

WOW-E

Working on Wellness Environments Monthly Newsletter



SERVING SCHOOLS LOCAL FOODS

By Rebekka Dudensing and Sue Beckwith

October is Farm to School month, a time we celebrate the connections between farmers and communities, especially youth. This program helps students access healthy, local foods and learn about food production and healthy food choices.

Click [here](#) to read all about it on our blog!

RFA UPDATE

Thank you to everyone who filled out an RFA. We appreciate all of the hard work that went into these proposals. We enjoyed reading about everyone's ideas for their community.

RFAs have been approved and groups have been notified. Groups will now work with SMEs and the GMT to get their technical assistance scheduled to move forward with their Community PSE Start Ups.

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MARK YOUR CALENDARS

October is **National Farm to School Month**. Visit our [blog](#) for inspiration on how to celebrate.

October is **National Eat Together, Eat Better Month**. Prepare a meal at home with your family and spend quality time together around the table. For inspiration, click [here](#) to visit **What's Cooking USDA Mixing Bowl**. They have healthy recipes, cooking tutorial videos, and a seasonal produce guide.

October 7: **National Child Health Day**

Promote your child's health by taking them to the park, going for a bike ride or walk, or playing in the yard.

October 12: **National Farmer's Day**

Continue celebrating National Farm to School Month by thanking a farmer for growing our food. Schedule a visit to a local farm to show appreciation while teaching kids about where our food comes from.

October 21: **National Apple Day**

Enjoy an apple!

