

APRIL 2021



The official newsletter of
Working on Wellness Environments

WHAT IS INSIDE

**SELLING AT A FARMERS
MARKET FOR BEGINNERS**

STAFF HIGHLIGHT

RESOURCES



WELCOME

BY VALERIE JAUREGUI

Welcome to the latest newsletter! WOW-E communities have been hard at work meeting virtually, where they have been planning their projects. Whether it has been meeting with local leaders or planning a youth summit, our groups are on the ground, passionate about continuing this work.

This month's newsletter will provide you with resources on how you can start selling your farm items at a farmer's market. Furthermore, we have a staff highlight on one of our local team members, and information about an ECE virtual training offered by Texas A&M Agrilife Extension.

You can always email us if you have any questions at valeria.jauregui@ag.tamu.edu

Selling at a Farmers Market for Beginners

TEXAS FOOD EDUCATION
& DISCOVERY (TXFED)

FREE COURSE
SELLING AT A
FARMERS MARKET
FOR BEGINNERS

ENROLL @
TXFED.ORG

MADE BY TX FARMERS FOR TX FARMERS

DR. REBEKKA DUDENSING SHARES A GREAT RESOURCE FROM THE TEXAS FOOD EDUCATION & DISCOVERY NETWORK. TXFEDD IS OFFERING A "SELLING AT A FARMERS MARKET FOR BEGINNERS" COURSE.

CONSIDERING SELLING AT A FARMERS MARKET BUT DON'T KNOW WHERE TO START? "SELLING AT A FARMERS MARKET FOR BEGINNERS" IS A FREE, 30 MINUTE, COMPREHENSIVE COURSE THAT WILL PROVIDE YOU WITH ALL THE INFORMATION YOU NEED TO KNOW BEFORE TAKING THE LEAP. THE COURSE WILL HELP YOU CONSIDER IF ANY MARKETS ARE RIGHT FOR YOUR BUSINESS, AND IF SO, WHICH MARKET WOULD BEST FIT. THE COURSE INVOLVES FIRSTHAND EXPERIENCE FROM FARMERS AND MARKET MANAGERS FROM ACROSS TEXAS.

TO SIGN UP FOR THE COURSE, AND TO SIGN UP TO BE A PART OF THE NETWORKING GROUPS TO CONNECT WITH OTHER TEXAS FARMERS AND KEEP UP TO DATE AS NEW COURSES ARE RELEASED, GO TO WWW.TXFED.ORG.





STAFF HIGHLIGHT - VICTORINO CANTU

Victorino Cantu is a Texas A&M Agrilife Extension Associate working with the CDC-funded Working on Wellness Environments (WOW-E) program in Starr County. A local asset to the program, Victorino primarily works on the ground, helping local groups create healthy changes in communities along the Texas-Mexico border.

Over the past two years, Victorino has been involved in several projects. He coordinates a Farm to School grant at RT Barrera Elementary in Roma, TX, and assisted the school in securing an NRCS GREEN grant to purchase a pollinator garden and a high tunnel to expand farm production. Victorino is supporting local groups in expanding school garden and orchard efforts to other schools by facilitating the creation of operations manuals and meeting with other schools already excelling in Farm to School efforts.

Victorino has also helped facilitate a downtown walkability and connectivity project. His engagement with the local community has included communication, coordination, and showing a "behind the scenes" look at the infrared sensors being used to collect walking movement in downtown Rio Grande City.

Victorino's passion for creating healthy lifestyles and access to healthy places exudes through his work. Victorino is looking forward to continuing Policy, System, and Environmental change work and continuing with rural communities and healthy changes.



EARLY CHILDHOOD EDUCATOR TRAINING PROGRAM

Early Childhood Educator 202 MONTHLY Training Program Virtual Mini-Conference Series



May 22nd

SPECIAL EVENT! Obesity Prevention Standards & Strategies
Sessions: Overview of New Standards and How to Meet (and Exceed!)

*Provides 3 clock hours of annual training aligned with
Texas' Minimum Standards for Child Care.*

TIME: 9AM-12PM Central via Microsoft Teams

COST: \$25* Free registration available for ECEs located in Starr, Webb, Maverick, Zapata, and Maverick counties

REGISTRATION LINK: <https://agriliferegister.tamu.edu/Childhood>

The members of Texas A&M Agrilife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M Agrilife.

TEXAS A&M
AGRILIFE
EXTENSION

Texas A&M Agrilife Extension is offering a virtual mini-conference series. This special event will focus on Obesity Prevention Standards & Strategies: Overview of New Standards and How to Meet (and Exceed!)

The cost to register is \$25, but any ECE currently participating in the Working on Wellness Environments program and any ECE located in Starr, Webb, Zapata, Maverick, and Hudspeth counties can register for free! Please let us know if you have any questions.

The next installment in the series will be held May 22nd, 2021 from 9am-12pm CT via Microsoft Teams. Register [here!](#)





T-MOBILE HOMETOWN GRANT

In a unique partnership focused on bringing vital connections to rural America, Smart Growth America is helping T-Mobile give one small community a prize package worth \$3 million as well as millions in smaller grants for hundreds of other rural and small-town communities to reinvest in their downtowns, improve their quality of life, become more resilient, and improve their connections.

With a track record of providing scores of smaller towns a roadmap for achieving economic vibrancy over the years, Smart Growth America will be helping the winner of the \$3 million Hometown Tech over develop and implement a plan to enrich the town's development - such as a place-based economic development plan, the restoration of a neglected downtown square, infrastructure improvements in a historic neighborhood, or investments in a community center.

Anyone can enter the contest at [T-MobileHometownTechover.com](https://www.t-mobile.com/hometowngrant) before it closes on Friday, May 7, 2021. Just upload a photo or video of your town and tell T-Mobile what makes it special.

In addition to the big prize, T-Mobile will also be giving away \$25 million to small communities over the next five years through hundreds of smaller Hometown Grants for all types of catalytic projects. If you are a local leader of almost any kind, [nominate your town for a Hometown Grant here](#). The current round of applications is open from April to June, with winning towns announced in July.

Please let us know if you have any questions!

RESOURCES

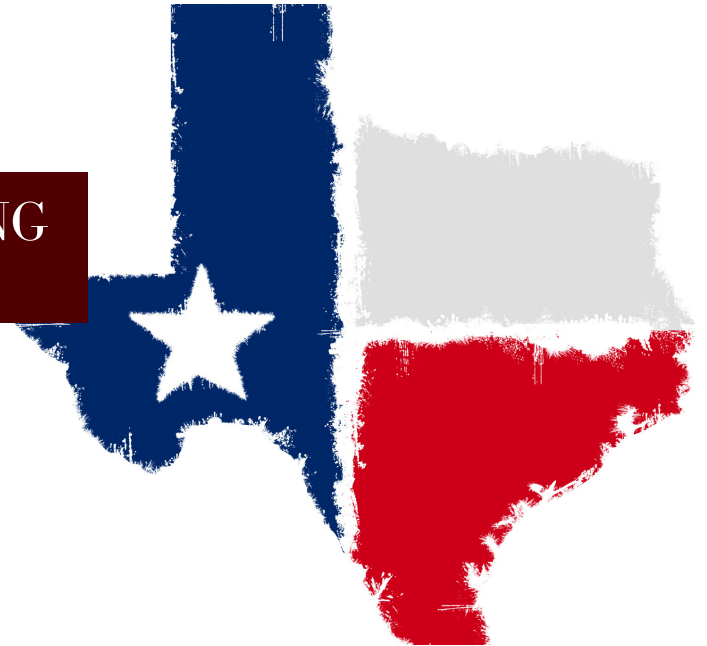


GUIDANCE FOR PERSONAL AND SOCIAL ACTIVITIES

CDC shares best practices for daily activities what to do if you do go out. Find tips and resources [here](#).

TDEM COVID-19 TESTING SITES

Texas Department of Emergency Management and the Department of State Health Services have created a map of COVID19 Testing Sites. Find your nearest one [here](#).



STAY SAFER WHILE YOU WAIT FOR COVID-19 VACCINE

CDC has some resources and tips on staying safe while you wait for your COVID-19 vaccine. Read more about it [here](#).



CLEANING AND DISINFECTION GUIDELINES IN HOUSEHOLD SETTINGS

Texas A&M Agrilife Extension has created a mini webinar on cleaning and disinfection guidelines in household settings for COVID-19. Check out the video webinar [here](#).



CLOTH FACE MASK STEPS

Texas A&M Agrilife Extension's departments of Family & Community Health and Disaster Assessment and Recovery have created a video tutorial on how to properly put on, take off, and clean cloth face masks. Watch it [here](#).



HOW SHOULD PHYSICAL ACTIVITY MAKE YOU FEEL?

Howdy Health, an initiative of Texas A&M Agrilife Extension has a mini video on how you feel before and after physical activity matters. Watch it [here!](#)