texas: Walk and Talk
BLT Physical Activity Classes
Every Thursday, 10:00 - 11:00 a.m.
January 12th - March 2nd
Bruni Community Center

MyPlate Food Groups
BLT Nutrition Education Classes
Every Wednesday, 10:00 - 11:00 a.m.
February 1st - March 1st

Walk Across Texas - Nye Elementary
Every Thursday, 4:00 - 5:00 p.m.
February 9th - April 13th 2017

4-H Photography Workshop
February 9, 2017, 6:00 - 8:00 p.m.
Texas A&M AgriLife Extension Office

4-H Fashion Sensation Workshop
February 10, 2017, 6:00 - 8:00 p.m.
Texas A&M AgriLife Extension Office

4-H Photography Contest
February 23, 2017 - All Day Event
Texas A&M AgriLife Extension Office

Growing & Nourishing Healthy
Communities
Every Wednesdays, 10:30 - 11:30 a.m.
March 8th - April 12th 2017

Healthy South Texas Coalition Meeting
Wed., March 8, 2017 - 12:00 p.m.
Texas A&M AgriLife Extension Office

Walk Across Texas: Walk and Talk
BLT Physical Activity Class
Every Thursday, 10:30 - 11:30 a.m.
March 9th - April 27th 2017

WAT - Team Captain Training
Saturday, March 11, 2017
Texas A&M AgriLife Extension Office

Walk Across Texas - County Event
Saturday, March 25, 2017 - 9:00 a.m.
Texas A&M International University

We're Excited to Announce our very first Growing & Nourishing Healthy Communities at La Presa Community Center

Participants will learn about:

- Choosing a Garden Location
- Soils and Compost
- Raised Beds
- Container Gardens
- Maintaining their Gardens
- Diseases and Insects
- Harvesting

The program begins March 8th and will finish April 12th. We hope this series enriches the lives of our community members while doing something they love.



Growing & Nourishing Healthy Communities

TEXAS A&M
AGRILIFE
EXTENSION



This month, we completed our interdisciplinary curriculum, Learn, Grow, Eat & Go.

Nye Elementary's participation included 6 caregivers and 80 students from kindergarten through 5th grade.

During the 10 weeks, the afterschool program provided a classroom and garden beds in order to implement our curriculum.

Every participating student planted either spinach, carrots, onions, lettuce, beets, and radishes.



Learn, Grow Eat & Go

THANK YOU
NYE ELEMENTARY SCHOOL
YOU ALL WERE AMAZING!

Howdy!

My name is Genesis Hernandez, the new BLT Program Assistant for Webb County. I graduated in 2015 from Texas State University with a BFA in Mass Communications and decided to come back to my hometown, Laredo, Texas shortly after.

I returned with little certainty, but felt inspired when I stumbled onto Texas A&M AgriLife Extension. I've always felt it my duty to give back to my community - how great is it that I get to do it as a full time job! I feel fortunate to be part of such a great program that empowers Texans to lead a healthier lifestyle. Coming from a single-mom household, I've experienced the struggle and sacrifices many go through to find the time and resources for a healthy meal.

Educating families and adults in the same position is personally enriching, motivating me to become a better educator. I want to thank my supervisor, Angie Sifuentes, for making me a part of this wonderful family and to my coworker, Ashley Gastineau, for guiding me through the process. I look forward to updating ya'll on where this journey takes me and thank you for welcoming me.

Genesis Hernandez



The BLT Diaries

My first class as a BLT program assistant was at Bruni Community Center when we started Walk Across Texas: Walk And Talk, an 8-week class.

I conduct a 15 minute exercise session prior to our popular food demonstrations and nutrition lessons. After exercising, I collect my participants' miles to upload them to our Walk Across Texas website.

Our 15 participants created two walking teams: Las Damas y Caballero and The Divas. I am proud to say that just in the second week, my participants have almost doubled their steps. Las Damas y Caballeros have tallied 121.19 miles while Las Divas have walked a total of 94.37 miles - one participant logging in a whopping 17 miles on her own!

For our nutrition portion of class I've prepared delicious oatmeal raisin muffins and savory brussels sprouts wraps (I put my notorious burrito rolling skills to use). Thankfully, my participants were pleased with the recipe saying it tasted just like a bean and chorizo taco!

I look forward to creating new experiences and memories in my upcoming classes coming up in February and March for Fasken Senior Center and La Presa Community Center.



MyPlate Spotlight:

FRUITS

We all know fruits are colorful, delicious, and healthy for our bodies. Including a healthy dose of fruit in our daily diet can give us the necessary vitamins and minerals we need, and prevents us from certain illnesses and diseases.



"Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body,"

www.choosemyplate.gov

Fruity Potassium Benefits:

- Keeps a healthy blood pressure
- Helps with muscle movement like contractions and hydration

Fruity Fiber Benefits:

- Help lower blood cholesterol
- Helps lower heart disease
- Helps your digestive system stay regular and healthy

Fruity Vitamin C Benefits:

- Helps with growth, repair, and healing
- Keeps your mouth - like teeth and gums - healthy
- Fights to make your immune system strong

Fruity Folate Benefits:

- Keeps your blood cells going
- Helps pregnant women with the development of their baby

KIWI

Why is this a super fruit?

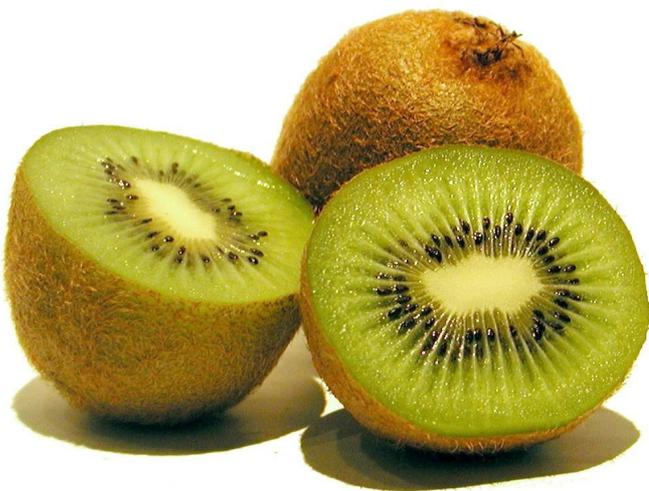
Kiwi has twice the Vitamin C of an orange and is also high in Vitamin E

It is the most nutrient dense fruit and can be used as a natural meat tenderizer.

Kiwifruit originated in China over 700 years ago. It is called "Yangtao"

Choose a kiwi that has rough, fuzzy skin. It is ripe when it yields to gentle pressure.

Store un-ripe kiwis in plastic bags in the fridge up to 6 weeks.





January 6, 2017, we began our Master Wellness Volunteer Program and hosted our First Face-to-Face training at the Extension Office in conjunction with Jim Hogg's Health Agent Jazmine Alvarado.



The participants will receive 40 hours of nutrition, health, and wellness training throughout the month until they complete their designated goals.



Our first Master Wellness volunteers will finish their training February 3rd, 2017 where they will have to pass a completion exam. In doing so, they are one step closer.

If you are interested in becoming a Master Wellness Volunteer, contact the Extension Office to submit an application for our next cohort - deadline to apply is April 7th, 2017

Webb County will have it's first 4 Master Wellness Volunteers ready to serve the community while representing Texas A&M AgriLife Extension.



MASTER WELLNESS VOLUNTEER PROGRAM

TEXAS A&M AGRILIFE EXTENSION



HEALTHY SOUTH TEXAS

Walk Across Texas takes you a step closer to health. Join a team and start walking at our kick-off event!

**Free Event for the Entire Family!
Nutrition Information
Games and Challenges
Health and Wellness Booths
Obstacle Courses
First Mile Walk**

MARCH 25, 2017

9:00 A.M. - 12:00 P.M.

**TEXAS A&M INTERNATIONAL
UNIVERSITY**



**WALK
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION

4-H PHOTOGRAPHY WORKSHOP



COME AND ENJOY THE BASICS OF PHOTOGRAPHY
BY PROFESSIONAL PHOTOGRAPHERS:

RAFAEL GARCIA FROM CC42 MEDIA

&

CINDY GARZA FROM CINDY GARZA PHOTOGRAPHY



THURSDAY FEBRUARY 09, 2017

TIME: 6:00 P.M.-8:00 P.M.

LOCATION:

TEXAS A&M AGRILIFE EXTENSION OFFICE



RSVP BY FEBRUARY 07,2017

AT

956-523-5290



PRAIRIE VIEW
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COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

TEXAS A&M
AGRILIFE
EXTENSION

FASHION SENSATION

• WORKSHOP •

FASHION SENSATION
INFORMATION:
REGISTRATION
DEADLINES FOR PROJECTS
TIPS AND MORE

RSVP REQUIRED

Call Extension Office

02.10.17

6:00 - 8:00 P.M.

EXTENSION OFFICE

956.523.5290



TEXAS A&M
AGRILIFE
EXTENSION



4-H and Youth Development



**WALK
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION



HEALTHY SOUTH TEXAS

Does your club have
what it takes to
Walk Across Texas?

Create teams of up to 8
Pick a team name
Select a team captain

Track your physical activity
Team Goal: 832 miles



Call the Extension Office or check our
website: webb.agrilife.org for more
information on registering for this event!



On January 28th, we had the **Webb County 4-H Buckle Show & Clinic**, a livestock showmanship clinic at L.I.F.E. Pavilion where over 120 4-H and over 50 screened-adult volunteers participated. This year, we showcased our first ever PeeWee division!

We'd like to thank all those who made it possible - Webb County 4-H Buckle Show & Clinic receiving over \$4,000 in donations!

On behalf of Texas A&M AgriLife Extension, we'd like to thank you all for making projects like these happen.

Without the support of our community leaders, parents, and volunteers, this can't be done.

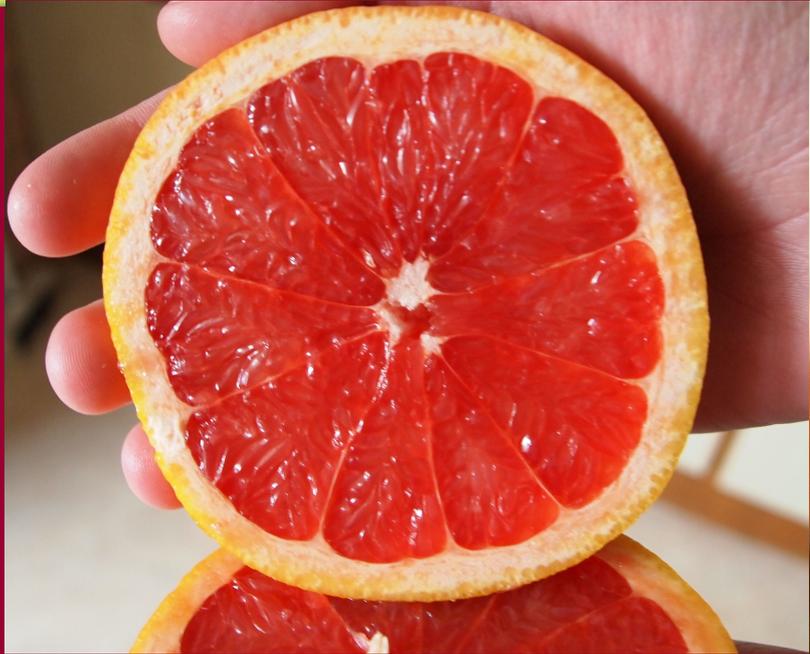




FEBRUARY

NATIONAL GRAPEFRUIT MONTH:

Grapefruits got their name because of the way they grow, like grapes on a tree. Grapefruits are tangy and flavorful. They contain vitamin C and most come from Florida.



NATIONAL CHERRY MONTH:

Cherries, are good sources of vitamins A and C, potassium, manganese, and copper. They are available mid-June to mid-August; peak season usually in June.

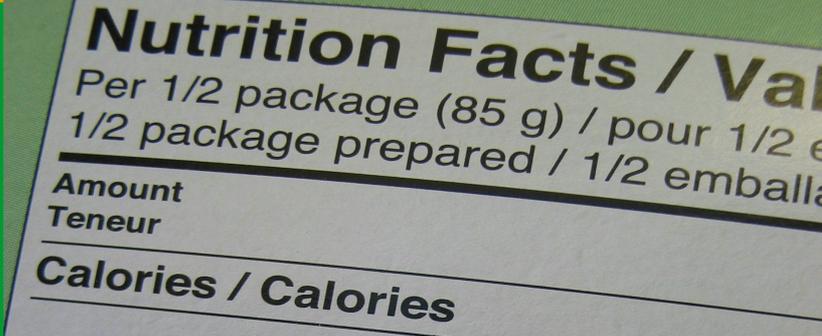
NATIONAL BERRY MONTH:

Berries include: blackberries, blueberries, cranberries, currants, goji berries, raspberries, strawberries, Acai berries, huckleberries, lingonberries, and mulberries.



MARCH

NATIONAL NUTRITION MONTH



NATIONAL NOODLE MONTH:

Pasta is low in sodium and can be a healthy option if you choose enriched or whole-grain noodles. Make half of the grains you eat whole-grain options for breads, pasta, cereal, and rice.

NATIONAL SAUCE MONTH:

Sauces are a delicious way to add flavor to foods, but be careful with cream and cheese based sauces. Instead try vegetable based sauces for a healthier meal option.



NATIONAL FLOUR MONTH:

There is a difference between wheat flour and non-wheat flour. When using flour in your diet, make sure to include whole-wheat flour for healthier options that taste great!





HEALTHY SOUTH TEXAS

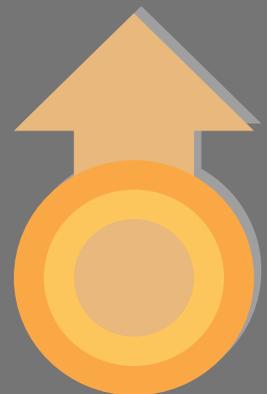
HealthTalk **EXPRESS**

This past January, the Health Talk Express program was, and currently is, implemented at the Lamar Bruni Vergara Education Center.

This 30-minute session series focuses on many major areas of health and delivers short, factual information for everyone. Topics include:



Act F.A.S.T. to Prevent a Stroke
Cholesterol Matters
Controlling Your Blood Pressure
Get Screened, No Excuses
Stress: Friend or Foe



The goal of these presentations is to make people aware of the health risks, factors, and preventions that can be taken when you or a loved one is faced with a disease or illness such as those mentioned above.

Call the Extension Office for more information on these session series and ask how you can get AgriLife Extension to set up a class for your participants or audience.



PRAIRIE VIEW
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AND HUMAN SCIENCES

Cooperative Extension Program

Hello everyone,

My name is Ashley Gastineau and as of February 15, 2017, I will be employed as the Family & Consumer Science Agent for Prairie View A&M Cooperative Extension Program.

I obtained an Associates in Science from Laredo Community College and graduated from Texas A&M International University with a BA in Psychology. I've been employed for a year and half with Texas A&M Agrilife Extension as a Better Living for Texans Program Assistant and I have gained a passion in helping out families with their nutrition needs.

Since working out on the field, I have seen the many obstacles families encounter in their daily life in Webb County. My initial goal working as a Family & Consumer Science Agent for Prairie View A&M Cooperative Extension, is to bring different programming in the community that will spread awareness and education in areas such as:

- Health and Wellness
- Food Safety
- Financial Literacy
- Nutrition Education
- Anti- Bullying

My hope is to make an impact in a personal and household state. I am thrilled and excited to start this new journey as a Family & Consumer Science Agent for Prairie View Cooperative Extension.

- Ashley Gastineau



FAMILY MEALTIME

Mediterranean Chicken & White Bean Salad



Makes: 4 servings
Serving Size: 1 cup
Prep Time: 20 min
What you'll need:
- Can Opener
- Cutting Board
- Knife
- Bowl
- Mixing Spoon

Per Serving:
Calories: 297
Total Fat: 11 g
Cholesterol: 32 mg
Total Sugars: 2 g
Sodium: 288 mg
Potassium: 820 mg
Protein: 1 ounce
Vegetables: 1 cup

Ingredients:

- 1 cup - skinless cooked chicken, diced in 1/2" pieces
- 1 can - 15.5 ounce low-sodium white beans, drained and rinsed
- 1 cucumber - peeled and chopped into 1/2" pieces
- 1/4 red onion - peeled and chopped into 1/2" pieces
- 1/2 cup fresh tomatoes - peeled and chopped into 1/2" pieces
- 2 tablespoons - olive oil
- 1/4 cup - lemon juice
- 1 tablespoon - dried basil or dried parsley leaves
- 1/4 teaspoon - salt
- 1/4 teaspoon - black pepper

For beans, try cannellini beans

Directions:

1. In a bowl, mix olive oil, lemon juice, dried herbs, salt and pepper until all ingredients incorporate.
2. Add chicken, white beans, cucumber, red onion, and tomatoes to mix.
3. Mix all ingredients until well coated with olive oil and seasonings.
4. Serve right away, or cover. *Refrigerate up to 2 days*

Now that the holidays are over, it's up to us to get back on track towards healthy eating! Texas A&M AgriLife Extension is here to help you with some great, family-fun ideas.

Quinoa and Black Bean Salad

Ingredients:

- 1/2 cup quinoa - dry
- 1 1/2 cup water
- 1 1/2 tablespoons - olive oil
- 3 teaspoons - lime juice
- 1/4 teaspoons - cumin
- 1/4 teaspoons - coriander (ground dried, cilantro seeds)
- 2 tablespoons - cilantro (chopped)
- 2 scallions - medium, minced
- 1 can black beans - 15.5 ounce can, rinsed and drained
- 2 cups tomato - chopped
- 1 red bell pepper - medium, chopped
- 1 green bell pepper - medium, chopped
- 2 green chiles - fresh, minced
- Black Pepper - to taste



What You'll Need:

- Cutting Board
- Knife
- Can Opener
- Saucepan
- Lg Mixing Bowl
- Sm. Mixing Bowl
- Mixing Spoon

Makes: 6 servings

Serving Size: 1 cup

Calories: 140

Total Fat: 5 g

Cholesterol: 0 mg

Total Sugars: 5 g

Sodium: 210 mg

Dietary Fiber: 5 g

Directions:

1. Rinse quinoa in cold water. Boil water in a saucepan, and then add quinoa.
2. Return to boil, then simmer until the water is absorbed (10-15 min.)
3. Let quinoa cool. Meantime, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl. Set aside.
4. Combine chopped vegetables with black beans in large bowl. Set aside.
5. Once quinoa is cooled, combine all ingredients until well mixed. Serve.

Health Hints

Wellness

Developing good balance is at the core of all successful exercise.

Researchers suggest that an early boost in mind health may help people stay sharp as they age.

Young cross-country runners seem to have better connections between regions of their brains than their peers who aren't athletic, a small study suggests.

"One of the key questions that these results raise is whether what we're seeing in young adults -- in terms of the connectivity differences -- imparts some benefit later in life," said study co-designer Gene Alexander.



Source: United States National Library of Medicine; University of Arizona
To view full article: [Scans Hint at Running's Brain Benefits, Even When Young](#)



Health Hints

Nutrition

Portion Control



Understanding portion control and knowing how much food to consume at one time can help you avoid overeating and weight gain. Maintaining a healthy weight can help you prevent heart disease.

Over the past few years portions have grown significantly in fast food and sit-down restaurants, as has the frequency of Americans eating out. Subsequently, waistlines across the U.S. have grown right along with this trend.

Consider these statistics from the American Heart Association study "A Nation at Risk: Obesity in the United States":

- Adults today consume an average of 300 more calories per day than they did in 1985.
- Portion sizes have grown dramatically over the last 40 years.
- Americans eat out much more than they used to.

Source: American Heart Association

For more information about our tri-monthly newsletter, please contact: Angie Sifuentes, Family and Consumer Science Agent



TEXAS A&M AGRI LIFE EXTENSION

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Agriculture
& Natural
Resources



**BETTER LIVING
FOR TEXANS**



**PRAIRIE VIEW
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COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



HEALTHY SOUTH TEXAS



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