

Webb Wellness

ISSUE 12, VOLUME 2



TEXAS A&M AGRILIFE EXTENSION

UPCOMING
EVENTS NOT TO
MISS!

BETTER LIVING FOR TEXANS

FRESH START
WALK & TALK
MONTHLY RECIPE

4-H & YOUTH DEVELOPMENT

SUMMER
PROGRAMS AND
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SUMMER IN-SERVICE
FOR HEALTH SOUTH
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Family & Community Health

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United I.S.D. hosts Summer In-Service for a second year in partnership with AgriLife Extension. This is hosted after a successful first year of Learn, Grow, Eat & Go implementation and the recognition of eight Healthy South Texas Designated Campuses through the Texas A&M Healthy South Texas initiative.

This summer in-service looked to increase the horticulture possibilities through the expansion of the Junior Master Gardener program. In 2018, teachers were trained to implement Learn, Grow, Eat & Go. This year, 60 elementary school teachers were trained to implement Wildlife Gardener and JMG Teacher- & Leader Guide, two curriculum programs under the JMG umbrella and sibling-programs of Learn, Grow, Eat & Go.

In addition, UISD participating teachers also began their Master Wellness Volunteer program through the district's Health Champion partnership with AgriLife Extension. 52 teachers started and completed their first eight hours of the program.



HEALTHY SOUTH TEXAS





Family & Community Health



**WALK
 ACROSS TEXAS!**

Agriculture Commodities

A new program is being implemented into our schools to help our students bridge the gap between physical activity, agriculture, nutrition, health and a little bit of Texas history. And that program is Walk Across Texas: Agriculture Commodities, which bring all agents into play to work with youth in the classroom and through gym classes. This summer, United ISD teachers were trained on how to implement this fun program and were all given a copy of the curriculum to use with their weekly sessions of Learn, Grow, Eat and Go! and Walk Across Texas. Through this program, youth are exposed to 24 different commodities that grow in the state and will experience new recipes, physical activity through games and challenges, and will get to know a little about our Texan history through geographical pin-points and historical markers. Each school will have the opportunity to implement classroom sessions and/or a youth expo for all the school to see the displays through peer to peer learning experiences led by the GT students of the participating schools.



HEALTHY SOUTH TEXAS



Better Living for Texans

The 2018-2019 Fiscal year ends and we are proud to say that we fulfilled our graduate goal but most importantly, we were able to deliver our nutrition education to different venues and varied audiences. From senior centers, clinics, schools, and even a shopping mall, we went above and beyond to make sure that we were empowering our community to make healthier choices in their day to day life. Some highlights from the past 3 months include:

- Attending our annual BLT conference, where we received tools and knowledge on how to further serve our community as well advice from our peers on how each district customizes their educational method to their specific audiences.
- The realization that our programs keep running even after we are done with the participants. For example, at First United Methodist Church the participants continued on with Walk and Talk by still meeting once a week and dedicating an hour to physical fitness.
- And as always, we kept on with our classes, teaching Walk and Talk, Be Well Live Well at different venues such as Villa San Luis, Casa Misericordia, El Cenizo Community Center, Rio Bravo Community Center, La Presa Community Center, Barbara Fasken Community Center, Village Adult Daycare Center, Ladrillito Community Center, 1st Assemble of God.

As the new fiscal year approaches, we feel confident that we will be able to keep with our momentum and expand to new audiences, new venues and most importantly, become a staple of nutrition education in the Webb County community.



Better Living for Texans

Recipe of the Month

Pasta Bolognese

Ingredients:

- 1 tablespoon vegetable oil
- 1 carrot (scrubbed and diced into 1/4-inch pieces)
- 1 celery stalk (chopped into 1/4-inch pieces)
- 1 yellow onion (peeled and chopped into 1/4 inch pieces)
- 3/4 pound lean ground beef (80-85% lean)
- 1 cup water
- 2 cans 14.5-ounce low-sodium crushed or diced tomatoes (including liquid)
- 1/4 cup low-sodium tomato paste
- 1 cup 2% milk
- 8 ounces whole wheat pasta
- 1/4 cup grated Parmesan cheese



Directions:

1. To cook the Bolognese sauce: Put skillet on the stove over medium heat and when it is hot, add oil. Add carrot, celery, and onion and cook about 10 minutes, stirring occasionally, until the vegetables begin to brown. Raise the heat to high. Pinch off tablespoon-size pieces of the beef and add a few at a time, stirring well between additions. Cook, breaking the meat apart until it is no longer raw, starts to give off liquid, and no longer clumps together, about 10 minutes.
2. Add the water, tomatoes, and tomato paste, stirring well. Cook about 10 minutes until the sauce begins to thicken.
3. Slowly stir in the milk, a little bit at a time. Turn the heat down to low and cook 45 minutes until all the liquid has been absorbed.
4. To cook the pasta: fill a large pot halfway with water. Bring it to a boil over high heat. Add the pasta and about 12 minutes cook until just tender. Drain the pasta and divide into 4 bowls. Top each bowl with about 3/4 cup Bolognese and sprinkle with 1 tablespoon Parmesan cheese. Serve right away.
- 5.

TEXAS A&M AGRI LIFE EXTENSION

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