

TEXAS A&M AGRILIFE EXTENSION

2020 Annual Report Webb County





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Extension Agent - Better Living for Texans

Corina Garcia

Assistant Extension Agent - 4-H & Family Community Health

Program Associates

Valeria Arredondo

Better Living for Texans - Program Associate





Family & Community Health

Angelica Sifuentes, CEA-FCH
Corina Garcia, Assist. EA-4-H/FCH

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Dinner Tonight: Healthy Cooking School

was implemented twice during the 2019-2020 fiscal year with a total of 90 people in attendance. Both Dinner Tonight events were hosted in collaboration with TAMU and AgriLife Extension to bring health and nutrition skills and cooking demonstrations to their faculty and staff.



Cooking Well with Diabetes, Health Talk Express, and Walk Across Texas were multi-session programs offered to adults, with a total of 350 people in attendance. These programs were primarily offered to parents and families of United I.S.D. schools participating in the Healthy Texas Recognized Campus program.



Learn, Grow, Eat & Go! went virtual for the first time in the fall of 2020. A total of 512 students implemented the program within virtual school hours through instructional videos and garden home-kits; students were able to grow a variety of vegetables at home! Also, Students were invited to participate in weekly cooking demonstrations and got to try the recipes at home with their families. Four United I.S.D. schools participated in the program: Col. Santos, Nye, J.W. Arndt and San Isidro Elementary.



Youth Exposition Programs such as Dinner Tonight Jr., Path to the Plate, and Walk Across Texas were some of the annual G.T. showcases implemented by elementary schools, with 1,068 students participating in nutrition program and 5,478 students in physical activity.





Better Living for Texans

Genesis Hernandez, EA-BLT

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Fresh Start to a Healthier You



A total of 8 courses Fresh Start courses were delivered in Webb County. We worked with U.I.S.D & L.I.S.D schools, Senior Centers, Housing Authorities, Catholic Charities, Border Area Nutrition Center sites, etc. Participants learned better eating habits, meal planning, food safety, and smart shopping tips. BLT Agent Ms. Hernandez was among the first to execute this program virtually, and now the program is widely available through virtual mediums.

Walk and Talk



Walk and Talk is an 8 week walking series that emphasizes the importance of physical activity. Two participating sites completed the course while other sites were set to participate until COVID-19. BLT Agent Genesis Hernandez hosted a walking club at the mall, while Nutrition Associate Valeria Arredondo worked out with parents at school. This program is planned to be hosted virtually.

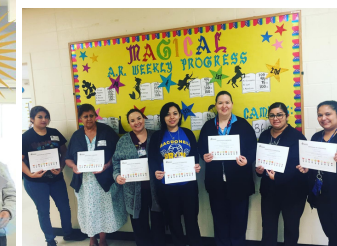
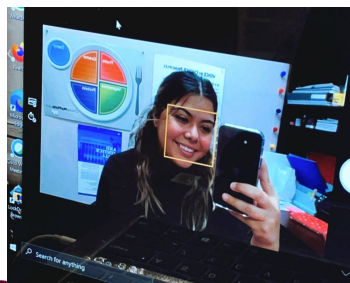
Be Well Live Well



Be Well Live Well, a 5-week nutrition series, was delivered to three sites and recorded the most impact in literacy of nutrition label reading and incorporation of fruits and vegetables in their diet. This nutrition series is specifically targeted to retired adults and seniors, and highlights themes of vitamin deficiency, changes in eating frequency, label literacy, physical activity and self empowerment.



In the fiscal year of 2020, we graduated a total of 357 participants from our programs and were on our way to fulfill our state goal of 500 graduates for the year. Although, our face to face programs were cut short, on October 2020 we were given the green light to proceed virtually and have been coming to you LIVE from the Webb County Extension office!



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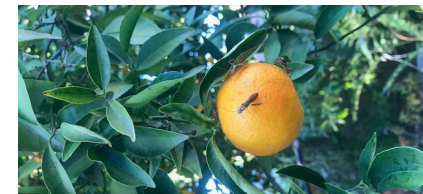
Range and Grazing Management

- Grazing management program was created to educate producers to aim to produce high-quality forage to feed livestock for as much of the year as possible.
- Strategies include: cross-fencing, rotational grazing, pasture disking, and water supply.



Citrus Tree Visits

- With the heat in Webb County this summer and spring season, there were many calls about problems with citrus trees.
- Site visits were conducted to assess the damage to the tree and come up with possible solutions, with the help of specialists, for the homeowner.



Future Plans

- Teaming up with Texas Farm Bureau for Virtual "One Day Ag." Program for 4th and 5th graders- Bring agricultural awareness to the youth of Webb County

Master Gardener
and Pesticide
Applicator Courses



- Grazing and Range Management- Ranch Tour
- Ranch tour of local rancher and conservationist, Servando Leal, grass-fed operation in Bruni, Tx

Ranch Visits

- 4 Ranches in Webb County visited
- 1- View grass-fed operation to team up for future programming.
- 3- Others were visited to assess livestock health, view their grazing operation, and offer suggested strategies for better overall livestock production and forage health.





4-H & Youth Development

Amanda Salinas, CEA-AgNR
Angelica Sifuentes, CEA-FCH
Corina Garcia, Assist. EA-4-H/FCH

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4-H FCH

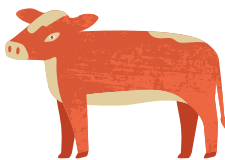
4-H Food & Nutrition projects in Webb County continue successfully with three Webb County 4-H members participating in the District 12 Food Show Competition, where Juan Rocha brought in a Blue Award for his dish and presentation!

4-H Photography Projects continue to rise in participation with 10 4-H members participating in the county day-camp and workshop then in the Webb County Photography Contest and moving on to the District 12 competition, where Ms. Klarissa Salazar was presented with Best In Show for 2020!

Webb County's 2020 L.I.F.E. Baking Canning and Sewing Competition



Judge Tijerina sampling tasty salsas along with our BLT Team at the fair!



4-H ANR



- **269** - 4-H Club Members
- **40** - 4-H Adult Volunteers
- **7** - Clover Kids
- **20** - 4-H Clubs

Held 3 State Livestock Validations- Heifers, Steers, Lambs and Goats

- Although, it's been an interesting year, we were able to implement COVID-19 guidelines.
- Masks were required at all times, limited attendance, and we limited it to one trailer at a time.
- We had three successful and safe validations!



4-H Grows

With restrictions due to COVID-19 we have moved our Club Managers and Youth Council meetings virtually. We have found that having virtual options for our 4-H program has allowed more people to participate. Although we have not been able to host any large 4-H events in person, members have been encouraged to still serve their community at the club level.



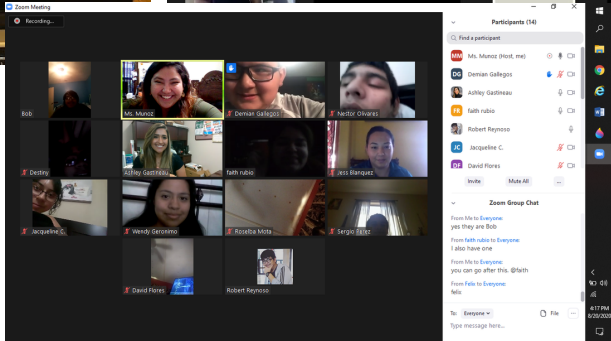
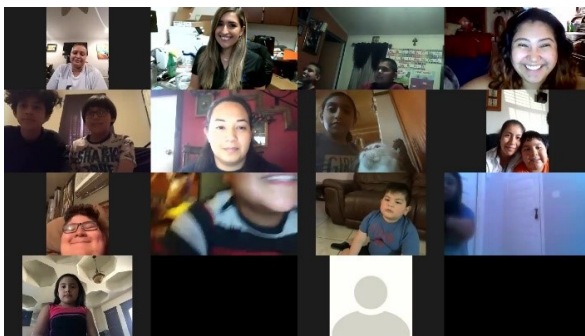
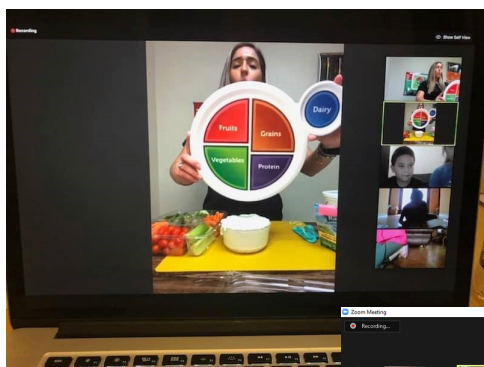


Cooperative Extension Program

Ashley Gastineau, CEP-EA FCH

Prairie View A&M Cooperative Extension

Family and Community Health Agent, Ashley Gastineau, conducted a Welcome to the Real World Workshop! on Saturday, January 25, 2020 at the Imaginarium of South Texas. The Welcome to the Real World! program relates to the Texas Learning Standards in the areas of language arts, mathematics, and social sciences. The program can be used to help young people explore careers, investigate how career choices can be influenced by education and other factors, make consumer choices related to future independent living, learn skills needed to manage their finances, evaluate their success in managing their monthly income and expenses, and explore alternatives to balance a budget.



Extension Agent, Ashley Gastineau, did not let COVID- 19 stop her from doing programming. She had some amazing programs that helped with these hard times. Programs afford were Family Time Mindfulness, Yoga for Families, Nutrition, and Mind Matter- Building Resilience. These programs were delivered via Zoom and were afford to those clients from the Southwest Key Program, UISD After-school Program and SCAN!

