

OCTOBER 2021



## ENVIRONMENTS

The official newsletter of Texas A&M Agrilife  
Extension's Working on Wellness Environments

# WHAT IS INSIDE

OCTOBER WAS FARM TO  
SCHOOL MONTH

FOOTBALL, FALL, AND  
FARM TO SCHOOL

RESOURCES

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# TEXAS A&M AGRILIFE EXTENSION

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## WELCOME!

BY: VALERIE JAUREGUI

Welcome to the October Issue of the Working on Wellness Environments official newsletter. In this issue, you can read about Farm to School, and discover resources on how you can start a Farm to School Program at your school! You will also find resources related to COVID-19 and physical activity. As always, you can reach out to us at [valeria.jauregui@ag.tamu.edu](mailto:valeria.jauregui@ag.tamu.edu) or check out our website at [wowe.tamu.edu](http://wowe.tamu.edu)!

# **Football, Fall, and Farm to School**

**By: Rebekka Dudensing, PhD**



WHEN WE THINK ABOUT OCTOBER, WE USUALLY THINK ABOUT PUMPKINS, FALL LEAVES, AND FOOTBALL GAMES ON CHILLY FRIDAY NIGHTS. FALL FESTIVALS AND HALLOWEEN FESTIVITIES ABOUND. THE OCTOBER CALENDAR IS ALSO HOME TO HEALTH LITERACY MONTH, NATIONAL BREAST CANCER AWARENESS MONTH, NATIONAL HEALTH EDUCATION WEEK, AMONG OTHER AWARENESS EVENTS.

ONE OF THE FUN OCTOBER EVENTS FOR STUDENTS IS NATIONAL FARM TO SCHOOL MONTH. CONGRESS CREATED FARM TO SCHOOL MONTH IN 2010 AS A RESULT OF ADVOCACY BY THE NATIONAL FARM TO SCHOOL NETWORK.[1] JUST OVER A DECADE LATER, SCHOOL CHILDREN ACROSS THE U.S. ARE CELEBRATING FARMS AND TRYING NEW FOODS EACH OCTOBER.

RESEARCH IN CENTRAL TEXAS SHOWED THAT SCHOOLS WANT TO SERVE LOCAL FOODS. WHILE PRICE CAN BE ONE BARRIER AS FARMERS NEED TO AT LEAST BREAKEVEN AND SCHOOLS HAVE TIGHT BUDGETS, THE TYPE OF PRODUCT AND HOW IT IS PROCESSED ALSO AFFECTS IS POTENTIAL IN SCHOOLS. FOR EXAMPLE, CUT “BABY” CARROTS AND BROCCOLI FLORETS REQUIRE PROCESSING BUT ARE EASIER FOR MANY SCHOOLS TO PREPARE AND SERVE.

## Football, Fall, and Farm to School

By: Rebekka Dudensing, PhD

EXTENSION OFFERS SUGGESTIONS TO HELP SCHOOL FOOD SERVICE PROFESSIONALS INCORPORATE MORE LOCAL FOODS INTO SCHOOL MEALS. RECOMMENDATIONS INCLUDE CHOOSING ONE FOOD AND BUILDING RELATIONSHIPS WITH FARMER SUPPLIERS OR WITH EXISTING DISTRIBUTORS WHO MAY BE ABLE TO OBTAIN FOOD FROM LOCAL SUPPLIERS.

DURING FARM TO SCHOOL MONTH, SCHOOL FOOD SERVICE MAY BE HELPING STUDENTS TASTE LOCAL PRODUCTS, MANY OF WHICH MAY BE UNFAMILIAR TO YOUTH. TEACHERS MAY PLAN FIELD TRIPS THAT LET STUDENTS EXPLORE THE FARMS THAT PRODUCE THEIR FOODS. THEY MAY ALSO INVITE FARMERS TO VISIT CLASS. AGRICULTURE IS A SCIENCE THAT PROVIDES COUNTLESS OPPORTUNITIES FOR STUDENTS TO LEARN AND GROW. AND WITH THE USDA RECENTLY NOTING THAT 10.3 PERCENT OF U.S. JOBS ARE IN AGRICULTURE AND RELATED INDUSTRIES, AGRICULTURE SCIENCE IS VALUABLE KNOWLEDGE!

FAMILIES CAN CELEBRATE FARM TO SCHOOL MONTH TOO. VISIT A FARM—PUMPKINS PATCHES ARE GREAT THIS TIME OF YEAR—OR VISIT A FARMERS' MARKET AND TRY A NEW FOOD. IF THERE ISN'T TIME FOR THAT, FIND A LOCAL PRODUCT AT YOUR GROCERY STORE AND TRY THAT. STORES OFTEN MARK LOCAL PRODUCE AND SPECIALTY PRODUCTS (JAMS, PICKLES, ETC.). MAYBE YOU'LL EVEN FIND A LOCAL TREAT FOR YOUR FALL FESTIVAL OR TRICK-OR-TREATING. FOR MORE INFORMATION AND RESOURCES ON FARM TO SCHOOL VISIT [HERE](#).



NATIONAL  
FARM to  
SCHOOL  
MONTH



## Farm to School Month



October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food. From taste tests in the cafeteria and nutrition education activities in the classroom, to farm visits and school garden harvest parties, schools, early care and education sites, farms, communities and organizations in all 50 states, Washington, D.C. and U.S. Territories join in the celebrations. Find more information [here](#).

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**NATIONAL  
FARM to  
SCHOOL  
MONTH**



# Funding Opportunity

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THE PEOPLE, PARKS, AND POWER (P3) CALL FOR PROPOSALS IS NOW OPEN. **LETTERS OF INTENT ARE DUE BY NOVEMBER 4, 2021.**

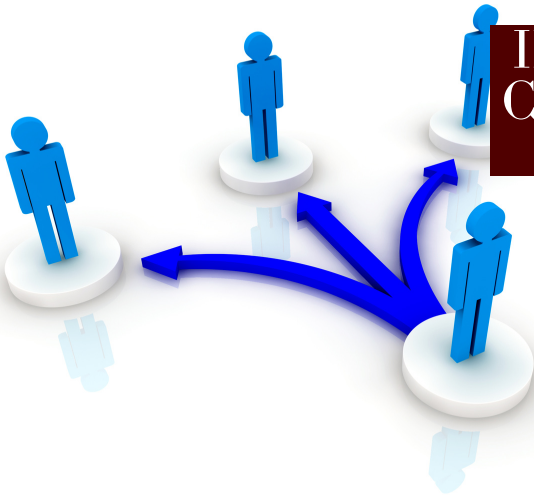
## KEY DETAILS:

- AS PART OF THE P3 INITIATIVE, \$7 MILLION IN FUNDING IS AVAILABLE TO SUPPORT COMMUNITY-BASED ORGANIZATIONS AND BASE-BUILDING GROUPS WORKING IN URBAN, LOW-INCOME COMMUNITIES OF COLOR ACROSS THE U.S. TO INCREASE PARK EQUITY THROUGH LOCAL POLICY AND SYSTEMS CHANGE.
- THE GEOGRAPHIC FOCUS OF P3 IS URBAN AREAS, WITH A PARTICULAR INTEREST IN SMALL AND MIDSIZED CITIES (UNDER 500,000 POPULATION) AS WELL AS DISTINCT, DISINVESTED COMMUNITIES WITHIN LARGER CITIES.

FIND MORE INFORMATION [HERE!](#)



# RESOURCES

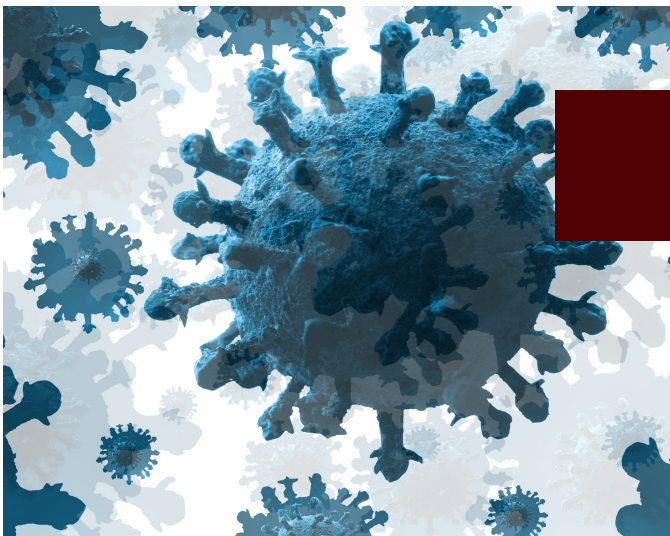


## INTRODUCTION TO HEALTH COMMUNICATION PLANNING COURSE

*Are you interested in learning about creating health communication plans? Texas A&M Agrilife Extension has a course on health comm planning free for WOW-E counties. Read more [here](#).*

## NEW COVID-19 GUIDELINES FOR ECE PROGRAMS

*CDC has released new COVID-19 Guidance for Operating Early Care and Education/Child Care Programs. Read more [here](#).*



## COVID-19 TESTING

*School spirit is better at school. Regular COVID-19 testing helps keep students on the field and friends and parents in the stands. Support COVID-19 testing at school. Learn more at [cdc.gov/covid19-school-testing](https://cdc.gov/covid19-school-testing)*



## COVID-19 VACCINES

*Have you been waiting for full FDA approval to get vaccinated? It's time to schedule your appt! Now that the FDA has issued full approval for the first COVID-19 vaccine, we can all be even more confident that these vaccines work and are safe. Learn more: <https://dshs.texas.gov/covidvaccine/>*



## PHYSICAL ACTIVITY FOR ALL WOMEN

*Physical activity is important for all women throughout their lives. Read on for ways you can change your physical activity routine to fit your needs based on your age, stage of life, or physical abilities. Read more [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!](#)*

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