

FOREWORD: This document is being provided to you to highlight some of the educational programs, services and opportunities afforded to the people of Zapata County. These efforts would not be possible without the support of The Zapata County Commissioners Court. Thank you for all that you do in support of the Texas A&M AgriLife Extension Service in Zapata County. This is only a highlight of some of the programs and activities conducted during 2018. There are many other events not included.

January: Zapata CISD elementary schools hosted pep rallies to kick off the Walk Across Texas program. All 4 Elementary Schools from Zapata CISD participated reaching out to over 1,100 students on the importance of being physically active. Program is 8 weeks from January to March.



10th Annual Falcon Lake Prospect Show was held at the Oswaldo and Juanita Ramirez Exhibit Hall. 4-H members from Zapata and surrounding areas exhibited their livestock projects. 4-H adult volunteers helped plan and run the show, as well as run a concession booth.



March: Healthy South Texas Youth Ambassadors provided a booth for *National Nutrition Month* at Zapata High School on hypertension and information on game day meals. Students also enjoyed taking pictures with the Instagram selfie picture frame.



Over 200 Zapata 4-H members participated in the Zapata County Fair. They exhibited livestock projects, photography, arts and crafts and food/baking. The live stock auction brought in well over \$300,000 for our youth.



May: In collaboration with Zapata CISD, AgriLife Extension provided a Dinner Tonight event for the community at Zapata High School. The theme was Cinco de Mayo and Chef David Medina demonstrated a Calabaza con Pollo recipe, Watermelon-Avocado side salad, and a Tres Leches dessert cake. Over 65 participants attended and had the opportunity to sample all 3 recipes and take home the recipe book and goodie bags.

June: The Walk Across Texas 8-week physical activity program was kicked off at the Zapata County Plaza with a fun mile run/walk. Over 35 participants in attendance also enjoyed an exercise bingo game and the smoothie bike to win different prizes provided by health agencies.



July: The Healthy South Texas Youth Ambassadors of Zapata County for the new 2018-2019 school year received a generous sponsorship from IBC bank of Zapata to attend the annual Healthy Texas Youth Summit in San Antonio, TX.



August: Water well screening was offered to county residents. Water well samples were tested for bacteria, salinity, and suspended solids. Well owners were provided with test results and information to determine if water is suitable for drinking or livestock. A total of 8 water wells were tested in Zapata County.



In collaboration with the Zapata CISD Curriculum Department and Zapata CISD elementary schools, AgriLife Extension trained 13 2nd grade elementary school teachers on the Learn, Grow, Eat & GO curriculum. LGEG grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement. About 300 students participated in Fall 2018.

November: A backyard fruit tree workshop, Fruit Trees 101, was held for Zapata residents. Speakers from the TAMUK Citrus Center presented on nutrition, health and maintenance of fruit trees.



In collaboration with Zapata County a Dinner Tonight Healthy Cooking School was provided during the Zapata County Employee Holiday Luncheon. Extension Agents and with the help of county officials provided demonstrations on 3 healthy recipes such as a steak salad, sweet potato side dish, and a frozen peach dessert. Around 150 county employees were in attendance.



December: Assisted Zapata North Elementary School 2nd grade teachers and students to harvest from their school garden as part of the LGEG curriculum. Students harvest 4 lbs. total of kale and lettuce that was use for school grown salads at their cafeteria to eat. 100 students participated in the LGEG program Fall 2018.

