

JANUARY 2021



The official newsletter of
Working on Wellness Environments



WELCOME BACK!

BY VALERIE JAUREGUI

The Working on Wellness Environments team wishes everyone a Happy New Year! We are looking forward to further pursuing ongoing projects and meeting virtually with our communities in the new year. We feel grateful to work with individuals who are on the frontlines of the COVID-19 pandemic, and all of our community champions motivated to make healthy changes in their community.

In this month's issue, you can find articles from Texas A&M Agrilife Extension highlighting WOW-E specialists, grant opportunities, and additional resources. As always, you can email us if you have any questions at valeria.jauregui@ag.tamu.edu

WHAT IS INSIDE

ACROSS TEXAS A&M
AGRILIFE EXTENSION

GRANT OPPORTUNITIES

RESOURCES



Across Texas A&M Agrilife Extension!

Keeping those New Year's Resolutions

Did you make a New Year's Resolution? WOW-E and Texas A&M Agrilife Extension nutrition specialist Dr. Jenna Anding shares insight on how you can keep your goal this year! Find more information [here](#).



AGRILIFETODAY.TAMU.EDU
Keeping those New Year's resolutions | AgriLife Today
A Texas A&M AgriLife Extension Service expert gives tips on the be...

Texas A&M Technology being used to make Houston better for walkers, bikers

TxDOT has teamed up with Texas A&M Transportation Institute (TTI) researchers to evaluate the best pedestrian bicycle monitoring technology to get an accurate pulse of those who walk or bike on Texas roadways. Read more [here](#).



Agrilife Extension offers self-paced, affordable online courses

Research shows that implementing policies can help promote behavior change. Check out WOW-E nutrition specialist Dr. Jenna Anding's course on Food Policies to Support Healthy Eating Behaviors. Find more information [here](#).



Food Policies to Support Healthy Eating Behaviors

GRANT OPPORTUNITIES

RIVERS, TRAILS, AND CONSERVATION ASSISTANCE PROGRAM

The National Park Service – Rivers, Trails, and Conservation Assistance program supports community-led natural resource conservation and outdoor recreation projects across the nation. The five focus areas include: build healthy communities through parks, trails, and outdoor opportunities, conserve natural lands, rivers, and watersheds, engage youth in outdoor recreation and stewardship, strengthen the organizational capacity of project partners, and support the national park service. Find more information [here](#).

STATE AND LOCAL POLICY CAMPAIGN GRANT FUNDING OPPORTUNITY

The Center for Science in the Public Interests is announcing a new funding opportunity for state and local advocates working to advance innovative policies to measurably improve the food environments in schools, restaurants, grocery stores, and in federal, state, and local programs to support public health, especially for low-income families and communities of color. Learn more and apply [here](#).

COMMUNITY GRANT (PEOPLE FOR BIKES)

The PeopleForBikes Community Grant Program supports bicycle infrastructure projects and targeted advocacy initiatives that make it easier and safer for people of all ages and abilities to ride. Find more information [here](#).

RESOURCES

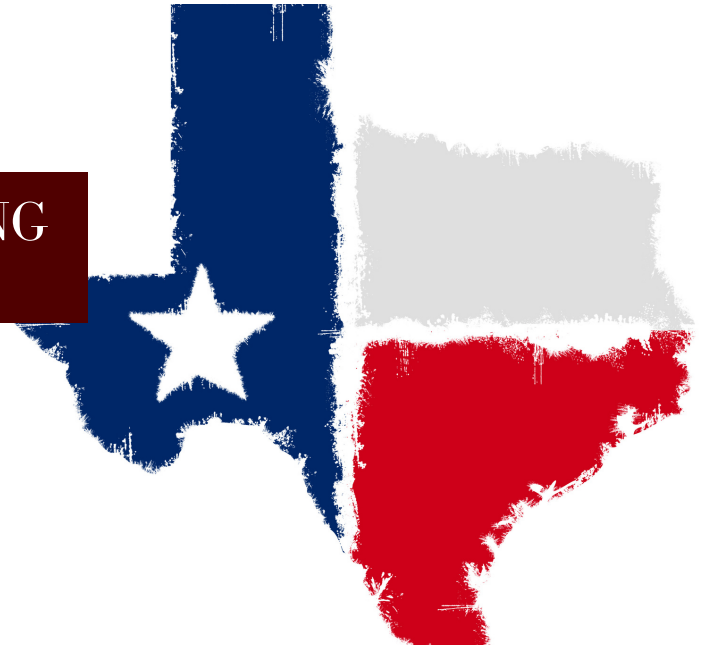


GUIDANCE FOR PERSONAL AND SOCIAL ACTIVITIES

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](#).



RECREATION GRANTS NOW OPEN

The Recreational Trails Program provides funding for both motorized and non-motorized recreational trail program. Applications will open November 1, 2020 with a deadline of February 1, 2021. You can find more information [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!](#)