

# EMERGENCY PREPAREDNESS COOKBOOK

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

OFFICE OF HIDALGO COUNTY  
JUDGE RICHARD F. CORTÉZ



EMERGENCY PREPAREDNESS



CITY OF EDINBURG



HURRICANE  
PREPAREDNESS

EMERGENCY PREPAREDNESS



## EXTENSION CONNECTION

HIDALGO COUNTY  
APRIL-JUNE 2023

## WHAT WE DO

**Texas A&M AgriLife Extension Service is a unique education agency that provides research based community education, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth.**

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# EXTENSION FACULTY

## TEXAS A&M AGRI LIFE EXTENSION

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### **Vidal Saenz**

*County Extension Agent- Agriculture & Natural  
Resources*

### **Joanne Ureste-Armijo**

*County Extension Agent- Family & Community Health*

### **Ashley Gregory**

*County Extension Agent- Horticulture*

### **Katarina Rodriguez**

*County Extension Agent-4-H & Youth Development*

### **Melissa De Leon**

*Extension Agent  
Expanded Food and Nutrition Education Program*

### **Andrea Torres-Barragan & Karen Cantu**

*Extension Agents  
Better Living for Texans Program*



PRAIRIE VIEW  
A&M UNIVERSITY  
COLLEGE OF AGRICULTURE  
AND HUMAN SCIENCES

Cooperative Extension Program

### **Rina Castillo**

*Cooperative Extension Agent  
Community Economic Development*

### **Tina Munoz**

*Cooperative Extension Agent  
Family & Community Health*

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## Hidalgo County Supported Staff



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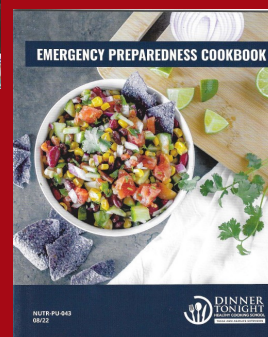


## PROGRAM HIGHLIGHT OF THE QUARTER

### Dinner Tonight- Emergency Preparedness

County Extension Agent: Dr. Andrea Valdez

Created in Hidalgo County by Judge Cortez as the Cooking School for Emergencies, the new Dinner Tonight-Emergency Preparedness program has launched statewide. With June 1st being the start of hurricane season, many emergency preparedness food demonstrations were conducted to help raise awareness and educate the community on being prepared with pantry staples and family emergency plan.







## Dr. Andréa A. Valdez, M.P.H. Family & Community Health

@AgrilifeExtensionHidalgoFCH

This quarter was all about preparedness-emergency preparedness, that is! Using the new **Dinner Tonight-Emergency Preparedness** cookbook, Dr. Valdez presented at multiple events highlighting the no-electricity recipes. At the Texas Municipal League conference, **Judge Cortez** and Dr. Valdez thrilled the crowd with the salmon tacos and at a multi-jurisdictional press conference, **Mayor Garza** of Edinburg created a tasty quick meal. Dr. Valdez also filmed social media videos with **Mayor Villalobos** of McAllen and Judge Cortez to help prepare our community for hurricane season.



## Joanne Ureste-Armijo, M.S. Family & Community Health

@AgrilifeExtensionFamilyResourcesHidalgoCounty

The **Strong People, Strong Bodies** program held their participant graduation this quarter and celebrated the participants walking **3,525.83 miles** in the Walk Across Texas program! **Javier Garza**, Director of Parks & Recreation for the City of Edinburg motivated the graduates to use all the City's amenities and Dr. Valdez provided a food demonstration on emergency preparedness. Thank you to All State-Xavier and Diana Pena Agency for their kind sponsorship for this program.



The Master Clothing Volunteers (MCVs) promoted literacy and their love for reading within their community as they came together with the Hidalgo County 4-H program at the Free Little Library unveiling at the Endowment Center in San Carlos. Their mission was to create handcrafted bookmarks that would not only serve as practical tools for readers but also carry messages of encouragement and inspiration.





## Vidal Saenz, M.S. Agriculture & Natural Resources

### South Texas Agricultural Symposium

The South Texas Agricultural Symposium was held in April with 24 participants in attendance. The topics included Tips for Ranching/Farming Financial Management, Weather-Related Challenges for Horticulture plants, and how weeds adapt to our control efforts.

### Beef Cattle Production and Management Program

The multi-county Beef Cattle Production and Management Workshop was held in Weslaco in May. Topics for this workshop included Pre-Conditioning Bulls and Heifers for the breeding season, PFS Loans Program, how to start a business, and overview of the RGV Bull Gain Test and RGV Bull Gain Test Awards.



### RGV Advanced Ranch Management Series

RGV agents hosted the first 2 meetings for the RGV Advanced Ranch Management Series. The program was held at La Muneca Ranch. Thirty (30) program participants learned about Beef Cattle breeds and genetic selection, had an AI demonstration and how to utilize EPD's. The second meeting included a beef retail marketing tour at the HEB store in Edinburg, and Dr. Samuel Zapata, the agricultural economist, provided a presentation on risk management tools for ranchers.



## Kathy Rodriguez, M.S. 4-H & Youth Development

@HidalgoCounty4H



### Hidalgo County 4-H-The Place to Be!

This quarter, our Hidalgo County 4-H members competed at multiple District 12 competitions including Fashion Show and Educational Presentations. The Hidalgo County 4-H program also hosted its first "Meet the Candidates" night in preparation for the Hidalgo County 4-H County Council Officer elections. Candidates made a poster about themselves and presented and answered questions from the membership. Multiple community clubs also took part in fundraising efforts through the Paper Clover campaign at local Tractor Supply stores!







Ashley Gregory, M.S.  
Horticulture

## Spring is Blooming!

The Hidalgo County Master Gardeners held their annual Spring Plant sale with over 200 people attending to support the Master Gardeners. This quarter's workshops included:

- Gardening/Composting workshop with **45 participants**
- (2) Youth gardening programs at Edinburg and Weslaco Public Libraries **with 33 participants**
- The Small Acreage committee hosted the 3rd workshop of the Grape Series in Weslaco

The Hidalgo County Master Gardeners participated in the annual RGV Home and Garden Show at the McAllen Convention Center where they delivered 3 educational presentations and engaged with hundreds of community members.



Melissa De Leon, M.S.  
Expanded Food &  
Nutrition Program (EFNEP)

@HidalgoCountyExpandedFoodandNutritionEducationProgram



The Texas A&M Agrilife Extension Expanded Food & Nutrition Education Program (EFNEP) in Hidalgo County helps families and youths with limited resources – those most at risk who suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in:

- Building a Healthy Plate
- Eating the right number of calories
- Setting Limits
- Keeping Food Safe
- Being Active
- Encouraging Family Mealtime at Home

29 Adult Enrollment  
17 Adult Graduates

682 Youth Enrollment  
431 Youth Graduates



Nutrition! Food Prep! Food Budget Management! Food Safety!



## Better Living for Texans Program



Andrea Torres-Barragan, Ph.D.



Karen Cantu, B.S.

Ricardo Carranza & Roy Custodio, Program Assistants



## Gardening

This quarter sprouted **4 new gardens** for a total of **14 community gardens and 8 school gardens** in Hidalgo County! A total of **475 youth** participated in the Learn, Grow, Eat, Go (LGEG) program. **Eighty-five (85) people graduated** from the Growing and Nourishing Healthy Communities (GNHC) adult gardening program.

## Nutrition & Activity

BLT nutrition programs partnered with IDEA Weslaco Pike, Dr. America Paderes Elementary, UMOS, Alton Community Center, Edinburg CATS Center, Sekula Library and Shary Elementary to teach curricula such as ***A Fresh Start to a Healthier You and Healthy Carbohydrates!*** All these programs graduated **99 participants!**



Rina Castillo, M.P.A.  
Community &  
Economic Development



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AND HUMAN SCIENCES  
Cooperative Extension Program

Tina Munoz, M.S.  
Family &  
Community Health



### How to Start a Business

**39**

Participants

Presented at the AgriLife Beef  
Cattle Production and  
Management Workshop

### Financial Literacy Presentation

**237**

Participants

In partnership with Workforce Development,  
participants learned about budgeting and  
setting financial goals

### Homeownership

USDA Home Repair Grant: Provided 504 Home Repair grants  
elderly at City of Elsa to repair, improve or modernize their  
homes to remove health and safety hazards. (9 participants:  
\$10,000 grant each=\$90,000)

### Eat Smart, Be Active Program

**20**

Participants

Cano Health  
Edinburg/ McAllen

### Choose Food, Fun & Fitness

**338**

Youth

Donna Recreation Center, IDEA  
Elsa, ARISE, Kidz Joy Academy

### Summer Program

**40**

Youth

EFNEP Summer Program  
presentation on Diabetes  
education

### Entrepreneurship Bootcamp: Partnership with Workforce & City of Mission

Participants learned about various resources to start and grow their  
business (42 participants)

