



# Making a Difference in *Fort Bend* County...

**2nd Quarter Newsletter**

**April - June 2019**

## Special Topics for Spring 2019

- Director's Message
- 2019 TCFF Results
- Texas EDEN Web Info.
- AgriLife Extension as a Career Choice
- *Dinner Tonight Essentials* Cookbook
- 4-H Provides a Life-Changing Experience
- *Path to the Plate* - focus for 2019
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- REBUILD TX—Fort Bend County Update
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## Message from the Co. Extension Director

The Texas A&M AgriLife Extension Service is a unique education agency with a statewide network of professional educators, trained volunteers, and county offices in 250 of the 254 counties. Our agency reaches into every Texas county to address local priority needs. The process of identifying local needs and relevant issues is fundamental to the program development model for Texas A&M AgriLife Extension. To identify local needs we employed the Texas Community Futures Forum, a 4-year cycle held on May 6, 2019 to identify relevant issues in Fort Bend based educational programs in our four major program areas - agriculture & natural resources, family & health, youth development, and community development. The TCFF involved a representative group of local leaders from a wide variety of businesses and agencies, both public and private. The charge was to simply answer this question - "In the next 3-4 years, what are the most critical issues in this county?" Results are listed below.



## Texas Community Futures Forum Results

### Agriculture/Natural Resources & Horticulture

**Environment/Habitat**—Loss of natural/native habitat & development of greenspace

**Agriculture & Natural Resources**—Public awareness and greater promotion of AgriLife Extension programs relating to agriculture and horticulture.

**Water**—Issues relating to flooding & drainage, use, conservation, and supply.

### Family & Community Health

**Family Life**—Support educational programs relating to baby-boomers aging in place; address technology, cyber-safety, property mgmt., senior living, and health & nutrition.

**Food & Nutrition**—Address food insecurity & food deserts in limited-resource areas.

**Health & Wellness**—Support programs that address mental health for youth & adults.

**Emergency Management & Preparation**—Collaborate with various agencies to address disaster preparation & community education.

### Community/Resource Economic Development

**Community & Economic Development**—Support workforce development relating to technical training, workforce housing, and adult education.

**Community & Economic Development**—As public transportation increases, there is a shortage of certified drivers and park & ride facilities.

**Community & Economic Development**—Connecting skilled people with available jobs and creating relationships between potential employers and training opportunities.

### Youth Development

**Leadership, Community & Youth**—Youth programs are needed that address healthy living, mindfulness, social learning, emotional learning and self-awareness.

**Environmental Stewardship**—Increase awareness of nature through the appreciation of nature and mindfulness and the preservation & sustainability of natural habitats.

**Leadership, Community & Youth**—Seek and secure funding in support of after-school programs relating to critical thinking, leadership, and character building.

**Technology & Creativity**—Help balance between the use of technology & family life.

## April - June 2019 TOTAL CONTACTS

341 Educational Sessions  
56,870 Contacts  
831 Social Media Posts  
89,180 Soc. Media Followers  
41 Newsletter Editions  
36,509 Newsletter Contacts  
1,137 Volunteers Assisted  
3,385 Volunteer Hours  
1,068 Edu. Resources Used

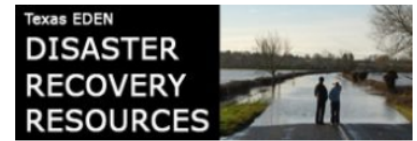
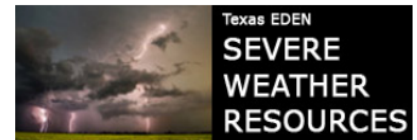
### Clientele Reached:

42.8% Youth  
57.2% Adults

## Texas EDEN Web Info

With hurricane season upon us once again and since we are still recovering from major flooding in 2017, it is not too early in the year to talk about our Texas Extension Disaster Education Network (EDEN). EDEN is a collaborative educational network dedicated to educating citizens about disaster mitigation, preparedness, response and recovery. Simple actions such as: developing a family plan, being financially prepared, and downloading the FEMA app will help you get ready—not just for a hurricane, but for any type of disaster that might occur.

Texas EDEN is a part of the Texas A&M AgriLife Extension Service and is affiliated with National Extension Disaster Education Network; and is a vital part of the RE-BUILD TEXAS Commission. This site is intended to accommodate Texas AgriLife Extension agents and all Texas citizens by sharing educational resources to reduce the impact of natural and man-made disasters for individuals, families and communities. Check it out at: <https://texashelp.tamu.edu/>. Featured sections include resources for Severe Weather, Disaster Prep, Disaster Recovery, etc. with detailed information for families, businesses, farm & ranch operations, pets, and more!



## Choosing AgriLife Extension as a Career

### Texas A&M AgriLife Extension

Helping Texans better their lives

When you choose to work for Texas A&M AgriLife, you become part of an organization that is more than 100 years old. AgriLife is an established leader in agriculture and life sciences with a wide range of capabilities to meet the needs of our statewide, national, and international constituents. We actively

seek a diverse workforce that includes dedicated, experienced applicants, as well as a select group of enthusiastic interns and graduates to share in our vision and help us meet the challenges before us. In return, we offer competitive salaries, a comprehensive employee benefits program, a vibrant employee wellness program which fosters a worksite culture that promotes employees' physical and mental health & well-being and supports employees in making healthy lifestyle choices, and many valuable employee services.

If your goal is the pursuit of excellence and your vision is to make a difference in this world, we invite you to explore our opportunities to discover what a career at Texas A&M AgriLife has to offer you.

## Dinner Tonight Essentials Cookbook



For several years now here in Fort Bend County we've been sharing quick, easy, nutritious and affordable recipes as part of our Dinner Tonight lineup of fabulous meals and desserts. Now all the recipes shared on our websites, facebook, blog sites and email blasts can be yours through a new cookbook entitled "*Dinner Tonight Essentials*". This new cookbook includes easy-to-prepare recipes with a minimum of 10 percent of the recommended daily value of one or more nutrients often lacking in an average American diet. The recipes keep saturated fat and sodium within reasonable levels and don't require fancy equipment, hard-to-find ingredients, or professional culinary skills. Along with family mealtime inspiration, you'll find quick tips on food safety, food storage, kitchen staples, and measurement conversions by the Dinner Tonight Cookbook Team. (146 pages, 3 tables, 150 photos, 15 graphics). The cost is only \$29.95 + shipping & handling. For a copy go to: <https://www.agrilifebookstore.org/Dinner-Tonight-Essentials-p/dt-012.htm>. Get yours before supplies run out!



The Dinner Tonight program was developed to provide busy families with quick, healthy, cost effective recipes that taste great. Not only does the Dinner Tonight program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

## 4-H Provides Life-Changing Experiences

4-H brings youth and adults together to learn everyday skills with hands-on learning. 4-H in Fort Bend offers a wide array of project opportunities from animal & plant sciences to robotics. 4-H'ers learn problem-solving skills that make a positive impact upon their community. 4-H helps youth meet the diverse challenges of today's world, build self-confidence, learn responsibility, and make positive decisions. The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development is the first-ever research project of its kind. The decade-long study, completed by a team of researchers at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA, is influencing research and practices around the world. The report shows that 4-H youth excel beyond their peers. 4-H'ers are about:



- Four times more likely to make contributions to their communities (Grades 7-12);
- Two times more likely to be civically active (Grades 8-12);
- Two times more likely to make healthier choices (Grade 7);
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 – 12); and
- 4-H girls are two times more likely (Grade 10) and nearly three times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school activities.

These pivotal opportunities help build a foundation of leadership and skills for success in their future careers. To learn more about 4-H in Fort Bend County, call us at 281-342-3034.

## 'Path to the Plate' in Full Focus for 2019!



*Path to the Plate*, a concept that AgriLife Extension is focusing on in 2019 and beyond, will help consumers understand where their food comes from (from the very beginning to the very end), where & how it was grown, how it was processed, how it was prepared, what nutrients it contains, and the cost of preparing the finished product – the plate. In a nutshell *Path to the Plate* helps consumers make the connection between agriculture and health. Many similar programs were created over the years, but *Path to the Plate* is more inclusive. The concept is not limited to fresh fruits, vegetables and herbs, but also row crops, rice, ranch and fisheries, as well as value-added commodities such as processed foods - honey, wines/beers, jellies/jams, pickled products, dried fruits/vegetables/meats and others as well. In addition, other worthy bits of in-

formation are included as part of *Path to the Plate*—food safety, nutrient value, and MyPlate portion sizing – all to help maintain a healthy weight and help manage health-related issues.

## 2019 Fort Bend County Fair 'Coloring Contest'

For the past 13 years, AgriLife Extension has hosted a coloring contest which is open to students of Fort Bend County in k-5th grade. We will offer one outstanding rosette per grade for a total of 6 as well as one honorable mention rosette per grade for a total of 6. These twelve winning entries will be exhibited all ten days of the Fair in the AG'tivity Barn. Only the winners' names and grade will be posted. All entries become the property of the Fort Bend County Fair. In addition, all outstanding rosette winners will receive a \$25 gift certificate while all honorable mention rosette winners will receive a \$15 gift certificate. Plus, all 12 winners will receive their entry in an 11"x17" frame. Note: We will only allow one entry per student.



**Deadline for entries:** Postmarked no later than September 4, 2019. Every effort will be made to contact winners by telephone or e-mail prior to September 23. An awards presentation will be held in the AG'tivity Barn on Friday, September 27, 2018, at 12:00 p.m., the "Opening Day of the Fair" – Free admission for all students. Coloring contest forms and mailing instructions are available at all Fort Bend Libraries, at the tax office, and both: <https://fortbend.agrilife.org/coloring-contest/> & <https://fortbendcountyfair.com/>.



## Rebuild Texas Update for Fort Bend County

Number of FEMA Approved Applicants.....	22,935
Amount of Federal Funds in Survivors' Hands.....	\$612,520,000
Number of National Flood Insurance Program (NFIP) Claims Submitted.....	3,102
Estimate of NFIP Settlements Paid*.....	\$205,040,000
Number of Public Assistance (Infrastructure) Projects Obligated by FEMA.....	250
Amount of Federal Share of Funding Obligated for	
Public Assistance (Infrastructure) Projects.....	\$23,908,664
Housing and other disaster related expenses.....	\$97,400,000
Number of SBA Low Interest Disaster Loans Approved.....	3,436
Amount of Approved SBA Low Interest Disaster Loans.....	\$310,080,000
Direct Housing Eligible Applicants.....	193
Applicants Found Other Housing Solution.....	116
MHU/RV Housed.....	41
Direct Lease Housed.....	5
Current DALHR Applicants.....	21
DALHR Housed (Repairs Completed).....	21
PREP Homes Complete.....	766



**The Governor's  
Commission to  
Rebuild Texas**

There are no quick fixes for the devastation of a Category 4 hurricane, and to rebuild fully, communities will need to access additional financial support for not just months, but years. Knowing this, the Rebuild Texas Fund was set up with the specific intent to work alongside communities for up to three years after the storm. The Rebuild Texas Fund serves all communities impacted by Hurricane Harvey. They will continue to fund projects and organizations within their six focus areas through 2018 and into 2019, with full fund deployment by end of 2019. Source: <https://www.rebuildtx.org/>

### Snap-Shot of Upcoming Events:

- Teen Chef Cooking Camp—June 25; 9:30 a.m.—2:00 p.m.
- Youth Fashion Week—July 16-19; 8:30 a.m.—3:00 p.m.
- EarthKind Kids' kamp—July 22-26; 9:00 a.m.—3:00 p.m.
- Parenting Connections—August 14; 10 a.m.—2:00 p.m.
- Food Management Certification Registration Deadline—Aug. 13 at 5:00 p.m.
- Farm Produce Safety for Military Veterans Deadline—Aug. 16 at 5:00 p.m.
- Parenting Connections Workshop—August 20; 10 a.m.—2:00 p.m.
- Farm Produce Safety for Military Veterans—Aug. 20; 10:00 a.m.—2:00 p.m.
- Parenting Connections Workshop—June 11 @ 10:00 am - 2:00 pm
- Food Handlers' Short course—Sept. 17; 9:00 a.m.—11:00 a.m.
- Fair Day—September 27; 12:00 p.m.—Midnight
- Fort Bend County Fair—September 27 thru October 6

**For all of the above programs visit us online at [fortbend.agrilife.org](http://fortbend.agrilife.org);  
or call 281-342-3034 or email us at [fort-bend-tx@tamu.edu](mailto:fort-bend-tx@tamu.edu).**

### A Glimpse of Fort Bend Co.

In 2018, the population of FBC has reached 764,828 of which 41.4% are college educated, 88.5% are high-school graduates and the average household income is \$118,558.

For over 20 years, we have been in the top 20 counties in the U.S. for economic excellence and population growth - and that is by design and not by accident. "Among the largest counties (>250,000 or more in 2015), Fort Bend was the fastest growing as we climbed 4.3% between 2014 and 2015, to 741,237".

Excellent schools, affordable housing, planned communities and extensive recreational facilities have attracted families with impressive demographic profiles. These actions result in a local employment base that provides companies with a diverse mix of professional, technical, skilled, and unskilled labor with the highest educational levels in the region.

For more information, you may visit: [www.fortbendcountytexas.gov/](http://www.fortbendcountytexas.gov/).



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