



Extension Education in Hidalgo County

Making a Difference 2011

Improving Lives. Improving Texas.

The Texas AgriLife Extension Service has been dedicated to serving Texans

for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Extension programs have continued ever since to address the emerging issues of the day, serving diverse rural and urban populations across the state.

Through a well-organized network of professional educators and more than 100,000 trained volunteers, Extension delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational

outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery. Here are just a few highlights of Extension's impacts on this county and its people:

Hidalgo County – Summary of Educational Contact

Educational Program Conducted via Group Methods – 2,090

Total Contact Hours at Educational Programs Conducted via Group Methods – 339,233

Total Number of Participants in Group Methods – 153,421

Total Number of Participant Youth in Group Methods – 90,997

4-H Clubs – 19

4-H Members – 642

4-H Leaders – 79

Youth Curriculum Enrichment Participants – 13,387

Youth Special Interest participants – 36,304

Master Volunteers – 114

Extension Education Club Members – 81

Leadership Advisory Board Members – 27

Committee - 183

Task Force Members – 168

Office Contacts – 2,531

Site Contacts – 5,290

Phone Calls – 5,783

Mail / E-Mail Contacts – 24,119

2011 Multi-County 1890 Outreach of Risk Management Programs

Developed by Vidal Saenz, Extension Agent-CEP (Farm Advisor) and Rolando Zamora, Extension Agent -CEP (AGNR)

Relevance: Agricultural producers from Hidalgo and Starr counties have been in a tough economic situation for many years due to long term drought and weather related events, resulting in severe production and financial losses. A series of educational programs were conducted by 1890 Extension Agents to address new and existing risk management products and services available to growers which are aimed at reducing risk and improving their financial circumstances.

Response: We collaborated with USDA-Risk Management Agency, USDA-Farm Service Agency, 1862 Land Grant University, local Extension Ag Advisory Committees and local agribusinesses to make producers aware of the risk management strategies that they could utilize to protect their farm and ranch interests. The following educational activities were organized, with the input and assistance of the Extension Agriculture and Natural Resource Committee and the Hidalgo County Small Farm Advisory Committee.

- Organized a task force to plan educational programming that would involve crop insurance agents
- Utilized USDA-Farm Service Agency staff to provide updates on assistance programs and sign-up dates.
- Utilized local crop insurance agents to provide outreach on USDA-Risk Management Agency's Pasture, Range and Forage Insurance Program.
- Hosted several programs on USDA-Risk Management Agency's Feeder and Fed Cattle Price Risk Management Program, Brush Control Management and Beef Cattle Management.
- Agents evaluated data provided by program participants, task force members and other stakeholders.
- Agents shared results with local County Commissioners Court, Leadership Advisory Board and other stakeholders.

Evaluation Method: A one page retrospective post test evaluation form was administered to each participant to determine the level of clientele knowledge change acquired.

Collaborators: The following businesses assisted with resources to make these programs possible:

- Starr Soil & Water Conservation District
- RY Livestock Sales, Inc.
- Texas Mexico Border Coalition
- Starr County Farm Bureau
- USDA Farm Service Agency

Results: The following results are shared from the program evaluations:

- 96% of participants gained knowledge of crop insurance coverage.
- 97% of participants identified types of crop and livestock insurance programs to assist them in their farming and ranching operation.
- 96% of participants gained knowledge on Livestock Risk Protection Programs for feeder and fed cattle.
- 95% of participants gained knowledge on livestock management practices to improve their beef cattle operations.

- 91.3% of participants gained a better understanding of available USDA programs and commodity and loan programs.

Plans for Future: This program built knowledge and changed perceptions concerning risk management among ranchers and crop producers. Producer responses indicate they have a better appreciation for RMA and FSA programs. This program will continue next year, addressing new RMA and FSA programs as they become available.

2011 Hidalgo County Sustainable Agriculture Production

Developed by Vidal H. Saenz, Extension Agent-CEP (Farm Advisor)

Serving Hidalgo, Cameron, Willacy and Starr Counties

Relevance: The Rio Grande Valley, which is composed of Hidalgo, Cameron, Willacy and Starr counties, has gone through major agricultural disasters in the last few years. The nature of these disasters has been mainly drought and floods that have caused enormous loss of income to the agricultural producers of the area. Many agricultural producers and rural youth face numerous challenges in obtaining financial resources through commercial lending institutions because of the risk involved in farming and ranching and the local banks unwillingness to lend during these times of economic uncertainty. Many of these producers qualify for financing through USDA-Farm Service Agency, but are not aware of their programs or are overwhelmed by the paperwork involved in USDA's loan applications. Knowing that operating loan funds are available through USDA- Farm Service Agency, it is important that Extension offer support in financial planning and management to fill out the necessary paperwork correctly and remove all of the obstacles that impede agricultural producers from applying for these loans.

Response: The purpose of the program is to enhance the business management and marketing skills of agricultural producers who utilize our services. Targeted clientele will learn how to keep and improve production and financial records and generate personal and farm financial statements for use in financial resource acquisition. This plan addresses a wide range of activities i.e. livestock production, brush management, financial management, marketing, and applying for assistance under USDA programs. The Cooperative Extension Program's Small Farm Outreach Training and Technical Assistance Program in Hidalgo County developed the following activities to address this relevant issue:

- The Hidalgo County Small Farm Advisory Committee provided direction for our 2011 programming efforts and assisted in marketing, evaluation and interpretation of the program.
- Provided outreach of USDA-Farm Service Agency loan programs at many Extension events, workshops and field days throughout the Rio Grande Valley.
- Collaborated with the Rio Grande Valley Agricultural Extension Agents and Ag Science Instructors to provide outreach on USDA's Rural Youth Loan Program.
- Provided outreach on our program and programming efforts in the local media for promotion. Assisted eight USDA-Farm Service Agency borrowers in completing the FARM ASSIST program which helps them to satisfy the Borrower Training Requirements imposed on them by USDA.
- Collaborated with Agricultural Agents in Starr and Hidalgo counties by providing educational programs focused on sustainable agriculture. Programs ranged from best management practices to control brush, feed and nutritional practices for beef cattle, performance testing on bulls and heifers and soybean variety trial.

- One-on-one financial planning and management for producers and youth seeking loans.

Results: A two-page retrospective post evaluation form was administered to each program participant. The survey was used to determine the level of clientele knowledge gained by the educational programming.

Collaborators: The Small Farm Advisory Committee of Hidalgo County provides direction for the program and we have collaborated with the following agencies to make this program successful; Several local banks, Texas Farm Bureau, USDA-Farm Service Agency, Ag Credit and Commodities, USDA-Natural Resources Conservation Service & Livestock Auctions.

The following results were shared from the program evaluation to indicate the achievements of the program:

- 97% of the program participants gained knowledge of USDA Farm Service Agency's Direct and Guaranteed Loan Programs.
- 98% of participants gained the knowledge to develop a farm operating budget for their operation in 2011.
- 95% of participants gained knowledge in keeping production and financial records for securing financing for their operations.
- 96% of participants gained knowledge of what their net worth or owner equity was at the end of the program.
- 62% of the participants gained the ability to fill out a USDA Farm Service Agency loan application properly.
- 100% of the program participants were provided the technical assistance in filling out the necessary paperwork involved in preparing their loan applications to submit to USDA-Farm Service Agency.
- 98% of the program participants were satisfied with the program and would recommend it to other producers needing technical assistance in financial planning and management.

Benefits/Impacts: All 36 program participants were able to submit a complete direct loan application to USDA Farm Service Agency because all of the obstacles that impeded their full participation in the program were removed. They were able to save a 2% fee on their loan requests by not utilizing the services of a private loan consultant. The total amount of money requested for 2011 was \$4,730,340. This amount multiplied by 2% totals to \$94,606.80. This was an average savings of \$2,630 for each of the thirty-six participants.

Agent provided outreach on USDA's Rural Youth loan programs at a career day in Starr County.

Small Acreage Horticultural Crops

Hidalgo County – 2011

Developed by Barbara Storz, Hidalgo County Extension Agent – Horticulture

Relevance: Small agricultural producers, the fastest growing segment of agriculture, are often unfamiliar with horticultural practices and marketing strategies that allow for sustainable business practices.

Response: The Small Acreage Corps committee held four meetings to plan monthly educational programs and formed sub-committees to plan the annual Sustainable Ag and Organic Gardening Conference held in February. Members of the committee include staff from USDA-ARS, local agricultural producers and agricultural supply companies.

20 educational programs, including a two day conference, were provided for 415 small acreage producers and other stake holders in south Texas, totaling 1,394 contact hours. These programs covered irrigation practices, specialty crops, marketing, food safety, cover crops and organic certification requirements. This program enables small-scale agricultural operators to become more knowledgeable about identifying and evaluating horticultural diversification strategies to reduce risk, improve their economic sustainability based on total management goals and optimal resource base use, increase understanding of the importance/value of business planning, marketing and best management practices for horticultural enterprises.

Results: Program evaluations indicate that 83% of respondents felt that the information was extremely or quite valuable to them and 100% would recommend Extension programs to others. Overall, 88% of producers expected to benefit economically from the information provided. Nearly 58% of participants were between the ages of 45 to 59 years of age, with 89% having some college or a degree. Only 42.3% of program participants live on a farm and 40% of participants in our annual meeting were female.

Future Plans: This plan has been in place since 1998 (formerly titled the Sustainable Ag Plan) and has received a great deal of support from the staff at USDA-ARS, Weslaco, in the way of serving on the planning committee from its inception, providing much needed research (especially for sustainable and organic production) and providing speakers at monthly programs. With the closing of the USDA-ARS facility in Weslaco, in the spring of 2012, we will lose this valued support. Adjustments will need to be made to provide program speakers for this group of producers.

2011 Hidalgo/Cameron County Pesticide Safety Program

Developed by Brad Cowan, County Extension Agent- Agriculture, Hidalgo County and Dr. Enrique Perez, County Extension Agent- Agriculture, Cameron County

Relevance: Ag producers have a statutory requirement to obtain and maintain a pesticide license issued by Texas Department of Agriculture in order to use crop protection chemicals. Extension is relied upon to provide the education needed in this process. Training is provided for those needing to obtain a license and continuing education is provided to local producers in order to renew their license.

Response: Educational training events were conducted to meet statutory requirements for producers to be able to obtain a license. Continuing education is also being provided to all educational events conducted which contain applicable subject matter.

Results: A total of 9 group methods resulted in a total of 1329 contact hours of education. Five Pesticide Safety Trainings were conducted in 2011. Ninety-five percent of the 38 students received a passing grade on the exam administered by the Texas Department of Agriculture. The average grade for all students was 87. Numerous continuing education credits were provided to ag producers during the course of the year at almost every educational meeting conducted. We also provided Certified Crop Consultants (CCA) continuing education through the CCA certification program. New requirements for continuing education for aerial applicators continued to be a problem for local aerial applicators. Educational training was provided to meet their specific need. Important collaborators were: Dr. Don Renchie, Agricultural & Environmental Safety Specialist; local personnel with Texas Department of Agriculture and Mr. Donnie Dippel with the Texas Certified Crop Advisor Program.

Future Plans: This effort will continue in the future to meet the needs of local agricultural producers and others needing pesticide license.

2011 Rio Grande Valley Beef Development Program

Developed by Brad Cowan, County Extension Agent- Agriculture, Hidalgo County and County Agriculture Extension Agents in Cameron, Willacy, and Starr Counties

Relevance: Beef producers can improve their herd or the herds of their customers through more rigid sire selection. Replacement heifers will perform to higher levels when in optimum body condition. Beef producers want to increase the value of bulls by collecting feedlot performance data and carcass characteristics.

Response: Extension conducted an official 112 day bull gain test and a 126 day heifer development program. Numerous data are collected on all animals including: initial and final weights, average daily gain, body condition score, scrotal circumference, sheath score, reproductive tract score, pelvic area measurement, hip height and ultra-sound measurement of backfat and ribeye area. All data is provided to consignors.

Results: A total of 6 group methods resulted in a total of 258 contact hours of education. A bull gain test and heifer development program has been conducted each year from 1998 through 2011. A total of 1037 bulls, 805 heifers and 114 steers have been entered in the 14 years the program has been conducted. Currently, 28 bulls, 74 heifers and 60 steers are entered in the program by cattlemen participating from throughout south

and central Texas. A feeder pen of steers is in its second year and adds a new dimension to the program. Important collaborators are: Dr. Joe Paschal, Rio Beef Feed Yard, Rio Grande Valley Livestock Show and the Rio Grande Valley Beef Improvement Association.

Future Plans: In cooperation with the Rio Grande Valley Beef Improvement Association, plans are to continue the program and perhaps consider marketing alternatives for participants. Another future possibility will be to include an artificial insemination program for heifers.

2011 Hidalgo/Cameron/Willacy County Crop Production Program

Developed by Brad Cowan, County Extension Agent- Agriculture, Hidalgo County; Dr. Enrique Perez, County Extension Agent- Agriculture, Cameron County and Omar Gonzales, County Extension Agent- Agriculture, Willacy County

Relevance: Nutrient management is an important economic and environmental issue that affects water quality, soil quality and crop productivity. Sugarcane, cotton, grain sorghum and corn are important agronomic crops for the Rio Grande Valley. An estimated 70 percent of sugarcane producers could improve their yields which could enhance the profitability of this crop for all producers. New/underutilized crops need to continue to be investigated such as soybeans and sesame.

Response: AgriLife Extension provides educational resources for crop producers to gain knowledge which gives them the information necessary to become more efficient, economically sustainable and environmentally friendly. The Rio Grande Valley Nutrient Management Education Program is a multi-county soil testing program conducted by specialists and agents with Texas AgriLife Extension Service. The primary objective of the program is to educate producers about the economic and environmental benefits of soil testing and proper nutrient management. Over the past ten years, this project has collected 4,700 soil samples representing a total of more than 181,000 acres of cropland in Cameron, Hidalgo, Starr and Willacy counties. Through educational workshops and field days, growers have received training enabling them to implement effective nutrient management strategies.

Results: A total of 12 group methods resulted in 1373 contact hours of education. The economic impact of the RGV Nutrient Management Education Program was measured in terms of potential fertilizer savings that have resulted from increased adoption of soil testing. Using soil test recommendations and producer-planned fertilizer rates, the savings in nitrogen and phosphate were estimated at 4.6 million and 5.5 million pounds, respectively. Reduction in fertilizer application rates translated into an average cost savings of \$25.77 per acre, depending on crop and management history. Total economic benefits to producers since the program began in 2001 are estimated at \$4.67 million. This analysis does not include the value of environmental benefits.

Ag producers were educated on a wide variety of topics using a number of different methods. Topics included cotton, soybean, grain sorghum, corn, sesame and sunflower production; conservation tillage; risk management; fertility management; marketing and many others. Methods included field days, research demonstrations conducted on producer farms, educational meetings and publications. These included: Cotton Pre-Plant Conference, Grain Sorghum and Corn Field Day, Cotton Field Day, EQIP Meeting, Sugarcane Field Day and Soybean Field Day. New efforts to increase producer profits included conducting a sunflower hybrid result demonstration and conducting a Sunflower Production Meeting. Important collaborators included: Dr. Dan Fromme, Dr. Gaylon Morgan, Dr. Mark McFarland, Dr. Calvin Trostle, Dr. Tom Isakeit, Dr. Luis Ribera, Dr.

James Grichar, Sesaco, Rio Farms, Inc., Lower Rio Grande Valley Cotton and Grain Producers, Texas Farm Bureau, Texas Grain Sorghum Association, local ag industry representatives and Texas Boll Weevil Eradication Foundation

Future Plans: Continue soil testing campaign, contingent upon funding and continue important hybrid trials for the major crops. Conduct new irrigated sunflower work in cooperation with Rio Farms, Inc.

Chronic Disease Prevention and Management

Developed by Adelita Muñoz, County Extension Agent – Family & Consumer Science

Relevance: CANCER is the second leading cause of death in Texas and the United States and is expected to become the leading cause of death within the next decade. Early detection education is an important way to reduce the impact of cancer. Up to two thirds of cancer cases can be prevented if behavioral changes are made. Hispanics and African Americans have the highest rates of mortality for several kinds of cancer including breast cancer. A big number of Hispanic women in Hidalgo County are uninsured and lack the financial means to get routine checkups including mammograms. 12,100 new cases of breast cancer are diagnosed annually in Texas and 2,700 new cases of skin cancer are diagnosed each year in Texas. Many of these cases are of skin cancer and are increasing among teenagers. Skin cancer is the seventh-leading cancer in Texas adolescents, age 15-19 years.

Response: FCS Agent and FCS program assistant met with program committee members to plan program schedule and develop local partnerships with several doctors, dieticians and clinics to assist with programming.

- 234 Participants attended **CULTIVANDO LA SALUD** and gained knowledge on how to do the self breast exam. All became aware of the importance of doing the self breast exam having the annual exams.
- 35 Women listened to an oncologist on the importance of doing self-breast examination and having mammograms.
- 50,000 listeners tuned in to a program on Radio Esperanza and learned the importance of annual check-ups and self-breast examinations. They were invited to attend some of the Cultivando La Salud classes.
- 778 youth attended SUN SAFETY class and learned the importance of using sun screen. Many of these youth had parents that worked in the fields and this program empowered them with the knowledge on sun safety that they could share with family and friends.
- 34 Participated in **Walk Across Texas**
- 318 Individuals Participated in the Do Well Be Well (DWBW) with diabetes.
- 46 Individuals participated in the Cooking with Diabetes
- 107 Participants attended the Yo Puedo Controlar mi Diabetes(Spanish curriculum)
- 50,000 Listeners from Radio Esperanza radio station became knowledgeable on the Diabetes programs offered by Texas AgriLife Extension.
- 365 Parents attending a Health Fair found out about the DWBW and Yo Puedo Classes.
- 5 **Do Well Be Well with Diabetes** classes were held with 75 participants learning from doctors how diabetes affects the heart, eyes, feet, teeth and kidneys. A dietician addressed Making Wise Food Choices.
- 7 **Yo Puedo Controlar Me Diabetes** Classes were held. This Spanish program is accompanied with novellas that reinforce the diabetes concepts that were presented.

Results:

- The women that attended the Cultivando La Salud will continue practicing what they learned. Many have taught others. These women will be notified if there is grant money available for them to have

free mammograms. The program will continue during 2012. The Head Start has already requested the program for all of their centers.

- The Sun Safety will continue as this is one program that is offered in the summer at the Boys and Girls Clubs. It is successful because children do not realize the precautions that must be taken to protect themselves.
- The participants attending DWBW were empowered with the doctor's presentations on how diabetes affects all the organs in the body and they learned the importance of annual checkups.
- An ophthalmologist spoke of the importance of caring for the eyes when one is diabetic.
- A podiatrist spoke to the participants on caring for their feet. He performed exams for participants.
- Participants attending the DWBW reported that they were able to control their diabetes better after all of the classes and that their numbers were improving.
- Participants told the group that they were having a difficult time with food choices but after the diabetes educator explained to them the carbohydrates, protein, fats and vitamins, they found it easier.
- Participants in the YO PUEDO started out with A1c of 9 and 10 and three months after they had finished with the program their A1c was between 6 and 7.
- Participants with YO PUEDO enjoyed the novelas and felt that they had helped them learn easier.

Plans for Future: Plans for 2012 are that these all of these programs will continue. The Sun Safety helped youth understand that they need to protect themselves from the sun rays and they share the information with their parents. Cultivando La Salud is awaiting news from a grant that will pay for mammograms.

Better Living for Texans

Developed by Adelita Muñoz, County Extension Agent – Family & Consumer Science

Relevance: In Hidalgo County, an estimated 130,771 individuals receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as the food stamp program. Studies have shown individuals who live in poverty (including SNAP recipients) have dietary intakes that are not congruent with current recommendations (i.e. Dietary Guidelines or My Plate). This audience, like many, may not recognize their risk for foodborne illness. Stretching resources so households don't run out of food is also a challenge. Additionally, limited resource audiences are at a higher risk for food insecurity and hunger, which also impacts health. They are also at risk for developing chronic diseases.

Response: Better Living for Texans (BLT): The BLT Program is a cooperative endeavor among Texas AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. A component of the Supplemental Nutrition Assistance Program (SNAP), BLT offers food and nutrition education to SNAP recipients, applicants, and other low-income audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. BLT also incorporates its programs with the Walk Across Texas program to promote physical activity.

BLT is delivered through a variety of teaching methods that reflect audience needs including lesson series and single education events. With the presence of BLT in almost every county, Extension is poised to reach all areas of Texas, both rural and urban, and increase the likelihood of meeting the nutrition education needs of under-served Texans.

95 Hidalgo County adults completed the BLT *Eat Better to Live Better* series, focusing on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of food borne illness. During 2011, *Eat Better to Live Better* was revised to incorporate a learner-centered approach to education delivery. The result was a new program titled *Back to Basics* which focuses on meal planning, food budgeting, and improving food safety skills.

224 individuals completed *Back to Basics*. Evaluation of the BLT program was completed by the use of pre, post, and follow-up surveys which allowed us to assess participants' intent to change behavior as well as their adoption of those behaviors. The extent to which participants were able to save money in out-of-pocket food expenses was also measured with the evaluations. For the *Eat Better to Live Better* series, 68 out of 95 participants completed the pre, post, and 30-day follow-up surveys. One hundred eighty-four of 224 individuals who participated in the *Back to Basics* series completed the pre, post, and follow-up surveys.

13,452 Youth and 7,261 Adults were reached through the Better for Living Texans Program

Results: For the *Eat Better to Live Better* series, 68 out of 95 participants completed the pre, post, and 30-day follow-up surveys. One hundred eighty-four of 224 individuals who participated in the *Back to Basics* series completed the pre, post, and follow-up surveys. Most participants were female and Hispanic. More than one-third of the participants had not completed high school; a similar amount had completed some college or had a college degree. Average age of participants was 39 years; average household size was 4.4. SNAP (food stamps), WIC, and Free/Reduced school meals were programs utilized most often by participants.

The significant changes in the participants behavior. All learned the importance of

- proper hand washing, food safety
- time and temperatures in preparing food and leaving the food out after it had been prepared.
- of storing prepared food right away to avoid food contamination
- planning meals in advance, comparing prices, reading labels to learn of the nutritive value of the food
- of using unit pricing when shopping, shopping on a full stomach, shopping with a grocery list
- sanitizing cutting boards after cutting up raw meat and poultry
- thawing frozen food the correct way in the refrigerator and not at room temperature
- dividing the amount of money on the Lone Star Card to have the same purchasing power every week
- treating the money on the card with care and not giving out their secret code to anyone
- not running out of food before the new allowance for their card arrives
- stretching the food dollar in meals with whole grain pastas and vegetables
- 60% of the participants reported that the BLT experience was the first exposure to Texas AgriLife Extension Service and this suggests that the BLT program is reaching individuals who otherwise might not have the opportunity to benefit from Extension programs.

Potential Economic Impact: Participants who completed the two BLT program series and who provided information on their monthly out-of-pocket food expenses, had a significant decrease in the amount of money spent on food.

\$ 41.54 average savings in out-of-pocket expenses with Eat Better to Live Better Series

\$ 75.16 average savings in out-of-pocket expenses with Back to Basics Series

If this reduction in out-of-pocket food expenses were not due to some financial hardship and if they could be sustained for a year, then for these 271 individuals, the annual savings would be an estimated \$219,003.

Food Protection Management

Relevance: An estimated 1 in 6 people become ill from the food they eat. Common symptoms of food borne disease include nausea, diarrhea, abdominal cramping, fever, and headache. Foodborne illness has serious health and economic consequences.

Response: In Hidalgo County most communities require a Food Handlers Certificate for all individuals handling food. This may be in an eating establishment, concession stands in football or soccer games, or a food booth in a cook-off event. Employers insist that their employees obtain a food Handlers Certificate on their own because if they don't, the city or county health inspectors will fine the employer. This presents a hardship for many people because the cities and the county only offer the Food Handlers Classes once or twice a month and during working hours. In Hidalgo County, Texas AgriLife offers these classes at the convenience of the working people.

Results: 162 people participated in the Food Protection Management Program. Change in knowledge (pre vs post) was used to evaluate the food handler program. In addition, client (customer) satisfaction surveys were collected from participants. The pre test indicated that the level of knowledge of food safety in the beginning was 59% and the post test was 94%. One question asked in the pre and post tests was "which part of the population is most likely to contract a food borne illness? In the pretest 38% answered correctly but in the post test 95% answered correctly. This is indicative that the participants gained knowledge that they did not know before.

Future Plans: The BLT and FCS committee members want the BLT Program continue to help families in Hidalgo County. The BLT staff are proud of what they have been able to accomplish and the positive changes that participants gain in the program.

The Food Protection Management program will continue to meet the needs of Hidalgo County residents that need to re-certify their certificates or get certified for the first time. The classes will be taught when the participants are able to attend and usually this is in the evening or Sunday afternoon.

Strengthening Families

Developed by Adelita Muñoz, County Extension Agent – Family & Consumer Science

Relevance: Positive Parenting practices play an essential role in children's development and later in life success. Parents are responsible for several key care-giving tasks to help ensure that proper physical, cognitive, social and emotional development occurs for their children. Research indicates that children who grow up with actively involved and nurturing parents reap numerous benefits, including better school performance, increased self-esteem, healthier relationships with peers, and greater access to financial resources.

Parents with healthy marriages ensure the emotional developmental of the children. Families that communicate and that encourage the children to express their feelings are going to have high self-esteem, good mental health and be well rounded individuals. This also teaches children to have self control of their emotions. Parents that model good conflict resolution techniques teach their children to discuss vs. using violence.

Caregivers also play an important role in the child's life. Research shows that an estimated 13 million children younger than six spend some or all of their day in day care.

Older adult population continue to grow and they too need assistance with issues of interests to them, such health care reform, social security and identity theft.

Response: In Hidalgo County several efforts have been made to assist families in these challenging times when they face financial problems, high numbers of unemployment, eviction due to their inability to pay rent, the fear of leaving small children with older siblings so that the mother can go and look for odd jobs or because the mother is already employed.

Programs conducted to address family issues were: **Strengthening Families, Parenting, Anger Management, Together in Texas, FRED (Fathers Reading Everyday), Senior Summit, and Master of Memory.**

Schools refer parents to the Strengthening Families classes because their children are not attending school. Some are caught with drugs, and many others are being sent to the classes because there is no communication between the parents and the children or adolescents. Some are sent for being disrespectful to teachers.

STRENGTHENING FAMILIES/PARENTING is a program to help parents with all the challenges that they are faced with **daily**.

- 165 Strengthening Families/Parenting Classes were held throughout Hidalgo County.
- 1001 Participants gained knowledge on conflict resolution, communication skills, developmental stages of children, respect, discipline, redirecting behavior and much more.
- \$400,400 was saved by participants attending the Strengthening Families classes. The average cost and fees from other entities and programs is an average of \$400.00 per person.
- 265 Parents attended parenting class through the Parental Involvement Program in schools.

Client Comments: "I was angry at the judge for sending me to these classes. I kept thinking I did not have an anger issue. Boy, was I wrong! After the first class, I went to thank Judge Leos for sending me to the class. She told me, 'I told you it was a good class.' I have learned not to be angry at my children, because their father is not in their lives. Ms. Munoz is right, it is not the children's fault. I learned how to forgive and be more loving to my children, to talk to them more and most of all to listen to them and encourage them to speak about their feelings. Thank you, thank you."

Survey Results of Respondents:

100% were mostly or completely satisfied with the helpfulness of information in making good choices
97% were mostly or completely satisfied with the relevance of the examples
97% were mostly or completely satisfied with the range of topics covered
100% were mostly or completely satisfied with instructor's knowledge level and responses to questions
91% plan to take actions or make changes based on the information from the activity

TOGETHER IN TEXAS: a program to help couples learn to love for LIFE. They learn that effective communication skills can make a difference in every relationship. Talking with each other to solve problems, setting goals for the future and enjoying their time together and having fun.

- 5 Together in Texas Workshops were held.
- 245 participants learned how to communicate, how to resolve conflicts, how to set goals for their future.
- \$10,584.00 saved by couples as a 60% reduction in their marriage license fee due to their participation in the class.

SENIOR SUMMIT: Events to bring seniors together to learn about timely topics such as social security Health care reform and identity theft.

- 402 Seniors attended the two Senior Summits, empowering participants with knowledge on up to date information on health reform, social security benefits, and identity theft.
- \$50,750.00 was saved by seniors who opted to have medical screenings done

CHILD CARE TRAININGS:

- 7 Child Care Trainings on Nutritious Snacks, Healthy Living, MYPlate, Communicating with your child, Positive Behavior, Discipline, and Building Self Esteem were held
- 95 participants gained knowledge on nutrition for the infants and toddlers, positive behavior and building self esteem.
- 65 participants were able to keep their license to continue taking care of children.

MASTERY OF MEMORY: is a six lesson series that helps participants understand how memory works.

- 55 Participants attended the series and gained knowledge on how the memory works.

FRED Fathers Reading Every Day:

- 282 Fathers participated in the FRED program and developed strong relationships by reading every day to their children. Through this experience the children have improved academic performance and have become more interested in school.

Results:

- 67 Parents had their children returned to them from Child Protective Services as a result of their Participation in the Strengthening Families Class
- 275 Students were admitted back to the regular school after attending the 8 weeks of Strengthening Families Classes
- 342 Couples will share custody of their children after attending the Strengthening Classes.
- 150 Parents will be able to have their visitation rights with their children without another adult as a supervised observer after attending the SF classes.

Future Plans:

- The Strengthening Families classes will continue. A new class will open in the Mission area.
- The FRED program will continue and is presently in two schools.
- The Senior Summit will continue. The committee continues to meet regularly to plan the next summit.
- Master of Memory will also continue. The RSVS group has already requested the program for all their volunteers.
- Together in Texas will continue. There are already several dates for 2012. This program continues to be in demand.

Volunteer Leadership Development

Developed by Adelita Muñoz, County Extension Agent – Family & Consumer Science

Relevance: The economic downfall and recession, double digit unemployment, the challenges of immigration coupled with the many demands of raising a family have prompted Texas AgriLife to empower homemakers with skills, knowledge and leadership skills to explore ways to supplement their husband's earnings. The Master Clothing Volunteers was organized years ago to address this challenge.

Response: The Master Clothing Volunteers come together every week to receive training that will assist them in ways that they can make money to meet the many financial needs that they have. Some of the trainings that they have received are:

- women's purses and tote bags, skirts and dresses, children's clothing
- jewelry
- table runners and place settings, Christmas tree skirts
- Homemade crafts for the holidays
- floral arrangements
- Classes from Mini Society Curriculum
- jewelry bags, bags for Flash Drives
- How to start your Business at Home
- How to market your business and How to decide if your product is marketable
- children's dresses from old pillow cases
- teaching skills
- Parliamentary Procedure
- Community Service and it's importance
- Importance of Team work
- what is a Leader
- Developing teaching skills
- marketing Extension Service and their program

Results:

- 1690 women were taught by the Volunteers and staff
- Master Clothing volunteers have become good leaders
- They take pride in being called "teacher" when they teach
- They take pride in supplementing their husband's income
- So They take pride in marketing extension daily
- They have learned to be good leaders
- They sell every item that they construct and make good money
- They learned the importance of getting mammograms
- Volunteers are always identifying new audience for Extension's programs
- Volunteers take pride in constructing the gifts for the County and District Food Show Judges
- Some have purchased better sewing machines
- They take pride in marketing extension every chance they have

Future Plans: The Master Clothing Volunteers will continue to play an active part in Extension Programs. They will continue to be resourceful and bring in more trainings to continue learning.

General FCS Contacts

Developed by Adelita Muñoz, County Extension Agent – Family & Consumer Science

The general FCS plan was designed for all the activities that could not be applied to any of the other goals.

Relevance: Schools, agency staff, community centers, as well as Adult Day Care Centers and Head Start have needs that they say the only ones that can address these topics are the staff with Texas AgriLife Extension. They want their staff to learn to communicate effectively and to develop proper communication skills in order to reduce workplace problems. Additionally, teachers have so many mandates that they become stressed and unable to work as a team. Agency directors also feel that their staff is not familiar with goal setting, time management, and etiquette. These are some of the issues we are asked to address.

Response:

- 254 Participants attended 8 Stress Management workshops.
- 76 Participated in 3 workshops on Team Work
- 184 Participated in workshops on Communicating Skills
- 45 Adults attending an Adult Day Care Center learned Etiquette at the table.

Results:

- 90% Participants attending the Stress Management felt they had enough tools to handle their stress.
- Most of them reported that they had never had training on stress management.
- Principal from one school reported that teachers were working well together after the teamwork workshop.
- 85% of teachers felt that the teamwork lesson was something that they needed to hear.
- 90% felt that they could apply every point on team work that was presented.

Future Plans: These workshops will be conducted upon request.

2011 Financial Literacy in Hidalgo County

Developed by Nora N. Garza, County Extension Agent – Family Resources

Relevance: The recent economic downturn and resulting recession have heightened consumer awareness of the need for financial literacy education. Growing unemployment, foreclosures, and credit delinquencies have contributed to increased interest among consumers in budgeting, saving and cutting back spending. Research studies indicate that people of all ages, incomes, and education levels lack the basic financial knowledge and skills to ensure long-term stability for themselves and their families. In the 2008 JumpStart Coalition survey of high school seniors, the average score was 48.3% - a failing grade by most standards. College students taking the same test received an average score of 64.8%. A recent state law requires instruction in personal finance as a requirement for graduation.

Response: In Hidalgo County, there are three major program efforts implemented by County Extension Agent Nora N. Garza to impact youth and family finances.

Money Smart consists of five lessons to help adults increase financial knowledge, develop financial confidence, and use banking services effectively. The agent is certified to teach the Money Smart curriculum. In 2011, **216 adults** were reached in **20 sessions**.

Starting Over course meets the legal requirement for personal finance education for anyone who has filed Chapter 7 or Chapter 13 bankruptcy in the state of Texas.

5 sessions reached **17 people**, who learned basic money management skills: goal setting, creating a budget, credit and debt management, consumer laws, and saving money.

NEFE (National Endowment for Financial Education) High School Financial Planning Program was offered in **9 sessions** to **204 youths**. The goal of the program is to increase knowledge of personal financial management practices. Youths learned about the connection between education and salary; how to invest stocks and bonds; how to set goals; how to keep money safe; how to establish a budget.

Results: Impact of the **Money Smart** program was determined through formal evaluations. Participants found the information provided in the course to be beneficial.

Some notable results:

- 50% increase in perceived knowledge was reported.
- 100% were completely satisfied with the activity.
- 100% anticipate benefitting economically as a direct result of what they learned.

Behavior Change

- 100% reported they will adopt at least one new behavior learned in the course.
- Participants intend to save between \$50 and \$400 a month or an average of \$214.

Starting Over debtor education program impact was measured through formal evaluations. Clients found the training to be very beneficial:

- Clients reported a 56 percent increase in knowledge.
- 100% of clients anticipated benefitting economically as a direct result of what they learned from the course.
- 87% of clients plan to take actions or make changes based on the information.
- 93% of clients were completely or mostly satisfied with the course.

NEFE impact was determined through formal evaluations to measure knowledge learned. Youths expressed an understanding of the information presented and how to apply these financial management practices to their lives now and in the future.

- A 41% increase in knowledge was gained in a class on investing.
- 100% of participants reported they learned new information in a budgeting and goal setting class.

Clientele Quotes from the budgeting & goal-setting class:

I learned:

- how to save money to buy something good in the future.
- you can invest money.
- how to put your mind into something to make it happen like saving money to have a good life.

Future Plans: Texas AgriLife Extension will continue to offer personal finance classes for youth and adult audiences as the demand for these classes increases, spurred by the economic recession. The results of these programs will lead to smarter management of personal resources by teens and families.



Vendors of the Entrepreneur program sell their hand-made products at the Holiday Crafts and Small Business Expo.

Expanded Food and Nutrition Education Program Hidalgo County Outcome Summary Report

SUPPORTING TEXAS FAMILIES WITH GREATEST NEED SINCE 1969

Developed by Luisa Colin – County Extension Agent-EFNEP, Hidalgo County

The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources – those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. EFNEP also includes a walking program for adult participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits. Texas has a need for EFNEP – 2010 data show that 20.6% of Texas families with children under the age of 18 were living below poverty level, compared to 17.9% of U.S. families.

EFNEP REACHES DIVERSE AUDIENCES IN HIDALGO COUNTY

In Hidalgo County, ethnically diverse EFNEP nutrition assistants reach youth and adult groups whose principal language may be English or Spanish.

In 2011,

- 1,308 families with 2,816 children enrolled in EFNEP.
- 22,507 youth contacts were made through the EFNEP youth program.
- 34 EFNEP participants were pregnant and/or nursing.
- 88% of families were at or below 100% of federal poverty level.
- 85% of families enrolled in one or more food assistance programs at entry.
- 100% of EFNEP adult participants were Hispanic/Latino.

VOLUNTEER STRENGTHEN EFNEP

In 2011, 276 adult volunteers donated 2,288 hours of work to EFNEP in Hidalgo County. At the Texas rate of \$21.36/hour, this volunteerism has a minimum dollar value of \$48,871. Volunteers make a difference in their own communities, and contribute to EFNEP's continued success.

EFNEP MAKES A REAL DIFFERENCE

Adult Program:

Using "hands-on" experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP the following food and nutrition behaviors were achieved:

- 97% with positive change in any food group at exit. Specifically, EFNEP participants consumed 0.2 more cups of fruits and vegetables and 0.1 additional cups of milk at completion, compared to entry.
- 86% improved in one or more food resource management practices such as using a list for grocery shopping.
- 94% improved in one or more nutrition practices such as using the "Nutrition Facts" on food labels to make food choices.
- 64% improved in one or more food safety practices such as thawing foods safely.
- 31.6% of program participants reported a positive change in physical activity.

Youth Program:

The EFNEP – Youth program is directed toward low-income school-age youth. These students participate in a series of fun and educational lessons on good nutrition and food safety as part of summer programs, classroom and after-school activities. The following results show how youth participants' food behaviors improved after attending EFNEP classes.

- 83% now eat a variety of foods.
- 93% increased their knowledge of the essentials of human nutrition.
- 90% increased their ability to select low-cost, nutritious foods.
- 93% improved practices in food preparation and safety.
- 95% improved physical activity behavior or attitude.

COST – BENEFITS OF EFNEP

Studies have shown that for every \$1 spent of EFNEP, \$10 were estimated to be saved in health care costs and \$2 saved in food costs by participants. For Hidalgo County, this is \$3.8 million in estimated health care cost savings and almost \$760,540 in food costs.

Jr. Master Gardener (JMG) and Youth Programing

Hidalgo County 2011

Developed by Barbara Storz, Hidalgo County Extension Agent - Horticulture

Relevance: Research has shown that providing children with vegetable gardening opportunities, supported by the Jr. Master Gardener curriculum, will improve their nutritional knowledge and their motivation to eat more fruits and vegetables. Vegetable gardening has also shown to improve math and science understanding and to improve the overall school attendance rate of students. As border counties remain consistently high in the occurrence of childhood obesity and Type 2 diabetes in Texas and our schools suffer high drop-out rates, it is important to the health and welfare of our community to support teachers in developing these outdoor activities, aimed at improving health and nutrition and horticultural knowledge of youth.

Response: In the Rio Grande Valley, a multi-county, multi-discipline workshop to improve the horticultural skills of educators is provided annually. Additional support is provided to classrooms during the school year, but Extension in Cameron and Hidalgo and their Master Gardener volunteers. Teachers register their class groups in the Jr. Master Gardener program and students who complete all of the materials to graduate, become Certified Jr. Master Gardeners at year end.

The **Edible School Garden Workshop** attracted 48 educators from Hidalgo and Cameron County schools for a day-long workshop with outdoor horticultural demonstrations and classroom activities based on the Jr. Master Gardener curriculum, ***Health and Nutrition from the Garden***. This workshop was held May 13, 2011 at the N. San Juan Community Center and Park, where a demonstration vegetable garden is established.

In addition to the train-the-trainer workshop for educators, a summer camp was conducted by Master Gardener volunteers for 66 youth at the San Juan Center utilizing the JMG curriculum.

Results: Nine respondents (19%) returned a mail-in survey within 30 days after the Edible School Garden Workshop. 100% of the respondents were mostly or completely satisfied with the workshop and 100% would recommend this program to others. 63% of respondents anticipated benefiting economically as a direct result of what they learned from this Extension activity. 88.9% of respondents plan to build a vegetable garden at their schools and utilize the recommendations for setting up an outdoor classroom.

Collaborations/Partnerships: The Edible School Garden workshop was supported by Precinct 2 of Hidalgo County, the Master Gardener volunteers, and was conducted in partnership with Extension, Cameron County. City of San Juan was a supporter of the summer youth camp with the Master Gardener volunteers.

Future Plans: The Edible School Garden will continue as an annual event and Master Gardener volunteers continue to support teachers during the school year. We will return to providing the evaluation during the program to increase the number of responses.

Grow'n Growers Community Development Program

2011 Hidalgo County

Developed by: Barbara Storz, CEA-Horticulture



Relevance: The TCFF process identified Community & Economic Development as the number one issue in Texas. In Hidalgo County, this issue, along with adult education, were identified as important community needs. Additionally, residents identified the need for a farmer's market offering locally grown, fresh, or organic produce.

Response: In 2007, Extension partnered with County staff, members of the horticultural committee, and Extension specialists and researchers to design a program that developed horticultural skills, food safety awareness and improved marketing and finance skills of local residents. The first farmers market was opened in February 2008 in San Juan with class members who produced vegetables in their backyards.

By the 2010-2011 harvest season, farmer's markets were conducted in two cities, each Saturday, November through mid-June. In 2011, an e-mailed newsletter was developed and sent weekly to customers, advising them of the week's vegetable offerings, nutritional value of highlighted vegetables and tips on preparation. A nutritionist, Amanda Longoria, of South Texas Institutes of Health, has joined us by writing a column for the newsletter and demonstrating at the Farmer's Market.

Results: Customers were surveyed at each market to determine their produce shopping preferences and their willingness to pay a bit more than grocery store prices for organic vegetables. Surveys showed that 97.2% of customers valued the fact that the produce was locally grown most of all, additionally, freshness was second on the list, organic was third and price was seventh (7th) on the list of priorities. Additionally, our customers fall into two age groups, over 60 years of age, and between 25 – 35 years of age.

Customers (74%) expressed that they wanted tomatoes at the market and 62% offered a variety of vegetables that they would like to see, many of them out of season. This demonstrates that we need to provide more information about what grows when to our customers and what grows best. Produce that was featured in the newsletter sold out quickly at markets, indicating a high readership.

Growers were evaluated for their knowledge gained, their adoption of farming practices, and the increase in income, and improvements in their diet. This program brings in new growers in each year's class, which helps to replace growers who move or do not do well. Additionally, a larger variety of produce, including products not found at the grocery stores, is being grown.

Thirty six (36) classes and field trips were provided for a total of 3,451.5 contact hours in 2011.

Growers who adopted most practices (90 %) increased their production and income significantly more (75%) than those who do not. Weekly income of growers is being tracked so that we will have comparisons for future years. Experienced growers are earning between \$400.00 per month to \$1,200.00 per month depending on the size of their plots and the consistency in which they participate, as well as the effort they

put into marketing and display. New growers with small plots, on average earn \$250.00 per month. All growers (100%) have increased the amount and variety of vegetables in their own diets and they share recipes with customers, demonstrating that they are adapting marketing skills.

Future Plans: In 2012, we will develop a blog, Facebook Page and Twitter presence, as well as a web page to improve communication with the young customers. A restaurant has opened a farmers market and a CSA (subscription agriculture with weekly deliveries) has developed (with 100 families) and this has proven to be stiff competition for us, especially the CSA, that has taken some of our customers. A new farmer's market is also opening in Weslaco and we will again, lose some customers from that area.

We will continue the classes (a strategy no other market has) and our newsletter and our partnering efforts, like the one with the dietitian that was developed this year. This year we have also developed a relationship with a hospital and for 2012 will hold one of our markets on hospital area property. The dietitian has agreed to demonstrate healthy offerings at the markets, and the three of us are going to do a television show with the local cable station. This focus on health and nutrition will remain our theme and strength.

Economic and Community Development in Hidalgo County

Developed by County Extension Agent Nora N. Garza

Relevance: Hidalgo County has one of the highest unemployment rates in the nation. There is an urgent need to develop and maintain sustainable communities using appropriate economic development tools and programs that are supportive of entrepreneurship in dynamic social and economic environments while considering regional competitive advantages. To achieve and maintain the economic viability of this county, we must educate emerging and existing entrepreneurs based upon the educational needs of the group. The recent Texas Community Futures Forum, and the Hidalgo County Leadership Advisory Board identified Community & Economic Development as a critical issue.

Three Extension programs meet the need for income generation: **Home-Based Business, Work Skills and Job Retention, and Adult Leadership.**

Response:

Home-Based Business - Income Generation:

In Hidalgo County there is a major program effort to impact the creation and growth of home-based businesses. Collaborators for the Entrepreneur program are the University of Texas Pan-American Small Business Development Center, City of Pharr, and the Extension Economic Development Advisory Committee of Hidalgo County.

Nine instructional classes and activities for 131 adults interested in exploring home-based business and for micro-business owners who make their own products was provided by Texas AgriLife Extension. Additionally, session on entrepreneurship was conducted for 21 middle school-age youths.

Results: One of the activities of the Entrepreneur program was the Holiday Crafts and Small Business Expo, which was held Nov. 11 and 12. The activity gave vendors the opportunity to sell their handmade products, take special orders, and make new business contacts.

- A total of \$3,749 was grossed by 18 vendors.
- 100% of vendors who attended an educational training session implemented the information they learned at the Expo.
- 6 vendors obtained a sales tax permit for the event. The other 12 already had one. In addition to generating income for the participants, the event brought revenue to the City of Pharr and the state.

445 people attended the Holiday Crafts & Small Business Expo and had the opportunity to learn how to start a business in sessions conducted in English and Spanish by an Extension partner. 231 craft show attendees completed a written evaluation of the craft show. They reported that the craft show was well organized and worth their time.

Work Skills and Job Retention:

Response: The Texas AgriLife Extension Service conducted a Child Care Conference for 29 child care workers who provide care for 309 children enrolled in 11 child care centers or family day homes. A total of 232 clock hours of training were provided to child care professionals seeking to meet state mandated training requirements established by the state of Texas. An additional 8 people, participating in the TDA's Child and Adult Care Food Program, completed a 6-hour course.

Results: Child Care Conference participants completed a formal evaluation and considered the training:

- Very cost-effective.
- Very relevant to the work they do.
- Plan to utilize the information gained at the conference to improve their programs.
- Consider themselves better equipped to work with the children in their care.
- Moreover, 86% of providers rated the training "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension.

Adult Leadership

Response: The Texas Extension Education Association was organized in 1926 to strengthen and enrich families through educational programs, leadership development and community service by volunteer members of the association. In coordination with Texas AgriLife Extension, TEEA functions exclusively for charitable, educational and scientific purposes as a 501c3 organization. It is the goal of Texas Extension Education Association to help members improve their knowledge and leadership skills through participation in and delivery of research-based educational programs.

In Hidalgo County, there are 6 Extension Education clubs and a study club, comprising a membership of 96. From January through November, 759 adults in 52 sessions participated in leadership activities, conducted educational program and worked on community service projects.

Results: A Customer Satisfaction Evaluation was implemented to measure successful implementation of the educational needs and interests of the membership.

Satisfaction

- 91% rated the quality of programs good or excellent.
- 100% found the programs helpful.

Behavior Change

- 91% used the information to improve their lives or their club.

Community Development

- \$600 was raised for youth scholarships.
- \$90 was donated to the Food Bank.

Future Plans: As the Great Recession rolls into 2012, individuals and families are looking for ways to generate income. The Extension Economic Development Advisory Committee will seek new avenues for program participants to sell their handcrafts and explore educational opportunities within the Extension and with partnering agencies. Clients have also suggested educational training on using the Internet to sell their products, financing small businesses and merchandising.

TEEA members reported they would like to continue learning new topics that would improve their health and well-being, and become better leaders.

Texas AgriLife Extension Service Hidalgo County

Staff

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