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| **ASCEND for Better Health Listening Session at Texas A&M International University**  **Share Fair Exhibitors**  **Texas A&M International University College of Nursing and Health Sciences**  We prepare professional nurses to improve the well-being of complex and diverse populations. The purpose of the baccalaureate program in the College of Nursing and Health Science, Dr. F. M. Canseco School of Nursing is to educate baccalaureate nurses who are outstanding clinicians, scholars, health advocates, mentors and leaders who will be instrumental in addressing the health care needs of communities.  Website: <https://www.tamiu.edu/conhs/> |
| **Texas A&M Agrilife – Better Living for Texans (BLT)**  BLT is a nutrition education program for adults and children that are SNAP participants and SNAP eligible. This program helps people make health meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.  Website: <https://blt.tamu.edu/> |
| **Texas A&M Agrilife – Family and Community Health**  Helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. We work with schools, centers, and organizations to bring food & nutrition programs, gardening and increase volunteerism in these areas.  Website: <https://webb.agrilife.org/fch/> |
| **USDA Nutrition Programs (SNAP, WIC, MyPlate, DGA etc.)**  Learn about the available nutrition assistance programs provided by the U.S. Department of Agriculture. Stay informed on the recommended guidelines for health and discover how to incorporate more nutrition in your meal-planning.  Website: <https://www.fns.usda.gov/programs> |
| **USDA ASCEND for Better Health**  Learn about USDA’s virtual center that brings together scientists, partner organizations, and communities to deliver science-based solutions that promote and elevate food and nutrition security for all Americans. Discover information relevant to your own community provided by USDA’s Economic Research Service.  Website: <https://www.nutrition.gov/topics/ascend-better-health> |
| **USDA Economic Research Service**  <https://www.ers.usda.gov/>  **USDA, ARS, Human Nutrition Research Centers**  Discover useful online information about human nutrition, especially nutrition research, through the USDA’s Human Nutrition Research Centers located throughout the nation. These labs are staffed by subject-matter Agricultural Research Service and cooperating employees.  Website: <https://www.ars.usda.gov/nutrition-food-safetyquality/human-nutrition/> |
| **USDA, National Institute of Food and Agriculture**  Discover resources to help support better health for families, youth, and communities. Learn about specific resources related to Hispanic-Serving Institutions.  Website: <https://www.nifa.usda.gov/topics/nutrition> |

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| **Area Health Education Center (Creciendo Juntos initiative)**  Serves multiple counties by creating and providing training/educational opportunities for medical providers, k-16 students, and all family members in multiple counties of South Texas. Providing monthly opportunities for community members to obtain education and information on federal and statewide food service programs available and to connect with community resources including health, food, and social services.  Website: <https://www.mrgbahec.org> |
| **Catholic Charities Diocese of Laredo**  Catholic Charities is committed to serving the emergency needs of the indigent and believes that all persons have the right to live in an environment that is free of abuse, violence, fear, and oppression.  Website: <https://www.ccdol.org> |
| **City of Laredo Health Department**  Weprovide essential public health services for Laredo, Texas and surrounding areas. Some of the services and programs include: immunizations, chronic disease management and prevention, disease surveillance, environmental health services, health education and promotion, as well as other services determined by the needs of the respective communities.  Website: <https://www.cityoflaredo.com/health/healthindex.htm> |
| **Mercy Ministries of Laredo**  We are a nonprofit organization, located at 2500 Zacatecas Laredo, Texas. We serve as a primary health clinic for low income adults without insurance.  Website [www.mercycliniclaredo.net](http://www.mercycliniclaredo.net) |
| **Mission of Laredo Center for Urban Agriculture and Sustainability (LCUAS)**  We are dedicated to the creation of an urban food system by increasing access to local, fresh food for low-income citizens and the community at large. Offering educational programs that surround urban agriculture, community gardens, home gardens, farmers market, and farm to school programs; providing entrepreneurial opportunities for urban farmers, cultivating xeriscaping and sustainability practices; facilitating the Laredo Food Policy Council, and developing policy and incentives for the local food industry.  <https://www.facebook.com/LaredoUrbanAg/> |
| **Regional Food Bank: South Texas Food Bank**  The South Texas Food Bank alleviates hunger in their eight South Texas county service areas by collecting and distributing food through partner agencies and programs while creating awareness and educating the community on the realities of hunger.  Website: <https://www.southtexasfoodbank.org/> |
| **Texas A&M University – Colonias Program**  This program helps increase self0sufficiency and enhances the quality of life for colonias residents along the border. We partner with others to provide literacy and job training, health education, as well as economic and community development.  Website: <https://www.arch.tamu.edu/impact/centers-institutes-outreach/colonias-program/> |