

TEXAS A&M AGRI LIFE EXTENSION

2021 Annual Report Webb County





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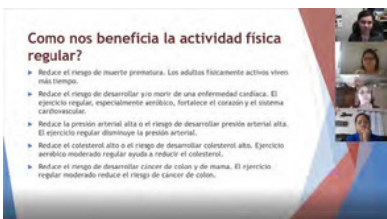
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HEALTHY SOUTH TEXAS



Two Step Up, Scale Down programs were offered to Webb County participants; the first program, hosted as a multi-county program with Hidalgo, Willacy, and Cameron County, and the second, hosted with Hidalgo county, had a total of 77, and 80 participants, respectively. The virtual programs were hosted every Wednesdays with daily activities on a closed Facebook group to motivate participants to share their experiences and challenges with the rest of the group and instructors.



Dinner Tonight schools were also offered throughout the year, starting a weeklong multi-county (Webb, Hidalgo, Kleberg, and Brooks) school in February with 27 participants, and three Webb-only schools in March, April and May with 80 participants in attendance at each one. These schools were offered virtually, with a cooking demonstration done one a day, showcasing a meal from a pre-selected menu. Participants were invited to cook along and live-chat monitoring opened the floor for questions and dialogue.



This year's Walk Across Texas program was implemented as an additional programming effort alongside the two Dinner Tonight programs hosted this year. Encouraging our participants to complete multiple programs at once, many maintained a well-rounded regime of nutrition classes and weekly physical activity challenges to input miles for Walk Across Texas. Each week, a Top Walker would be highlighted and send a HEB gift card. Top teams would receive a small incentive to continue their physical activity goals.



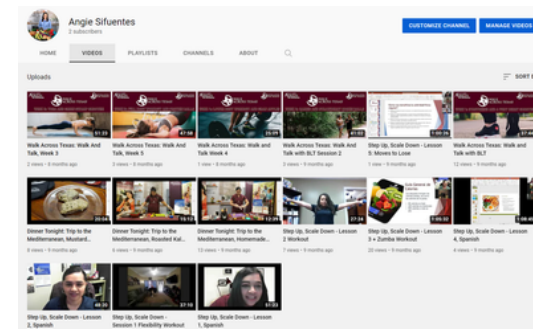
WAT : TEAM OVERVIEW
League Commissioner View

The Walk Across Texas website allows you to view the total miles walked by each team in the league.
Note: Team members will appear in the top three spots of their respective team.

Team	Total Miles
Webb County	1,000
Brooks County	800
Hidalgo County	700
Willacy County	600
Cameron County	500
San Antonio County	400
McMullen County	300
Cherokee County	200
Franklin County	100
Jeff Davis County	50
Real County	20
Bandera County	10
Comal County	5
Guadalupe County	2
Kimble County	1
Leakey County	0
Presidio County	0
Terrell County	0
Ward County	0
Wheeler County	0
Wichita County	0
Wilson County	0
Winkler County	0
Worth County	0
Yamhill County	0
Yavapai County	0
Yuma County	0
Zuni County	0



A Spanish Child Care Conference was hosted virtually June 26, 2021 in a multi-county effort to share Early Childhood vaccination information and what to lookout for in your classroom, integrating STEM through the 4-H program. Webb County led the discussion for Addressing Cultural Diversity and ways to integrate it into your classroom atmosphere, and prepared two cooking demonstrations.



Fresh Start to a Healthier You



Fresh Start to a Healthier You! is a 4 part series that educates participants about food safety, budgeting, meal planning and increasing fruit and vegetable intake. A total of 8 courses Fresh Start courses were delivered in Webb County. We conducted 8 completed FSHY programs, several of the classes virtually at the beginning of the year and at the latter end, we provided the classes face to face. We delivered these programs virtually and in person to collaborators such as SouthWest Key, Webb County Community Centers, Webb County Headstart, U.I.S.D & L.I.S.D schools, Elderly Senior sites, among other community sites.

Walk "N" Talk



Walk and Talk is an 8 week walking series that emphasizes the importance of physical activity. A total of 6 Walk "N" Talk completed series were delivered with one special county-wide Walk Across Texas/Walk "N" Talk hybrid delivered virtually. This program delivery was a collaborative effort as Webb County's BLT and FCH agents worked together to deliver classes weekly through FB live and Zoom. We created content specifically to our 94 members on our closed Walk Across Texas Facebook page, conducted weekly raffles, and challenges. We celebrated at the end of the program as our participants walked a total of 2,149 miles collectively.

Get The Facts



Get the Facts is a 4 part series that allows participants to learn how to utilize the nutrition facts label as a guide to making healthier food choices. A total of 6 programs were delivered in Webb County virtually and in person. Collaboration was made with Webb County Community Centers, U.I.S.D and L.I.S.D schools, Community organizations such as Literacy Volunteers of Laredo, among others. This program allowed participants to slow down in their habits and mindfully reflect on how they can improve on their eating habits through the nutrition label.



In the fiscal year of 2021, we graduated a total of 216 participants from our programs. We delivered our programs virtually for the safety of our participant and our office and focused our efforts on keeping BLT relevant in our community as we focused on our social media engagement, growing our social media following and reaching 16,629 contacts.





Better Living for Texans

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Javier Alonso, BLT

Growing and Nourishing Healthy Communities

The Growing and Nourishing Healthy Communities series is an educational approach to address food deserts in the community, and increase accessibility to healthy foods for our residents. the curriculum focuses on teaching our participants on how to create their own sustainability gardens through container gardens or garden beds; while encouraging them to make healthier food choices. Javier Alonso partnered with local organizations, community centers and local representatives to successfully implement the program in Webb.



Youth Programming

During the month of October, the Laredo Independent school district nutrition center did it's very first **farm to Fresh festival**, where Javier was invited as a guest speaker to teach over **400 students at Milton Elementary**, grade levels 2nd to 5th, over healthy eating. A section of the **Learn, Grow, Eat and Go** was used to better encourage students to incorporate vegetables into other every day meals. In December the **Harmony School of Excellence** also had Javier as a guest speaker where high school students learned over the basics of starting their community gardens and how to create their paper pots using recyclable material.



Future Programming

Javier is currently working with the Santa Teressita Community center and will have a group of graduates in the near future. My hope, is to continue working closely with local community organizations, centers and school district to successfully implement community gardening courses.





This year was a great turning point for our programming. We were able to open our office doors and assist more clients. We've helped with pesticide applicator trainings, soil testing, turf grass management, and ranch visits. Along with that, we were able to assist neighboring agents with programs.

Beef Quality Assurance Training

In April, I assisted Jim Hogg County's AgNR agent, Brianna Gonzales with the first Beef Quality Assurance of the year. It was exciting to be hosting an in-person event for the first time in a year. We had extension specialist Dr. Paschal present on some topics, while my focus was on environmental stewardship. We had representatives from the Texas and Southwestern Cattle Raisers Association and the Texas Beef Council present some information on their organizations. The Texas Beef Council even sponsored lunch! There were a total of 25 attendees, from all over South Texas and even one from as far as Spring!



Youth Programming

This year we really wanted to focus on reminding the youth of the importance of agriculture and the role it plays in everyday lives. We also wanted to show them some of the ways that they could be involved. So, We kicked off a few summer camps that focused on certain aspects of agriculture such as, Ag. Product ID. The summer camps were such a success that we gained enrollment for our county 4-H program.



Future Programs

This coming year we plan on hosting some exciting programs. Kicking off with our Bull Breeding Soundness Program this month.

In April Webb will be hosting it's own Beef Quality Assurance Program and a Field Day, with a neighboring agent, focusing on range and pasture management in the fall!



4-H Summer Camps

This year, the Webb County 4-H program hosted 5 weeks of in-person, 4-H summer camps ranging from food & nutrition, clothing & textiles, ag product I.D., and science! A total of 15 participants, ranging ages 6-12 attended the sessions and participated in all activities. The summer camps were hosted with the intention of showcasing an array of 4-H projects that can be low-cost options for a variety of aptitudes and learning skills. Each week, two camps were offered; a FCH session in the morning and an Agriculture & Natural Resources session in the afternoon. Participants came in at 10:00, Monday through Friday, and participated in sessions like MyPlate & Meal Planning, or Sewing Basics. A break for lunch, provided by the Extension office would be followed by an AgNR session including Path to the Plate, Ag Product I.D., or Livestock Judging, plus STEM camps such as Photography, Life Science, Chemistry and Physics.



Grilling 101: Burger Edition

In addition to the summer camp experience, a Grilling 101: Burger Edition program on behalf of Path to the Plate and Beef Loving Texans was hosted to close off our camps with a delicious bang! The summer camp participants plus ten more 4-H members showed up, caps ready to start grilling their own burgers. Through Beef Loving Texans and Dinner Tonight, the Extension office was able to provide each participant with the ingredients and instructions on how to prepare a savory and safe burger patty.

Participants were instructed on where we get our ground beef from, the differences in beef, nutritional information, safe preparation practices, and instructions on how to turn on and use a grill to cook on. All participants were in charge of preparing their own lunch, which included a burger with all the fixings and grilled street corn. Provided for them already was a hearty serving of Southwest Quinoa Salad, Texas Fruit Salad, and in order to beat the heat, a few fruity ice pops were offered after a round of games to boost their physical activity!