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**APPENDIX B**  
**Lower Rio Grande Valley Agencies**  
**and Their Nutrition-related Programs**

**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs**

| Service Type  | Ongoing Program | Language        | Target Population |             |                  |  | Program  |                      |
|---|-----------------|-----------------|-------------------|-------------|------------------|--|--|----------------------|
|   |                 |                 | Income            | Sex         | Age              | County                                 | Classification   | Funding              |
| <b>American Cancer Society—Lower Rio Grande Valley • 5413 South McColl Road, Edinburg, Texas 78539 • (956) 682-8320</b> |                 |                 |                   |             |                  |  |  |                      |
| <i>Outreach Services</i>  |                 |                 |                   |             |                  |  |  |                      |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific | Hidalgo                                | Behavior change<br>Cancer<br>Nutrition education   | Private              |
| <b>American Cancer Society—Upper Valley • 5413 South McColl Road, Edinburg, Texas 78539 • (956) 582-8329</b>            |                 |                 |                   |             |                  |  |  |                      |
| <i>Great American Weigh-In</i>  |                 |                 |                   |             |                  |  |  |                      |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Not age specific | Hidalgo                                | Clinical<br>Nutrition education<br>Obesity   | Private              |
| <i>Outreach Services</i>  |                 |                 |                   |             |                  |  |  |                      |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific | Hidalgo                                | Cancer<br>Nutrition education  | Private              |
| <b>American Diabetes Association • 515 Nolana, Suite F, McAllen, Texas 78504 • (956) 631-1118</b>                       |                 |                 |                   |             |                  |  |  |                      |
| <i>Training Services for Diabetes Providers</i>   |                 |                 |                   |             |                  |  |  |                      |
| Prevention<br>(education)   | Yes             | English         | All SES levels    | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Diabetes<br>Nutrition education  | Nonprofit            |
| <b>American Heart Association • 1210 West Expressway, Suite 7, Pharr, Texas 78577 • (956) 984-1214</b>                  |                 |                 |                   |             |                  |  |  |                      |
| <i>Choose to Move Program—Internet Based</i>  |                 |                 |                   |             |                  |  |  |                      |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Female      | Adults           | Hidalgo                                | Cardiovascular<br>health-disease<br>Obesity<br>Physical activity<br>Wellness-general<br>health education | Nonprofit<br>Private |
| <i>Heart at Work Program—Internet Based</i>   |                 |                 |                   |             |                  |  |  |                      |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Adults           | Hidalgo                                | Nutrition education<br>Wellness-general<br>health education  | Nonprofit<br>Private |
| <i>Heart Profiles Program—Internet Based</i>  |                 |                 |                   |             |                  |  |  |                      |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Not age specific | Hidalgo                                | Cardiovascular<br>health-disease<br>Wellness-general<br>health education                                 | Nonprofit<br>Private |

|  |     |                 |                |             |                             |                               |   |                                    |  |
|--|-----|-----------------|----------------|-------------|-----------------------------|-------------------------------|---|------------------------------------|--|
| <i>Outreach Services</i>   |     |                 |                |             |                             |                               |   |                                    |  |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Adults                      | Hidalgo                       | Behavior change<br>Cardiovascular<br>health—disease<br>Diabetes<br>Wellness—general<br>health education | Government<br>Nonprofit<br>Private |  |
| <b>Amigos Del Valle, Inc.</b> • 1116 North Conway Avenue, Mission, Texas 78572 • (956) 581-9494    |     |                 |                |             |                             |                               |   |                                    |  |
| <i>Congregate Meals</i>  |     |                 |                |             |                             |                               |   |                                    |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Starr<br>Willacy   | Elderly feeding   | —                                  |  |
| <i>Home-Delivered Meals</i>  |     |                 |                |             |                             |                               |   |                                    |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Elderly feeding   | Government                         |  |
| <i>Nutrition Education</i>   |     |                 |                |             |                             |                               |   |                                    |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Nutrition education<br>Wellness—general<br>health education   | Government                         |  |
| <i>Physical Activity/Exercise</i>  |     |                 |                |             |                             |                               |   |                                    |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Physical activity<br>Wellness—general<br>health education   | Government                         |  |
| <b>Aptus Therapy Services</b> • 2610 Cornerstone Boulevard, Edinburg, Texas 78539 • (956) 668-1818 |     |                 |                |             |                             |                               |   |                                    |  |
| <i>Nutrition Services</i>  |     |                 |                |             |                             |                               |   |                                    |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Hidalgo                       | Diabetes<br>Nutrition education<br>Obesity  | Other funding<br>Private           |  |
| <b>Arthritis Foundation</b> • 520 Pecan, McAllen, Texas 78503 • (956) 630-0870                     |     |                 |                |             |                             |                               |   |                                    |  |
| <i>Aquatic Program</i>   |     |                 |                |             |                             |                               |   |                                    |  |
| Intervention<br>(treatment)  | Yes | English         | All SES levels | Male/Female | Adults                      | Hidalgo                       | Physical activity   | Nonprofit<br>Other funding         |  |
| <i>PACE: People with Arthritis Can Exercise</i>  |     |                 |                |             |                             |                               |   |                                    |  |
| Intervention<br>(treatment)  | Yes | English         | All SES levels | Male/Female | Adults                      | Hidalgo                       | Physical activity   | Nonprofit                          |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Target Population |                |             |                  | Program                                |  |                         |
|---|-----------------|-------------------|----------------|-------------|------------------|--|--|-------------------------|
|   |                 | Language          | Income         | Sex         | Age              | County                                 | Classification   | Funding                 |
| <b>AVANCE • 500 South 10th, McAllen, Texas 78501 • (956) 618-1642</b>   |                 |                   |                |             |                  |  |  |                         |
| <i>AVANCE Parenting Education</i>                                       |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish   | Low SES        | Female      | Adults           | Cameron<br>Hidalgo<br>Starr<br>Willacy | Maternal-child<br>health<br>Wellness-general<br>health education               | Nonprofit               |
| <i>Case Management</i>  |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish   | Low SES        | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Nutrition education<br>Wellness-general<br>health education                    | Government<br>Nonprofit |
| <i>Food Pantry</i>  |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish   | Low SES        | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Food pantry  | Nonprofit               |
| <i>Home Visits/Home Teaching</i>  |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish   | Low SES        | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Nutrition education<br>Wellness-general<br>health education                    | Nonprofit               |
| <i>Lessons: Preventing Diarrhea and Dehydration</i>                     |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | Spanish           | All SES levels | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Clinical<br>Nutrition education<br>Wellness-general<br>health education        | Nonprofit               |
| <i>Promotoras: Basic Health Education for Women of Childbearing Age</i> |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish   | Low SES        | Female      | Adults           | Cameron<br>Hidalgo<br>Starr<br>Willacy | Maternal-child<br>health<br>Wellness-general<br>health education               | Nonprofit               |
| <i>Promotoras: Basic Nutrition Education</i>                            |                 |                   |                |             |                  |  |  |                         |
| Prevention/<br>intervention   | Yes             | Spanish           | Low SES        | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Behavior change<br>Nutrition education<br>Wellness-general<br>health education | Government              |

|  |     |                 |                |             |                             |  |   |                                    |
|--|-----|-----------------|----------------|-------------|-----------------------------|--|---|------------------------------------|
| <i>Start Sports Smart</i>  |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Starr<br>Willacy | Behavior change<br>Nutrition education<br>Physical activity<br>Wellness—general<br>health education | Nonprofit                          |
| <b>Boys and Girls Clubs • 501 North 13th Street, Alamo, Texas 78516 • (956) 782-5437</b>         |     |                 |                |             |                             |  |   |                                    |
| <i>Breakfast and Lunch Program</i>   |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Male/Female | Children<br>(<18 years old) | Hidalgo                                | Child feeding<br>Summer feeding   | Government                         |
| <i>Nutrition Education Partners</i>  |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Male/Female | Children<br>(<18 years old) | Hidalgo                                | Nutrition education<br>Physical activity<br>Wellness—general<br>health education                    | Government<br>Nonprofit<br>Private |
| <i>Sports-Fitness and Recreation</i>   |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Male/Female | Children<br>(<18 years old) | Hidalgo                                | Behavior change<br>Physical activity<br>Wellness—general<br>health education                        | Government<br>Nonprofit<br>Private |
| <b>Boys and Girls Clubs • 1338 East Eighth Street, Brownsville, Texas 78522 • (956) 546-4254</b> |     |                 |                |             |                             |  |   |                                    |
| <i>Fitness Authority Program</i>   |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Cameron                                | Physical activity<br>Wellness—general<br>health education   | Nonprofit                          |
| <b>Boys and Girls Clubs • 1209 West Washington, Harlingen, Texas 78550 • (956) 428-4183</b>      |     |                 |                |             |                             |  |   |                                    |
| <i>Daily Recreational Activities</i>   |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Physical activity<br>Wellness—general<br>health education   | Fee for service<br>Nonprofit       |
| <i>Fitness Authority</i>   |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Physical activity   | Nonprofit                          |
| <i>Nutrition Education</i>   |     |                 |                |             |                             |  |   |                                    |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Nutrition education   | Government                         |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                             |         | Program  |   |
|---|-----------------|-----------------|-------------------|-------------|-----------------------------|---------|--|---|
|   |                 |                 | Income            | Sex         | Age                         | County  | Classification   | Funding   |
| <i>Summer Lunch and After-School Snacks Program</i>                                       |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding<br>Summer feeding  | Government  |
| <b>Boys and Girls Clubs</b> • 2620 West Galveston, McAllen, Texas 78502 • (956) 682-3581  |                 |                 |                   |             |                             |         |  |   |
| <i>Cooking Classes</i>  |                 |                 |                   |             |                             |         |  |   |
| Prevention<br>(education)   | Yes             | English         | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Behavior change<br>Nutrition education<br>Wellness-general<br>health education   | Government<br>Nonprofit<br>Private                    |
| <i>Health and Lifeskills</i>  |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English         | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Behavior change<br>Nutrition education<br>Wellness-general<br>health education   | Government<br>Nonprofit<br>Private                    |
| <i>Sports Programs</i>  |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English         | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Physical activity<br>Wellness-general<br>health education                        | Fee for service<br>Government<br>Nonprofit<br>Private |
| <i>Summer Feeding</i>   |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English         | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Summer feeding  | Government  |
| <b>Boys and Girls Clubs</b> • 209 West 18th Street, Mission, Texas 78572 • (956) 585-3606 |                 |                 |                   |             |                             |         |  |   |
| <i>Fitness Authority</i>  |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Children<br>(<18 years old) | Hidalgo | Nutrition education<br>Physical activity<br>Wellness-general<br>health education | Government<br>Nonprofit                               |
| <i>Sports Leagues</i>   |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Children<br>(<18 years old) | Hidalgo | Physical activity<br>Wellness-general<br>health education                        | Fee for service<br>Government<br>Private              |
| <i>Summer Feeding</i>   |                 |                 |                   |             |                             |         |  |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Summer feeding  | Government  |

| <b>Boys and Girls Clubs • 190 Port Road, Port Isabel, Texas 78578 • (956) 943-6310</b>          |     |                           |                |             |                          |  |  |                              |  |
|---|-----|---------------------------|----------------|-------------|--------------------------|--|--|------------------------------|--|
| <i>Emergency Food</i>   |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Not age specific         | Cameron                                | Emergency food   | Government                   |  |
| <i>Morning Exercise Program</i>   |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Child feeding<br>Physical activity<br>Wellness-general<br>health education | Fee for service<br>Nonprofit |  |
| <i>Snacks</i>   |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Child feeding  | Fee for service<br>Nonprofit |  |
| <i>Sports and Recreation Services</i>   |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Physical activity<br>Wellness-general<br>health education                  | Fee for Service<br>Nonprofit |  |
| <b>Boys and Girls Clubs • 410 North Stookey Road, San Benito, Texas 78586 • (956) 399-6442</b>  |     |                           |                |             |                          |  |  |                              |  |
| <i>After-School Snacks</i>  |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Child feeding  | Nonprofit                    |  |
| <i>Breakfast and Lunch for Children during the Summer</i>                                       |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Child feeding<br>Summer feeding  | Government                   |  |
| <i>Health Presentation</i>  |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Wellness-general<br>health education                                       | Government                   |  |
| <i>Sports Fitness Authority</i>   |     |                           |                |             |                          |  |  |                              |  |
| Prevention/<br>intervention   | Yes | English/Spanish           | All SES levels | Male/Female | Children (<18 years old) | Cameron                                | Physical activity<br>Wellness-general<br>health education                  | Fee for service              |  |
| <b>Boy Scouts of America • 6912 West Expressway 83, Harlingen, Texas 78552 • (956) 423-0250</b> |     |                           |                |             |                          |  |  |                              |  |
| <i>Character Education Program</i>  |     |                           |                |             |                          |  |  |                              |  |
| Prevention<br>(education)   | Yes | English/Spanish/<br>Other | All SES levels | Male/Female | Children (<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Physical activity<br>Wellness-general<br>health education                  | Nonprofit<br>Private         |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          |         | Program   |                      |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|---------|---|----------------------|
|   |                 |                 | Income            | Sex         | Age                      | County  | Classification  | Funding              |
| <b>The Bridges at Edinburg • 5208 South Sugar Road, Edinburg, Texas 78539 • (956) 782-9906</b>                |                 |                 |                   |             |                          |         |   |                      |
| <i>Emergency Food Service</i>   |                 |                 |                   |             |                          |         |   |                      |
| Intervention/ (treatment)   | Yes             | English/Spanish | High SES          | Male/Female | Elderly (70+ years old)  | Hidalgo | Emergency food  | Private              |
| <i>Exercise</i>   |                 |                 |                   |             |                          |         |   |                      |
| Prevention/ intervention  | Yes             | English/Spanish | High SES          | Male/Female | Elderly (70+ years old)  | Hidalgo | Physical activity Wellness—general health education                                     | Private              |
| <i>Nutrition Consultation Services</i>  |                 |                 |                   |             |                          |         |   |                      |
| Prevention/ intervention  | Yes             | English/Spanish | High SES          | Male/Female | Elderly (70+ years old)  | Hidalgo | Clinical Nutrition education  | Private              |
| <b>Brownsville Community Health Center • 2137 East 22nd Street, Brownsville, Texas 78521 • (956) 548-7400</b> |                 |                 |                   |             |                          |         |   |                      |
| <i>Adolescent Exercise Program</i>  |                 |                 |                   |             |                          |         |   |                      |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Female      | Children (<18 years old) | Cameron | Behavior change Nutrition education Physical activity Wellness—general health education | Government Nonprofit |
| <i>Diabetes Classes</i>   |                 |                 |                   |             |                          |         |   |                      |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Adults                   | Cameron | Diabetes Nutrition education Wellness—general health education                          | Government Nonprofit |
| <i>Family Nutrition Program</i>   |                 |                 |                   |             |                          |         |   |                      |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron | Behavior change Nutrition education Obesity Wellness—general health education           | Government Nonprofit |
| <i>Individual Counseling</i>  |                 |                 |                   |             |                          |         |   |                      |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Male/Female | Adults                   | Cameron | Behavior change Nutrition education Obesity   | Government Nonprofit |

|   |     |                 |                |             |                          |         |  |  |  |
|---|-----|-----------------|----------------|-------------|--------------------------|---------|--|--|--|
| <i>Patient Exercise Class</i>   |     |                 |                |             |                          |         |  |  |  |
| Intervention (treatment)  | Yes | English/Spanish | Low SES        | Male/Female | Adults                   | Cameron | Nutrition education<br>Physical activity<br>Wellness-general health education                    | Government<br>Nonprofit                    |  |
| <i>Weight Loss Group</i>  |     |                 |                |             |                          |         |  |  |  |
| Intervention (treatment)  | Yes | English/Spanish | Low SES        | Male/Female | Adults                   | Cameron | Behavior change<br>Nutrition education<br>Obesity<br>Wellness-general health education           | Fee for service<br>Government<br>Nonprofit |  |
| <b>Brownsville Independent School District • 1900 Price Road, Brownsville, Texas 78521 • (956) 548-8000</b> |     |                 |                |             |                          |         |  |  |  |
| <i>After-School Snack Program</i>   |     |                 |                |             |                          |         |  |  |  |
| Prevention/intervention   | Yes | English         | All SES levels | Male/Female | Children (<18 years old) | Cameron | Child feeding  | Government                                 |  |
| <i>CATCH</i>  |     |                 |                |             |                          |         |  |  |  |
| Prevention/intervention   | Yes | English         | All SES levels | Male/Female | Children (<18 years old) | Cameron | Behavior change<br>Nutrition education<br>Physical activity<br>Wellness-general health education | Government<br>Nonprofit                    |  |
| <i>Emergency Food</i>   |     |                 |                |             |                          |         |  |  |  |
| Intervention (treatment)  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Cameron | Emergency food   | Government<br>Nonprofit                    |  |
| <i>Health Classes</i>   |     |                 |                |             |                          |         |  |  |  |
| Prevention/intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron | Behavior change<br>Eating disorder<br>Nutrition education<br>Wellness-general health education   | Government                                 |  |
| <i>New Student Assessments</i>  |     |                 |                |             |                          |         |  |  |  |
| Prevention/intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron | Wellness-general health education  | Government                                 |  |
| <i>Nutrition Consulting and Advising</i>  |     |                 |                |             |                          |         |  |  |  |
| Intervention (treatment)  | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron | Nutrition education  | Government                                 |  |
| <i>Summer Food Program</i>  |     |                 |                |             |                          |         |  |  |  |
| Prevention/intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron | Child feeding<br>Summer feeding  | Government                                 |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          | County             | Program   |                       |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|--------------------|---|-----------------------|
|   |                 |                 | Income            | Sex         | Age                      |                    | Classification  | Funding               |
| <i>Teen Mothers Nutrition Program</i>   |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Cameron            | Child feeding<br>Maternal-child health<br>Nutrition education | Government            |
| <b>Cameron and Willacy Counties Community Project, Inc.</b> • 3302 Boca Chica, Suite 209, Brownsville, Texas 78520 • (956) 544-6411 |                 |                 |                   |             |                          |                    |   |                       |
| <i>Case Management</i>  |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron<br>Willacy | Nutrition education   | Government            |
| <i>Food Pantry</i>  |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron<br>Willacy | Emergency food<br>Food pantry                                 | Government<br>Private |
| <b>Cameron County Health Department</b> • 186 North Sam Houston, San Benito, Texas 78586 • (956) 399-6649                           |                 |                 |                   |             |                          |                    |   |                       |
| <i>Breastfeeding Counseling</i>   |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron            | Maternal-child health<br>Nutrition education                  | Government            |
| <i>Children's Issues Classes</i>  |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron            | Nutrition education   | Government            |
| <i>Community Presentations</i>  |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Cameron            | Breastfeeding<br>Nutrition education                          | Government            |
| <i>Consultations</i>  |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Female      | Not age specific         | Cameron            | Nutrition education<br>Physical activity                      | Government            |
| <i>Infant Breastfeeding Classes</i>   |                 |                 |                   |             |                          |                    |   |                       |
| Prevention/ intervention  | Yes             | English/Spanish | Low SES           | Female      | Not age specific         | Cameron            | Breastfeeding<br>Maternal-child health<br>Nutrition education | Government            |

|  |     |                 |                |             |                  |  |   |                      |  |
|--|-----|-----------------|----------------|-------------|------------------|--|---|----------------------|--|
| <i>Obesity Follow-Ups</i>  |     |                 |                |             |                  |  |   |                      |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific | Cameron                                | Behavior change<br>Nutrition education<br>Obesity<br>Wellness—general<br>health education                 | Government           |  |
| <i>Peer Counselors</i>   |     |                 |                |             |                  |  |   |                      |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Female      | Adults           | Cameron                                | Breastfeeding<br>Maternal-<br>child health<br>Nutrition education<br>Wellness—general<br>health education | Government           |  |
| <i>Peer Dads</i>   |     |                 |                |             |                  |  |   |                      |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male        | Adults           | Cameron                                | Breastfeeding<br>Maternal-<br>child health<br>Nutrition education   | Government           |  |
| <i>Prenatal Classes</i>  |     |                 |                |             |                  |  |   |                      |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Female      | Not age specific | Cameron                                | Maternal-child<br>health<br>Nutrition education<br>Wellness—general<br>health education                   | Government           |  |
| <i>Women's Issues</i>  |     |                 |                |             |                  |  |   |                      |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Female      | Not age specific | Cameron                                | Nutrition education   | Government           |  |
| <b>Catholic Social Services • 700 North Virgen de San Juan Boulevard, San Juan, Texas 78589 • (956) 702-4088</b> |     |                 |                |             |                  |  |   |                      |  |
| <i>Emergency Food and Shelter Grant Program</i>  |     |                 |                |             |                  |  |   |                      |  |
| Intervention<br>(treatment)  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific | Hidalgo                                | Emergency food<br>Food pantry   | Government           |  |
| <i>Sharing Baskets</i>   |     |                 |                |             |                  |  |   |                      |  |
| Intervention<br>(treatment)  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Adult feeding<br>Child feeding<br>Nutrition education   | Nonprofit<br>Private |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          | Program |   |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|---------|---|
|   |                 |                 | Income            | Sex         | Age                      | County  | Classification  |
| <b>City of Harlingen</b> • 118 East Tyler, Harlingen, Texas 78550 • (956) 427-8836                                  |                 |                 |                   |             |                          |         |   |
| <i>City of Harlingen Employee Wellness Program</i>  |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Adults                   | Cameron | Wellness-general health education<br>Fee for service<br>Government                        |
| <b>Community Action Council of South Texas</b> • 510 East Eisenhower, Rio Grande City, Texas 78528 • (956) 487-2585 |                 |                 |                   |             |                          |         |   |
| <i>Adult Daycares</i>   |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Elderly (70+ years old)  | Starr   | Elderly feeding<br>Government   |
| <i>Adult Protective Services Program</i>  |                 |                 |                   |             |                          |         |   |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Starr   | Elderly feeding<br>Emergency food<br>Government   |
| <i>Child Nutrition Food Program</i>   |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Starr   | Nutrition education<br>Government   |
| <i>Head Start Child Care Food Program</i>   |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Starr   | Child feeding<br>Head Start<br>Government   |
| <i>Meals on Wheels</i>  |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Elderly (70+ years old)  | Starr   | Elderly feeding<br>Nutrition education<br>Wellness-general health education<br>Government |
| <i>Nutrition Curriculum for Head Start Program</i>  |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Starr   | Head Start<br>Nutrition education<br>Obesity<br>Government                                |
| <i>WIC</i>  |                 |                 |                   |             |                          |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Starr   | Breastfeeding<br>Nutrition education<br>Wellness-general health education<br>Government   |

| <b>Coprma Association, Inc.</b> • 302 Kings Highway, Suite 101, Brownsville, Texas 78521 • (956) 546-0774       |     |                 |                |             |                          |         |   |
|---|-----|-----------------|----------------|-------------|--------------------------|---------|---|
| <i>Diabetes Education</i>   |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Cameron | Clinical Diabetes Nutrition education<br>Government   |
| <i>Fitness and Wellness Program</i>   |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | Low SES        | Male/Female | Adults                   | Cameron | Behavior change<br>Nutrition education<br>Obesity<br>Physical activity<br>Wellness-general health education<br>Government |
| <i>Health Education Classes</i>   |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Cameron | Nutrition education<br>Wellness-general health education<br>Government  |
| <i>Nutrition Program</i>  |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Cameron | Diabetes<br>Nutrition education<br>Obesity<br>Wellness-general health education<br>Government                             |
| <i>Summer Feeding</i>   |     |                 |                |             |                          |         |   |
| Intervention (treatment)  | Yes | English/Spanish | Low SES        | Male/Female | Children (<18 years old) | Cameron | Child feeding<br>Summer feeding<br>Government   |
| <b>Dolly Vincent Memorial Hospital</b> • 400 East Business Highway 77, San Benito, Texas 78586 • (956) 399-1313 |     |                 |                |             |                          |         |   |
| <i>Diet Consultations</i>   |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Cameron | Clinical Nutrition education<br>Fee for service   |
| <b>Donna Independent School District</b> • 116 North 10th Street, Donna, Texas 78537 • (956) 464-4461           |     |                 |                |             |                          |         |   |
| <i>After-School Snacks</i>  |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Government   |
| <i>Breakfast in the Classroom</i>   |     |                 |                |             |                          |         |   |
| Prevention/ intervention  | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Government   |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                          |  | Program  |                         |
|--|-----------------|-----------------|-------------------|-------------|--------------------------|--|--|-------------------------|
|  |                 |                 | Income            | Sex         | Age                      | County                                 | Classification   | Funding                 |
| <i>Lunch Program</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                                | Child feeding  | Government              |
| <i>Summer Food Program</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo                                | Child feeding<br>Summer feeding  | Government              |
| <b>Easter Seals Rio Grande Valley • 1217 Houston Street, McAllen, Texas 78505 • (956) 631-9171</b>                         |                 |                 |                   |             |                          |  |  |                         |
| <i>Child Development Program</i>   |                 |                 |                   |             |                          |  |  |                         |
| Intervention (treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                                | Child feeding  | Fee for service         |
| <i>Early Childhood Intervention Program: Individual Consultations, Evaluations</i>   |                 |                 |                   |             |                          |  |  |                         |
| Intervention (treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Maternal-child health<br>Wellness-general health education                               | Government<br>Nonprofit |
| <i>Infant Nutritional Screenings</i>   |                 |                 |                   |             |                          |  |  |                         |
| Intervention (treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Clinical<br>Maternal-child health<br>Wellness-general health education                   | Government<br>Nonprofit |
| <b>Edinburg Consolidated Independent School District • 101 North Eighth Street, Edinburg, Texas 78540 • (956) 316-7200</b> |                 |                 |                   |             |                          |  |  |                         |
| <i>After-School Snacks</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention/ intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Hidalgo                                | Child feeding  | Government              |
| <i>Breakfast Program</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention/ intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Hidalgo                                | Child feeding  | Government              |
| <i>CATCH</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention/ intervention   | —               | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Hidalgo                                | Nutrition education<br>Obesity<br>Physical activity<br>Wellness-general health education | —                       |

|   |     |                 |                |             |                             |                    |  |                                    |  |
|---|-----|-----------------|----------------|-------------|-----------------------------|--------------------|--|------------------------------------|--|
| <i>Lunch Program</i>  |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Hidalgo            | Child feeding  | Government                         |  |
| <i>Summer Feeding Program</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Hidalgo            | Child feeding<br>Summer feeding  | Government                         |  |
| <b>Edinburg Regional Medical Center</b> • 1102 West Trenton Road, Edinburg, Texas 78539 • (956) 388-6000    |     |                 |                |             |                             |                    |  |                                    |  |
| <i>Dietary Consults</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention<br>(education)   | Yes | English/Spanish | Low-middle SES | Male/Female | Not age specific            | Hidalgo            | Clinical<br>Nutrition education  | Fee for service<br>Government      |  |
| <i>Emergency Food/Food Pantry</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention<br>(education)   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific            | Hidalgo            | Emergency food<br>Food pantry  | Private                            |  |
| <b>End of the Road Ministry of Texas, Inc.</b> • 311 West Harrison, Harlingen, Texas 78550 • (956) 425-2278 |     |                 |                |             |                             |                    |  |                                    |  |
| <i>End of the Road Ministries</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron            | Behavior change<br>Nutrition education<br>Wellness-general<br>health education | Government<br>Nonprofit<br>Private |  |
| <b>Family Crisis Center, Inc.</b> • 1602 West Harrison, Suite C, Harlingen, Texas 78550 • (956) 423-9304    |     |                 |                |             |                             |                    |  |                                    |  |
| <i>Preparing Healthy Meals</i>  |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Female      | Not age specific            | Cameron<br>Willacy | Nutrition education  | Government<br>Nonprofit<br>Private |  |
| <i>[Untitled at Time of Survey]</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention/<br>intervention   | —   | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron<br>Willacy | Behavior change<br>Nutrition education   | —                                  |  |
| <b>Family Health Center</b> • Route 3, Box 12, Rio Grande City, Texas 78582 • (956) 487-5621                |     |                 |                |             |                             |                    |  |                                    |  |
| <i>One-on-One Consultations</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Intervention<br>(treatment)   | Yes | English/Spanish | All SES levels | Female      | Adults                      | Starr              | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education               | —                                  |  |
| <i>One-on-One Consultations</i>   |     |                 |                |             |                             |                    |  |                                    |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific            | Starr              | Behavior change<br>Clinical diabetes<br>Nutrition education<br>Obesity         | Fee for service                    |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          |                               | Program   |  |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|-------------------------------|---|--|
|   |                 |                 | Income            | Sex         | Age                      | County                        | Classification  | Funding                                  |
| <b>Food Bank of Rio Grande Valley, Inc.</b> • 2601 Zinnia, McAllen, Texas 78502 • (956) 682-8101                |                 |                 |                   |             |                          |                               |   |  |
| <i>Agency Training Workshops</i>  |                 |                 |                   |             |                          |                               |   |  |
| Intervention (treatment)  | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron Hidalgo Starr Willacy | Nutrition education   | Nonprofit                                |
| <i>Emergency Food Boxes</i>   |                 |                 |                   |             |                          |                               |   |  |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron Hidalgo Starr Willacy | Emergency food  | Nonprofit                                |
| <i>Food Pantry</i>  |                 |                 |                   |             |                          |                               |   |  |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron Hidalgo Starr Willacy | Food pantry   | Other funding                            |
| <i>On-Site Feeding Centers</i>  |                 |                 |                   |             |                          |                               |   |  |
| Intervention (treatment)  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron Hidalgo Starr Willacy | Adult feeding<br>Child feeding<br>Elderly feeding                             | Other funding                            |
| <b>Girl Scouts—Tip of Texas Council</b> • 202 East Madison, Harlingen, Texas 78550 • (956) 425-2388             |                 |                 |                   |             |                          |                               |   |  |
| <i>Proficiency Badges</i>   |                 |                 |                   |             |                          |                               |   |  |
| Prevention (education)  | Yes             | English/Spanish | All SES levels    | Female      | Children (<18 years old) | Cameron                       | Nutrition education<br>Physical activity<br>Wellness—general health education | Fee for service<br>Government<br>Private |
| <b>Good Neighbor Settlement House, Inc.</b> • 1254 East Tyler Street, Brownsville, Texas 78520 • (956) 542-2368 |                 |                 |                   |             |                          |                               |   |  |
| <i>Clinic Services</i>  |                 |                 |                   |             |                          |                               |   |  |
| Prevention/intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron                       | Clinical<br>Wellness—general health education                                 | Private                                  |
| <i>Emergency Food</i>   |                 |                 |                   |             |                          |                               |   |  |
| Prevention (education)  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron                       | Emergency food  | Government<br>Nonprofit<br>Private       |

|  |     |                 |                |             |                         |         |  |
|--|-----|-----------------|----------------|-------------|-------------------------|---------|--|
| <i>Food Pantry</i>   |     |                 |                |             |                         |         |  |
| Prevention/ (education)  | Yes | English/Spanish | Low SES        | Male/Female | Elderly (70+ years old) | Cameron | Food pantry<br>Private   |
| <i>Posada</i>  |     |                 |                |             |                         |         |  |
| Prevention/ (education)  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific        | Cameron | Food pantry<br>Government Nonprofit Private  |
| <b>Good Samaritan Center • 510 Paredes Line Road, Brownsville, Texas 78521 • (956) 546-5358</b>  |     |                 |                |             |                         |         |  |
| <i>Nutrition Counseling</i>  |     |                 |                |             |                         |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Elderly (70+ years old) | Cameron | Nutrition education<br>Obesity<br>Wellness-general health education<br>—                                   |
| <b>Good Samaritan Center • 4301 South Expressway 83, Harlingen, Texas 78550 • (956) 423-7602</b> |     |                 |                |             |                         |         |  |
| <i>Dietitian Consultations</i>   |     |                 |                |             |                         |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Elderly (70+ years old) | Cameron | Clinical<br>Nutrition education<br>Nonprofit   |
| <i>Emergency Food/Food Pantry</i>  |     |                 |                |             |                         |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Elderly (70+ years old) | Cameron | Emergency food<br>Food pantry<br>Nonprofit   |
| <i>Exercise Program</i>  |     |                 |                |             |                         |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Elderly (70+ years old) | Hidalgo | Behavior change<br>Physical activity<br>Wellness-general health education<br>Fee for service               |
| <i>Nutrition Education</i>   |     |                 |                |             |                         |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Elderly (70+ years old) | Hidalgo | Nutrition education<br>Wellness-general health education<br>Fee for service                                |
| <b>Good Samaritan Center • 812 West Houston Avenue, McAllen, Texas 78501 • (956) 682-6331</b>    |     |                 |                |             |                         |         |  |
| <i>Dietitian Consultations</i>   |     |                 |                |             |                         |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Elderly (70+ years old) | Hidalgo | Clinical<br>Elderly feeding<br>Nutrition education<br>Wellness-general health education<br>Fee for service |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                             | County  | Program   |                 |
|---|-----------------|-----------------|-------------------|-------------|-----------------------------|---------|---|-----------------|
|   |                 |                 | Income            | Sex         | Age                         |         | Classification  | Funding         |
| <b>Harlingen Area Chamber of Commerce • 311 East Tyler, Harlingen, Texas 78550 • (956) 423-5440</b>                         |                 |                 |                   |             |                             |         |   |                 |
| <i>Healthy Harlingen 2010</i>   |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                      | Cameron | Nutrition education<br>Wellness-general<br>health education | Fee for service |
| <b>Harlingen Information and Social Services Organization • 804 North Commerce, Harlingen, Texas 78550 • (956) 423-5200</b> |                 |                 |                   |             |                             |         |   |                 |
| <i>Elderly Nutrition Program</i>  |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Elderly<br>(70+ years old)  | Cameron | Elderly feeding   | Nonprofit       |
| <b>Hidalgo County Head Start Program • 1/4 Mile West 10th Street, Edinburg, Texas 78540-0117 • (956) 383-0706</b>           |                 |                 |                   |             |                             |         |   |                 |
| <i>Education with Curriculum</i>  |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Head Start<br>Nutrition education                           | Government      |
| <i>Family Services</i>  |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Food pantry<br>Head Start<br>Nutrition education            | Government      |
| <i>Health Services</i>  |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Head Start  | Government      |
| <i>Nutrition Education</i>  |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Behavior change<br>Head Start<br>Nutrition education        | Government      |
| <i>Special Services with Children with Disabilities</i>   |                 |                 |                   |             |                             |         |   |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Hidalgo | Clinical<br>Head Start<br>Nutrition education               | Government      |

| <b>Hidalgo County WIC Program • 3105 West University Drive, Edinburg, Texas 78539 • (956) 381-4646</b><br><i>Fitness/Wellness Program</i>        |     |                 |                |             |                             |         |  |            |
|--|-----|-----------------|----------------|-------------|-----------------------------|---------|--|------------|
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Male/Female | Adults                      | Hidalgo | Breastfeeding<br>Cardiovascular<br>health-disease<br>Nutrition education<br>Obesity<br>Physical activity<br>Wellness-general<br>health education | Government |
| <i>High-Risk Counseling for Moms</i>   |     |                 |                |             |                             |         |  |            |
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Female      | Adults                      | Hidalgo | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education   | Government |
| <i>Nutrition Education</i>   |     |                 |                |             |                             |         |  |            |
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Male/Female | Children<br>(<18 years old) | Hidalgo | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education<br>Wellness-general<br>health education   | Government |
| <i>Referral Services</i>   |     |                 |                |             |                             |         |  |            |
| Prevention/<br>intervention  | Yes | English/Spanish | Low-middle SES | Male/Female | Adults                      | Hidalgo | Breastfeeding<br>Clinical<br>Maternal-child<br>health<br>Nutrition education   | Government |
| <b>Hidalgo Independent School District • 1217 East Pirate Drive, Hidalgo, Texas 78557 • (956) 843-3100</b><br><i>Breakfast and Lunch Program</i> |     |                 |                |             |                             |         |  |            |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding  | Government |
| <i>Emergency Food</i>  |     |                 |                |             |                             |         |  |            |
| Intervention<br>(treatment)  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Hidalgo | Emergency food   | Nonprofit  |
| <i>Food Pantry</i>   |     |                 |                |             |                             |         |  |            |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Hidalgo | Food pantry  | Government |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                          |         | Program  |                               |
|--|-----------------|-----------------|-------------------|-------------|--------------------------|---------|--|-------------------------------|
|  |                 |                 | Income            | Sex         | Age                      | County  | Classification   | Funding                       |
| <i>Snacks</i>  |                 |                 |                   |             |                          |         |  |                               |
| Intervention (treatment)   | Yes             | Spanish         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Child feeding  | Government                    |
| <i>Special Menus</i>   |                 |                 |                   |             |                          |         |  |                               |
| Intervention (treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Diabetes<br>Nutrition education<br>Obesity<br>Physical activity<br>Wellness—general health education | Government                    |
| <i>Special Presentations</i>   |                 |                 |                   |             |                          |         |  |                               |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo | Nutrition education  | Government                    |
| <i>Summer Feeding</i>  |                 |                 |                   |             |                          |         |  |                               |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Summer feeding  | Government                    |
| <i>Walkathon</i>   |                 |                 |                   |             |                          |         |  |                               |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo | Physical activity  | Government                    |
| <b>Hidalgo Youth Center • 122 North Second Street, Hidalgo, Texas 78557 • (956) 843-9762</b> |                 |                 |                   |             |                          |         |  |                               |
| <i>Aerobics Classes</i>  |                 |                 |                   |             |                          |         |  |                               |
| Prevention/intervention  | Yes             | English         | Low-middle SES    | Female      | Adults                   | Hidalgo | Physical activity<br>Wellness—general health education   | Fee for service               |
| <i>Sports Leagues</i>  |                 |                 |                   |             |                          |         |  |                               |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Physical activity  | Fee for service<br>Government |
| <i>Weight Room Facilities</i>  |                 |                 |                   |             |                          |         |  |                               |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Physical activity<br>Wellness—general health education   | Government                    |

|  |     |                 |         |             |                             |  |  |                              |  |
|--|-----|-----------------|---------|-------------|-----------------------------|--|--|------------------------------|--|
| <b>Holy Family Birth Center • FM 88 and Mile 11 North, Weslaco, Texas 78596 • (956) 969-2538</b>                 |     |                 |         |             |                             |  |  |                              |  |
| <i>PALOMA</i>  |     |                 |         |             |                             |  |  |                              |  |
| Prevention/<br>intervention  | Yes | Spanish         | Low SES | Female      | Children                    | Cameron<br>Hidalgo<br>Starr<br>Willacy | Breastfeeding<br>Maternal-child<br>health<br>Wellness—general<br>health education                        | Fee for service<br>Nonprofit |  |
| <i>[Untitled]</i>  |     |                 |         |             |                             |  |  |                              |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES | Female      | Adults                      | Cameron<br>Hidalgo<br>Starr<br>Willacy | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education<br>Wellness—general<br>health education | Fee for service<br>Nonprofit |  |
| <b>Horizon Youth Service Center • 806 Morgan Boulevard, Suite K, Harlingen, Texas 78550 • (956) 428-1453</b>     |     |                 |         |             |                             |  |  |                              |  |
| <i>Emergency Food/Food Pantry</i>  |     |                 |         |             |                             |  |  |                              |  |
| Prevention/<br>intervention  | No  | English/Spanish | Low SES | Male/Female | Children<br>(<18 years old) | Cameron                                | Emergency food<br>Food pantry  | Government<br>Nonprofit      |  |
| <i>Nutrition Education</i>   |     |                 |         |             |                             |  |  |                              |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES | Male/Female | Children<br>(<18 years old) | Cameron                                | Behavior change<br>Nutrition education   | Government<br>Nonprofit      |  |
| <b>Infant and Family Nutrition Agency • 1225 Boca Chica Boulevard, Brownsville, Texas 78520 • (956) 541-9250</b> |     |                 |         |             |                             |  |  |                              |  |
| <i>Family Nutrition</i>  |     |                 |         |             |                             |  |  |                              |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES | Male/Female | Not age specific            | Cameron                                | Behavior change<br>Diabetes<br>Nutrition education<br>Wellness—general<br>health education               | Nonprofit                    |  |
| <i>Parental Education</i>  |     |                 |         |             |                             |  |  |                              |  |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES | Male/Female | Not age specific            | Cameron                                | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education   | Nonprofit                    |  |
| <i>Stork's Nest</i>  |     |                 |         |             |                             |  |  |                              |  |
| —  | Yes | English/Spanish | Low SES | Male/Female | Not age specific            | Cameron                                | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education   | Nonprofit                    |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                          | Program                       |   |
|--|-----------------|-----------------|-------------------|-------------|--------------------------|-------------------------------|---|
|  |                 |                 | Income            | Sex         | Age                      | County                        | Classification  |
| <b>The Housing Authority of the City of San Benito • 1400 North Reagan, San Benito, Texas 78586 • (956) 399-7501</b> |                 |                 |                   |             |                          |                               |   |
| <i>Resident Initiative Program</i>   |                 |                 |                   |             |                          |                               |   |
| Prevention/<br>intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron                       | Wellness-general health education<br>Government   |
| <i>Wellness Program for San Benito Housing Authority Residents</i>   |                 |                 |                   |             |                          |                               |   |
| Prevention (education)   | Yes             | English/Spanish | Low SES           | Male/Female | Adults                   | Cameron                       | Wellness-general health education<br>Government   |
| <b>Information Referral Resource Assistance, Inc. • 618 North McColl, McAllen, Texas 78501 • (956) 682-3436</b>      |                 |                 |                   |             |                          |                               |   |
| <i>Breakfast and Lunch</i>   |                 |                 |                   |             |                          |                               |   |
| Prevention/<br>intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron Hidalgo Starr Willacy | Child feeding<br>Government   |
| <i>Capullo Technology Curriculum</i>   |                 |                 |                   |             |                          |                               |   |
| Prevention/<br>intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Cameron Hidalgo Starr Willacy | Wellness-general health education<br>Government   |
| <i>Health Courses</i>  |                 |                 |                   |             |                          |                               |   |
| Prevention/<br>intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Cameron Hidalgo Starr Willacy | Behavior change<br>Maternal-child health<br>Nutrition education<br>Physical activity<br>Wellness-general health education<br>Government |
| <i>Snack</i>   |                 |                 |                   |             |                          |                               |   |
| Intervention (treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron Hidalgo Starr Willacy | Child feeding<br>Government   |
| <i>Student Assemblies</i>  |                 |                 |                   |             |                          |                               |   |
| Prevention/<br>intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron Hidalgo Starr Willacy | Wellness-general health education<br>Government   |

|  |     |                 |                |             |                          |                 |   |                           |  |
|--|-----|-----------------|----------------|-------------|--------------------------|-----------------|---|---------------------------|--|
| <b>John Knox Village Medical Center • 1300 South Border, Weslaco, Texas 78596 • (956) 968-4575</b>             |     |                 |                |             |                          |                 |   |                           |  |
| <i>Emergency Food/Food Pantry Services</i>   |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English         | All SES levels | Male/Female | Elderly (70+ years old)  | Hidalgo         | Emergency food Food pantry  | Nonprofit                 |  |
| <i>Inservice and Care Plan</i>   |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English         | All SES levels | Male/Female | Elderly (70+ years old)  | Hidalgo         | Nutrition education   | Nonprofit                 |  |
| <b>Just for Kids Rehabilitation Center • 612 Nolana Loop, Suite 540, McAllen, Texas 78504 • (956) 664-9300</b> |     |                 |                |             |                          |                 |   |                           |  |
| <i>Consultations</i>   |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron Hidalgo | Behavior change Nutrition education                                   | Fee for service           |  |
| <b>Knapp Medical Center • 1401 East Eighth Street, Weslaco, Texas 78596 • (956) 968-8567</b>                   |     |                 |                |             |                          |                 |   |                           |  |
| <i>Emergency Food</i>  |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Hidalgo         | Emergency food  | Nonprofit                 |  |
| <i>Nutrition Education Services</i>  |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Hidalgo         | Behavior change Nutrition education Wellness-general health education | Fee for service Nonprofit |  |
| <b>La Feria Independent School District • 133 East Oleander, La Feria, Texas 78559 • (946) 797-2612</b>        |     |                 |                |             |                          |                 |   |                           |  |
| <i>Breakfast and Lunch Program</i>   |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Cameron         | Child feeding   | Government                |  |
| <i>Summer Program</i>  |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron         | Child feeding Summer feeding  | Government                |  |
| <i>The Wellness Program</i>  |     |                 |                |             |                          |                 |   |                           |  |
| Prevention (education)   | Yes | English         | All SES levels | Male/Female | Adults                   | Cameron         | Wellness-general health education                                     | Other funding             |  |
| <b>La Hacienda Care Center • 2204 Pease, Harlingen, Texas 78550 • (956) 425-2812</b>                           |     |                 |                |             |                          |                 |   |                           |  |
| <i>Dietary Consultations</i>   |     |                 |                |             |                          |                 |   |                           |  |
| Prevention/ intervention   | Yes | English/Spanish | Low SES        | Male/Female | Elderly (70+ years old)  | Cameron         | Clinical Nutrition education Wellness-general health education        | Government Private        |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                          |                    | Program   |                            |
|--|-----------------|-----------------|-------------------|-------------|--------------------------|--------------------|---|----------------------------|
|  |                 |                 | Income            | Sex         | Age                      | County             | Classification  | Funding                    |
| <i>Emergency Food</i>  |                 |                 |                   |             |                          |                    |   |                            |
| Prevention/intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Elderly (70+ years old)  | Cameron            | Emergency food  | Government<br>Private      |
| <b>La Joya Independent School District • 210 East Expressway 83, La Joya, Texas 78560 • (956) 580-5000</b> |                 |                 |                   |             |                          |                    |   |                            |
| <i>After-School Snacks Program</i>   |                 |                 |                   |             |                          |                    |   |                            |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo            | Child feeding   | Government                 |
| <i>Lunch and Breakfast Program</i>   |                 |                 |                   |             |                          |                    |   |                            |
| Prevention/intervention  | Yes             | Spanish         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo            | Child feeding   | Government                 |
| <i>Summer Feeding Program</i>  |                 |                 |                   |             |                          |                    |   |                            |
| Prevention/intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Hidalgo            | Child feeding<br>Summer feeding   | Government                 |
| <i>Wellness Program</i>  |                 |                 |                   |             |                          |                    |   |                            |
| Prevention/intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Hidalgo            | Nutrition education<br>Physical activity<br>Wellness—general health education | Other funding              |
| <b>La Leche League • McAllen, Texas 78504 • (956) 618-1623</b>   |                 |                 |                   |             |                          |                    |   |                            |
| <i>Breastfeeding Presentations for the Community</i>   |                 |                 |                   |             |                          |                    |   |                            |
| Prevention (education)   | Yes             | English         | All SES levels    | Male/Female | Adults                   | Cameron<br>Hidalgo | Breastfeeding<br>Maternal-child health<br>Nutrition education                 | Fee for service<br>Private |
| <i>Breastfeeding Support Group</i>   |                 |                 |                   |             |                          |                    |   |                            |
| Prevention/intervention  | Yes             | English         | All SES levels    | Female      | Adults                   | Cameron<br>Hidalgo | Breastfeeding<br>Maternal-child health<br>Nutrition education                 | Fee for service<br>Private |
| <i>Home Visits for Breastfeeding Moms</i>  |                 |                 |                   |             |                          |                    |   |                            |
| Intervention (treatment)   | Yes             | English         | All SES levels    | Female      | Adults                   | Cameron<br>Hidalgo | Breastfeeding<br>Maternal-child health<br>Nutrition education                 | Fee for service<br>Private |

|   |     |                 |                |             |                             |  |  |                            |
|---|-----|-----------------|----------------|-------------|-----------------------------|--|--|----------------------------|
| <i>Telephone Counseling</i>   |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Female      | Adults                      | Cameron<br>Hidalgo<br>Starr<br>Willacy | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education | Fee for service<br>Private |
| <b>Lifecare Hospitals of South Texas • 333 West Freddy Gonzalez Drive, Edinburg, Texas 78539 • (956) 388-1800</b>     |     |                 |                |             |                             |  |  |                            |
| <i>Nutrition Education Assessments</i>  |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English/Spanish | Other          | Male/Female | Elderly<br>(70+ years old)  | Hidalgo                                | Clinical<br>Nutrition education                                  | Other funding              |
| <b>Loaves and Fishes of Rio Grande Valley, Inc. • 507 North First Street, Harlingen, Texas 78551 • (956) 423-1444</b> |     |                 |                |             |                             |  |  |                            |
| <i>Food Safety/Food Handling</i>  |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Adults                      | Cameron                                | Food Safety<br>Nutrition education                               | Nonprofit<br>Private       |
| <i>Wellness Services</i>  |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron                                | Clinical<br>Wellness-general<br>health education                 | Nonprofit<br>Private       |
| <b>Los Fresnos Consolidated Independent School District • Highway 100, Los Fresnos, Texas 78566 • (956) 233-4407</b>  |     |                 |                |             |                             |  |  |                            |
| <i>After-School Snack Program</i>   |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Child feeding  | Government                 |
| <i>Daycare: The Falcon</i>  |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Child feeding<br>Nutrition education                             | Government                 |
| <i>Emergency Food</i>   |     |                 |                |             |                             |  |  |                            |
| Intervention<br>(treatment)   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific            | Cameron                                | Emergency food   | Government<br>Nonprofit    |
| <i>Food Tasting</i>   |     |                 |                |             |                             |  |  |                            |
| Prevention<br>(education)   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Behavior change<br>Child feeding<br>Nutrition education          | Government                 |
| <i>Health Curriculum</i>  |     |                 |                |             |                             |  |  |                            |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron                                | Nutrition education<br>Wellness-general<br>health education      | Government                 |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                             | Program                       |   |                                       |
|---|-----------------|-----------------|-------------------|-------------|-----------------------------|-------------------------------|---|---------------------------------------|
|   |                 |                 | Income            | Sex         | Age                         | County                        | Classification  | Funding                               |
| <i>Individual and Family Consultations</i>  |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron                       | Nutrition education   | Government                            |
| <i>Recreational Program</i>   |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron                       | Physical activity<br>Wellness-general<br>health education   | Government                            |
| <i>Special Diets</i>  |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron                       | Nutrition education<br>Wellness-general<br>health education | Government                            |
| <i>Summer Feeding</i>   |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron                       | Child feeding<br>Summer feeding                             | Government                            |
| <b>Lower Rio Grande Valley Development Council • 311 North 15th Street, McAllen, Texas 78501 • (956) 631-4670</b> |                 |                 |                   |             |                             |                               |   |                                       |
| <i>Area Agency on Aging: Congregate Meals</i>   |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention<br>(education)   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Elderly feeding   | Government                            |
| <i>Area Agency on Aging: Emergency Food Program</i>   |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Emergency food  | Government                            |
| <i>Area Agency on Aging: Home-Delivered Meals</i>   |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention<br>(education)   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Elderly feeding   | Government                            |
| <i>Area Agency on Aging: Nutrition Education</i>  |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Nutrition education   | Government                            |
| <i>Fitness/Wellness Program</i>   |                 |                 |                   |             |                             |                               |   |                                       |
| Prevention<br>(education)   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly<br>(70+ years old)  | Cameron<br>Hidalgo<br>Willacy | Physical activity<br>Wellness-general<br>health education   | Funding<br>information<br>unavailable |

| <b>Lyford Independent School District • 101 Simmons Gomez Street, Lyford, Texas 78569 • (956) 347-3521</b> |     |                 |                |             |                          |   |
|--|-----|-----------------|----------------|-------------|--------------------------|---|
| <i>Breakfast in the Classroom</i>  |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | All SES levels | Male/Female | Children (<18 years old) | Willacy<br>Child feeding<br>Government  |
| <i>Even Start</i>  |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | Low SES        | Male/Female | Not age specific         | Willacy<br>Adult feeding<br>Maternal-child health<br>Government                                     |
| <i>Extended-Day Snacks</i>   |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | Low SES        | Male/Female | Children (<18 years old) | Willacy<br>Child feeding<br>Government  |
| <i>HEP Program</i>   |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | All SES levels | Male/Female | Not age specific         | Willacy<br>Adult feeding<br>Child feeding<br>Nutrition education<br>Government                      |
| <i>Summer Food Program</i>   |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | Low SES        | Male/Female | Children (<18 years old) | Willacy<br>Child feeding<br>Summer feeding<br>Government  |
| <b>Mano a Mano • 302 Kings Highway, Brownsville, Texas 78521 • (956) 982-0763</b>                          |     |                 |                |             |                          |   |
| <i>REACH</i>   |     |                 |                |             |                          |   |
| Prevention (education)   | Yes | Spanish         | Low SES        | Male/Female | Elderly (70+ years old)  | Cameron<br>Diabetes<br>Nutrition education<br>Government  |
| <b>March of Dimes • 1418 Beach Avenue, Suite 106, McAllen, Texas 78501 • (956) 682-7114</b>                |     |                 |                |             |                          |   |
| <i>Prenatal Education</i>  |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English/Spanish | Low SES        | Female      | Adults                   | Cameron<br>Hidalgo<br>Starr<br>Willacy<br>Maternal-child health<br>Nutrition education<br>Nonprofit |
| <b>McAllen Independent School District • 2000 North 23rd Street, McAllen, Texas 78501 • (956) 686-0515</b> |     |                 |                |             |                          |   |
| <i>Breakfast and Lunch Program</i>   |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | All SES levels | Male/Female | Not age specific         | Hidalgo<br>Child feeding<br>Government  |
| <i>CATCH</i>   |     |                 |                |             |                          |   |
| Prevention/ intervention   | Yes | English         | All SES levels | Male/Female | Children (<18 years old) | Hidalgo<br>Nutrition education<br>Government  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          | County  | Program  |                 |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|---------|--|-----------------|
|   |                 |                 | Income            | Sex         | Age                      |         | Classification   | Funding         |
| <i>Emergency Food</i>   |                 |                 |                   |             |                          |         |  |                 |
| Intervention (treatment)  | Yes             | English         | All SES levels    | Male/Female | Not age specific         | Hidalgo | Emergency food   | Nonprofit       |
| <i>Health Education</i>   |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Nutrition education<br>Wellness-general health education | Government      |
| <i>Kids Working on Wellness</i>   |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Wellness-general health education                        | Government      |
| <i>Nutrition Presentations</i>  |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo | Nutrition education                                      | Government      |
| <i>Physical Education</i>   |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Nutrition education<br>Physical activity                 | Government      |
| <i>Snack</i>  |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Child feeding  | Government      |
| <i>Special Diets and Consultations</i>  |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Nutrition education                     | Government      |
| <i>Summer Feeding</i>   |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Summer feeding                          | Government      |
| <b>McAllen Medical Center • 301 West Expressway 83, McAllen, Texas 78503 • (956) 632-4000</b> |                 |                 |                   |             |                          |         |  |                 |
| <i>Consultations</i>  |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo | Obesity<br>Wellness-general health education             | Fee for service |
| <i>Diabetes Education</i>   |                 |                 |                   |             |                          |         |  |                 |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo | Behavior change<br>Diabetes                              | Fee for service |

|   |     |                 |                |             |                             |         |  |
|---|-----|-----------------|----------------|-------------|-----------------------------|---------|--|
| <b>Mercedes Independent School District • 837 South Ohio, Mercedes, Texas 78570 • (956) 514-2000</b>              |     |                 |                |             |                             |         |  |
| <i>After School Snacks</i>  |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Government  |
| <i>National School Lunch and Breakfast Program</i>  |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Government  |
| <i>Summer Program</i>   |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Summer feeding<br>Government                                |
| <i>Wellness Service</i>   |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Nutrition education<br>Wellness-general<br>health education<br>Self-funded   |
| <b>Mid Valley Boys and Girls Clubs • 801 West Huisache, Weslaco, Texas 78596 • (956) 968-2504</b>                 |     |                 |                |             |                             |         |  |
| <i>Child Feeding</i>  |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Government  |
| <i>Little Chefs</i>   |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | No  | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Nutrition education<br>Fee for service<br>Government<br>Nonprofit<br>Private |
| <i>Snack Program</i>  |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Fee for service<br>Government<br>Nonprofit<br>Private       |
| <i>Sports and Fitness Program</i>   |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Physical activity<br>Fee for service<br>Government<br>Nonprofit<br>Private   |
| <b>Mission Consolidated Independent School District • 1201 Bryce Drive, Mission, Texas 78570 • (956) 580-5500</b> |     |                 |                |             |                             |         |  |
| <i>Breakfast and Lunch Program</i>  |     |                 |                |             |                             |         |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Hidalgo | Child feeding<br>Government  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          | County                        | Program   |                      |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|-------------------------------|---|----------------------|
|   |                 |                 | Income            | Sex         | Age                      |                               | Classification  | Funding              |
| <i>Emergency Food</i>   |                 |                 |                   |             |                          |                               |   |                      |
| Intervention (treatment)  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo                       | Emergency food  | Government Nonprofit |
| <i>Health Education</i>   |                 |                 |                   |             |                          |                               |   |                      |
| Prevention/intervention   | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                       | Wellness-general health education                     | Government           |
| <i>Nutrition Education Presentations</i>  |                 |                 |                   |             |                          |                               |   |                      |
| Prevention (education)  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Hidalgo                       | Nutrition education                                   | Government           |
| <i>Physical Education</i>   |                 |                 |                   |             |                          |                               |   |                      |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                       | Physical activity                                     | Government           |
| <i>Snacks</i>   |                 |                 |                   |             |                          |                               |   |                      |
| Prevention/intervention   | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                       | Child feeding   | Government           |
| <i>Special Diets/Nutrition Consultations</i>  |                 |                 |                   |             |                          |                               |   |                      |
| Intervention (treatment)  | Yes             | English         | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                       | Child feeding Nutrition education                     | Government           |
| <i>Summer Food Service Program</i>  |                 |                 |                   |             |                          |                               |   |                      |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Hidalgo                       | Child feeding Summer feeding                          | Government           |
| <b>Mission Hospital • 900 South Bryan Road, Mission, Texas 78572 • (956) 580-9000</b> |                 |                 |                   |             |                          |                               |   |                      |
| <i>Diabetes Support Group</i>   |                 |                 |                   |             |                          |                               |   |                      |
| Intervention (treatment)  | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron Hidalgo Starr Willacy | Clinical Diabetes Nutrition education                 | Nonprofit            |
| <b>Niskers • 5403 North McColl, McAllen, Texas 78504 • (956) 683-1155</b>             |                 |                 |                   |             |                          |                               |   |                      |
| <i>Nutrition Counseling</i>   |                 |                 |                   |             |                          |                               |   |                      |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron Hidalgo               | Nutrition education Wellness-general health education | Self-funded          |

| <i>Nutrition Presentations for the Community</i>   |     |                 |                |             |                          |  |  |                                    |  |
|--|-----|-----------------|----------------|-------------|--------------------------|--|--|------------------------------------|--|
| Prevention (education)   | Yes | English         | All SES levels | Male/Female | Children (<18 years old) | Hidalgo                                | Nutrition education  | Self-funded                        |  |
| <i>Speech Therapy for Children with Special Feeding Needs</i>  |     |                 |                |             |                          |  |  |                                    |  |
| Intervention (treatment)   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo Starr                          | Nutrition education  | Fee for service                    |  |
| <i>Weight Loss Program</i>   |     |                 |                |             |                          |  |  |                                    |  |
| Prevention/intervention  | Yes | English         | Middle SES     | Male/Female | Children (<18 years old) | Hidalgo                                | Behavior change<br>Obesity<br>Physical activity<br>Wellness-general health education | Fee for service                    |  |
| <b>Nuestra Clinica del Valle • 1203 East Ferguson, Pharr, Texas 78577 • (956) 787-0787</b>                 |     |                 |                |             |                          |  |  |                                    |  |
| <i>Diabetes Classes</i>  |     |                 |                |             |                          |  |  |                                    |  |
| Prevention/intervention  | Yes | English/Spanish | Low SES        | Male/Female | Adults                   | Hidalgo                                | Diabetes<br>Nutrition education  | Nonprofit                          |  |
| <i>Nutrition Presentations</i>   |     |                 |                |             |                          |  |  |                                    |  |
| Prevention (education)   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Hidalgo                                | Nutrition education  | Nonprofit                          |  |
| <i>One-on-One Consultations</i>  |     |                 |                |             |                          |  |  |                                    |  |
| Prevention (education)   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Hidalgo                                | Behavior change<br>Nutrition education   | Nonprofit                          |  |
| <b>Nutrition Associates of South Texas • 5317 North McColl Road, McAllen, Texas 78504 • (956) 992-9703</b> |     |                 |                |             |                          |  |  |                                    |  |
| <i>Consultations</i>   |     |                 |                |             |                          |  |  |                                    |  |
| Prevention/intervention  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Hidalgo                                | Clinical<br>Nutrition education  | Fee for service                    |  |
| <b>Ozanam Center • 656 North Minnesota, Brownsville, Texas 78521 • (956) 831-6331</b>                      |     |                 |                |             |                          |  |  |                                    |  |
| <i>Food Pantry</i>   |     |                 |                |             |                          |  |  |                                    |  |
| Prevention/intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Cameron                                | Emergency food<br>Food pantry<br>Nutrition education                                 | Government<br>Nonprofit<br>Private |  |
| <i>Preparation of Food for the Homeless</i>  |     |                 |                |             |                          |  |  |                                    |  |
| Prevention/intervention  | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Cameron<br>Hidalgo<br>Starr<br>Willacy | Homeless feeding   | Government<br>Nonprofit<br>Private |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                             | Program |   |
|---|-----------------|-----------------|-------------------|-------------|-----------------------------|---------|---|
|   |                 |                 | Income            | Sex         | Age                         | County  | Classification  |
| <b>Port Isabel Independent School District • 202 Port Road, Port Isabel, Texas 78578 • (956) 943-0000</b> |                 |                 |                   |             |                             |         |   |
| <i>Breakfast and Lunch Program</i>  |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding<br><br>Government   |
| <i>Child Nutrition Education</i>  |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Behavior change<br>Nutrition education<br>Physical activity<br>Wellness-general<br>health education<br><br>Government |
| <i>Parent Nutrition Education</i>   |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                      | Cameron | Behavior change<br>Nutrition education<br>Wellness-general<br>health education<br><br>Government                      |
| <i>Physical Education</i>   |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Physical activity<br>Wellness-general<br>health education<br><br>Government   |
| <i>Snacks</i>   |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding<br><br>Government   |
| <i>Special Diets</i>  |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Diabetes<br>Nutrition education<br><br>Government   |
| <i>Summer Feeding</i>   |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding<br>Summer feeding<br><br>Government   |
| <b>Proyecto Digna • Brownsville, Texas 78526 • (956) 982-2007</b>   |                 |                 |                   |             |                             |         |   |
| <i>Frontera de Salud</i>  |                 |                 |                   |             |                             |         |   |
| Prevention/<br>intervention   | Yes             | Spanish         | Low SES           | Male/Female | Adults                      | Cameron | Nutrition education<br><br>Nonprofit<br>Private   |

|   |     |                 |                |             |                             |         |  |                      |
|---|-----|-----------------|----------------|-------------|-----------------------------|---------|--|----------------------|
| <i>Stress Management</i>  |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | Spanish         | Low SES        | Male/Female | Adults                      | Cameron | Behavior change<br>Nutrition education<br>Wellness-general<br>health education   | Nonprofit<br>Private |
| <b>Raymondville Independent School District • One Bearkat Boulevard, Raymondville, Texas 78580 • (956) 689-2471</b> |     |                 |                |             |                             |         |  |                      |
| <i>After-School Snacks</i>  |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Child feeding  | Government           |
| <i>Annual Barbecue</i>  |     |                 |                |             |                             |         |  |                      |
| Prevention<br>(education)   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Physical activity<br>Wellness-general<br>health education                        | Government           |
| <i>Breakfast and Lunch</i>  |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Child feeding  | Government           |
| <i>Chartwells, Inc.</i>   |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Nutrition education<br>Physical activity<br>Wellness-general<br>health education | Government           |
| <i>Health Education</i>   |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Behavior change<br>Wellness-general<br>health education                          | Government           |
| <i>Health Presentations</i>   |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Nutrition education  | Government           |
| <i>Individual Consultations and Special Diets</i>   |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Nutrition education<br>Wellness-general<br>health education                      | Government           |
| <i>Summer Feeding</i>   |     |                 |                |             |                             |         |  |                      |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Willacy | Child feeding<br>Summer feeding  | Government           |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                          | Program                                |  |                         |
|---|-----------------|-----------------|-------------------|-------------|--------------------------|--|--|-------------------------|
|   |                 |                 | Income            | Sex         | Age                      | County                                 | Classification   | Funding                 |
| <b>Region 1 Education Service Center • 1900 West Schunior, Edinburg, Texas 78541 • (956) 984-6000</b>                         |                 |                 |                   |             |                          |  |  |                         |
| <i>Certified Food Service Program</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention (education)  | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Hidalgo                                | Food safety<br>Nutrition education                       | Fee for service         |
| <i>School Health Network</i>  |                 |                 |                   |             |                          |  |  |                         |
| Prevention (education)  | Yes             | English         | All SES levels    | Male/Female | Not age specific         | Cameron<br>Hidalgo<br>Starr<br>Willacy | Diabetes<br>Obesity<br>Wellness—general health education | Government<br>Nonprofit |
| <i>Technical Assistance and Training</i>  |                 |                 |                   |             |                          |  |  |                         |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron<br>Hidalgo<br>Starr<br>Willacy | Nutrition education                                      | Government<br>Nonprofit |
| <i>USDA Commodity Processing Cooperative</i>  |                 |                 |                   |             |                          |  |  |                         |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Child feeding  | Government              |
| <b>Rio Grande City Consolidated Independent School District • Fort Ringold, Rio Grande City, Texas 78582 • (956) 716-6700</b> |                 |                 |                   |             |                          |  |  |                         |
| <i>After School Snacks</i>  |                 |                 |                   |             |                          |  |  |                         |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Starr                                  | Child feeding  | Government              |
| <i>Breakfast and Lunch Program</i>  |                 |                 |                   |             |                          |  |  |                         |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Starr                                  | Child feeding  | Government              |
| <i>Consultations/Special Diets</i>  |                 |                 |                   |             |                          |  |  |                         |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Starr                                  | Child feeding  | Government              |
| <i>Five-a-Day Program</i>   |                 |                 |                   |             |                          |  |  |                         |
| Prevention/intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Starr                                  | Behavior change<br>Nutrition education                   | Government              |

|   |     |                 |                |             |                             |         |   |                 |  |
|---|-----|-----------------|----------------|-------------|-----------------------------|---------|---|-----------------|--|
| <i>Physical Education</i>   |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Starr   | Physical activity<br>Wellness-general<br>health education                             | Government      |  |
| <b>Rio Grande Regional Hospital • 1001 East Business 83, Suite J, Pharr, Texas 78577 • (956) 632-6000</b> |     |                 |                |             |                             |         |   |                 |  |
| <i>Diabetes Education</i>   |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific            | Hidalgo | Behavior change<br>Diabetes<br>Nutrition education<br>Obesity                         | Fee for service |  |
| <i>Gestational Diabetes Education</i>   |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Female      | Adults                      | Hidalgo | Diabetes<br>Maternal-child<br>health<br>Nutrition education<br>Obesity                | Fee for service |  |
| <i>Nutrition Education</i>  |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific            | Hidalgo | Nutrition education<br>Wellness-general<br>health education                           | Fee for service |  |
| <b>Rio Grande State Center • 1401 South Rangerville Road, Harlingen, Texas 78550 • (956) 425-8900</b>     |     |                 |                |             |                             |         |   |                 |  |
| <i>Nutrition Services</i>   |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Adults                      | Cameron | Food safety<br>Nutrition education<br>Obesity<br>Wellness-general<br>health education | Government      |  |
| <b>Rio Hondo Independent School District • 215 West Colorado, Rio Hondo, Texas 78583 • (956) 748-4400</b> |     |                 |                |             |                             |         |   |                 |  |
| <i>Breakfast in the Classroom and After-School Snacks</i>   |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding   | Government      |  |
| <i>Summer School Program</i>  |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding<br>Summer feeding   | Government      |  |
| <b>Roma Independent School District • 711 Gladiator Boulevard, Roma, Texas 78584 • (956) 849-1377</b>     |     |                 |                |             |                             |         |   |                 |  |
| <i>Lunch and Breakfast Program</i>  |     |                 |                |             |                             |         |   |                 |  |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Children<br>(<18 years old) | Starr   | Child feeding   | Government      |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                             |         | Program  |                         |
|---|-----------------|-----------------|-------------------|-------------|-----------------------------|---------|--|-------------------------|
|   |                 |                 | Income            | Sex         | Age                         | County  | Classification   | Funding                 |
| <i>Texas Department of Human Services Summer Feeding Program</i>  |                 |                 |                   |             |                             |         |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Starr   | Adult feeding<br>Child feeding<br>Summer feeding                           | Government              |
| <b>The Salvation Army</b> • 119 East Monroe, Harlingen, Texas 78550 • (956) 423-2554                                      |                 |                 |                   |             |                             |         |  |                         |
| <i>Emergency Food/Food Pantry</i>   |                 |                 |                   |             |                             |         |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific            | Cameron | Emergency food   | Nonprofit               |
| <b>The Salvation Army</b> • 1600 North 23rd Street, McAllen, Texas 78850 • (956) 682-1468                                 |                 |                 |                   |             |                             |         |  |                         |
| <i>Emergency Food</i>   |                 |                 |                   |             |                             |         |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Hidalgo | Emergency food   | Government<br>Nonprofit |
| <i>Free Meals for the Public</i>  |                 |                 |                   |             |                             |         |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific            | Hidalgo | Adult feeding<br>Child feeding<br>Elderly feeding                          | Government<br>Nonprofit |
| <i>Nutrition Consultations</i>  |                 |                 |                   |             |                             |         |  |                         |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific            | Hidalgo | Nutrition education<br>Wellness-general<br>health education<br>Food pantry | Nonprofit               |
| <b>San Benito Consolidated Independent School District</b> • 340 North Crockett, San Benito, Texas 78586 • (956) 361-6100 |                 |                 |                   |             |                             |         |  |                         |
| <i>After-School Snacks</i>  |                 |                 |                   |             |                             |         |  |                         |
| Prevention<br>(education)   | Yes             | English         | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding  | Government              |
| <i>Breakfast and Lunch Program</i>  |                 |                 |                   |             |                             |         |  |                         |
| Prevention<br>(education)   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Child feeding  | Government              |
| <i>Emergency Food</i>   |                 |                 |                   |             |                             |         |  |                         |
| Intervention<br>(treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Cameron | Emergency food   | Nonprofit               |
| <i>Health Education Curriculum</i>  |                 |                 |                   |             |                             |         |  |                         |
| Prevention/<br>intervention   | Yes             | English         | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron | Nutrition education<br>Wellness-general<br>health education                | Government              |

| <i>Individual Consultations</i>   |     |                 |                |             |                             |         |                              |
|---|-----|-----------------|----------------|-------------|-----------------------------|---------|------------------------------|
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron | Government                   |
| <i>Nutrition Program for Acanthosis Markers</i>   |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron | Government                   |
| <i>Physical Education</i>   |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron | Government                   |
| <i>Summer Feeding Program</i>   |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron | Government                   |
| <i>U.S.Department of Agriculture Team Nutrition Curriculum</i>  |     |                 |                |             |                             |         |                              |
| Prevention<br>(education)   | Yes | English         | All SES levels | Male/Female | Children<br>(<18 years old) | Cameron | Government                   |
| <b>South Texas Hospital • 1301 Ranger Road, Harlingen, Texas 78551 • (956) 423-3420</b>                     |     |                 |                |             |                             |         |                              |
| <i>Diabetes Education</i>   |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Adults                      | Cameron | Government                   |
| <i>Dietary Consults</i>   |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron | Government                   |
| <i>Wellness Program</i>   |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific            | Cameron | Fee for service<br>Nonprofit |
| <b>South Texas Independent School District • 100 Med High Drive, Mercedes, Texas 78570 • (956) 565-2454</b> |     |                 |                |             |                             |         |                              |
| <i>Breakfast and Lunch Program</i>  |     |                 |                |             |                             |         |                              |
| Prevention/<br>intervention   | Yes | English/Spanish | Middle SES     | Male/Female | Children<br>(<18 years old) | Hidalgo | Government                   |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                          |  | Program   |                 |
|--|-----------------|-----------------|-------------------|-------------|--------------------------|--|---|-----------------|
|  |                 |                 | Income            | Sex         | Age                      | County                                 | Classification  | Funding         |
| <i>The National Youth Sports Program</i>   |                 |                 |                   |             |                          |  |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Children (<18 years old) | Hidalgo                                | Physical activity<br>Wellness—general health education                        | Government      |
| <i>Summer Feeding Program</i>  |                 |                 |                   |             |                          |  |   |                 |
| Prevention (education)   | Yes             | English/Spanish | Middle SES        | Male/Female | Children (<18 years old) | Hidalgo                                | Child feeding<br>Summer feeding   | Government      |
| <i>Wellness Service</i>  |                 |                 |                   |             |                          |  |   |                 |
| Prevention/ intervention   | Yes             | English         | All SES levels    | Male/Female | Adults                   | Hidalgo                                | Nutrition education<br>Physical activity<br>Wellness—general health education | Government      |
| <b>Spanish Meadows • 440 East Ruben M. Torres Boulevard, Brownsville, Texas 78521 • (956) 546-5378</b> |                 |                 |                   |             |                          |  |   |                 |
| <i>Nutrition Consultations</i>   |                 |                 |                   |             |                          |  |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly (70+ years old)  | Cameron                                | Nutrition education   | Fee for service |
| <i>Special Diets for Diabetics and Those with Special Dietary Needs</i>                                |                 |                 |                   |             |                          |  |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Elderly (70+ years old)  | Cameron                                | Clinical Diabetes<br>Nutrition education                                      | Fee for service |
| <b>Starr County Health Studies • 400 North Garza, Rio Grande City, Texas 76582 • (956) 487-5266</b>    |                 |                 |                   |             |                          |  |   |                 |
| <i>Daily Screenings</i>  |                 |                 |                   |             |                          |  |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Cameron<br>Hidalgo<br>Starr<br>Willacy | Clinical Diabetes   | Government      |
| <i>Diabetes Education Classes</i>  |                 |                 |                   |             |                          |  |   |                 |
| Intervention (treatment)   | No              | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron<br>Hidalgo<br>Starr<br>Willacy | Clinical Diabetes<br>Nutrition education                                      | Government      |
| <b>Starr County Memorial Hospital • Farm Road 3157, Rio Grande City, Texas 78582 • (956) 487-5561</b>  |                 |                 |                   |             |                          |  |   |                 |
| <i>Emergency Food</i>  |                 |                 |                   |             |                          |  |   |                 |
| Intervention (treatment)   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific         | Starr                                  | Emergency food  | Self-funded     |

|   |     |                 |                |             |                          |         |   |                      |  |
|---|-----|-----------------|----------------|-------------|--------------------------|---------|---|----------------------|--|
| <i>One-on-One Consultations</i>   |     |                 |                |             |                          |         |   |                      |  |
| Intervention (treatment)  | Yes | English/Spanish | All SES levels | Female      | Adults                   | Starr   | Breastfeeding<br>Clinical<br>Maternal-child health<br>Nutrition education   | Fee for service      |  |
| <i>One-on-One Consultations</i>   |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | English/Spanish | Low SES        | Male/Female | Adults                   | Starr   | Clinical<br>Nutrition education   | Fee for service      |  |
| <b>Su Casa de Esperanza • 8000 Cisne, Pharr, Texas 78577 • (956) 781-0276</b> |     |                 |                |             |                          |         |   |                      |  |
| <i>Aerobics Classes</i>   |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | Spanish         | All SES levels | Male/Female | Adults                   | Hidalgo | Physical activity<br>Wellness-general health education                      | Private              |  |
| <i>After-School Instruction</i>   |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | Spanish         | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Wellness-general health education   | Nonprofit<br>Private |  |
| <i>After-School Snacks</i>  |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Child feeding   | Nonprofit<br>Private |  |
| <i>Cooking Classes</i>  |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | Spanish         | All SES levels | Female      | Adults                   | Hidalgo | Nutrition education   | Nonprofit<br>Private |  |
| <i>Infant Stimulation Classes</i>   |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | Spanish         | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Maternal-child health<br>Wellness-general health education                  | Nonprofit<br>Private |  |
| <i>Prenatal Classes</i>   |     |                 |                |             |                          |         |   |                      |  |
| Prevention/intervention   | Yes | Spanish         | All SES levels | Female      | Adults                   | Hidalgo | Breastfeeding<br>Maternal-child health<br>Wellness-general health education | Nonprofit<br>Private |  |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                          |                               | Program   |                 |
|--|-----------------|-----------------|-------------------|-------------|--------------------------|-------------------------------|---|-----------------|
|  |                 |                 | Income            | Sex         | Age                      | County                        | Classification  | Funding         |
| <b>Su Clinica Familiar</b> • 1706 Treasure Hills Boulevard, Harlingen, Texas 78550 • (956) 428-4345  |                 |                 |                   |             |                          |                               |   |                 |
| <i>Nutrition Education Services</i>  |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | Low-middle SES    | Male/Female | Not age specific         | Cameron Hidalgo Starr Willacy | Diabetes Nutrition education Obesity                  | Government      |
| <b>Sunglo Fellowship</b> • 3201 South Expressway 83, Harlingen, Texas 78550 • (956) 423-3600         |                 |                 |                   |             |                          |                               |   |                 |
| <i>Meals</i>   |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron Hidalgo Willacy       | Early feeding   | Government      |
| <i>Range of Motion Group Exercises and Aerobics</i>  |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron Hidalgo Willacy       | Physical activity Wellness-general health education   | Fee for service |
| <i>Special Diets</i>   |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                   | Cameron Hidalgo Willacy       | Clinical Nutrition education                          | Government      |
| <b>Texas Commission for the Blind</b> • 1812 West Jefferson, Harlingen, Texas 78550 • (956) 423-9411 |                 |                 |                   |             |                          |                               |   |                 |
| <i>Nutrition Education Services</i>  |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron                       | Diabetes Nutrition education                          | Government      |
| <b>Texas Cooperative Extension</b> • 2401 East Highway 83, Weslaco, Texas 78596 • (956) 968-5581     |                 |                 |                   |             |                          |                               |   |                 |
| <i>4-H Program</i>   |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ education  | Yes             | English/Spanish | All SES levels    | Male/Female | Children (<18 years old) | Cameron Hidalgo Starr         | Nutrition education Wellness-general health education | Government      |
| <i>Better Living for Texas</i>   |                 |                 |                   |             |                          |                               |   |                 |
| Prevention/ intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific         | Cameron Hidalgo Starr         | Nutrition education                                   | Government      |

|  |     |                 |                |             |                  |  |   |            |
|--|-----|-----------------|----------------|-------------|------------------|--|---|------------|
| <i>Do Well Be Well with Diabetes</i>   |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr            | Diabetes<br>Nutrition education<br>Physical activity<br>Wellness-general<br>health education  | Government |
| <i>Expanded Nutrition Program</i>  |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | Yes | English/Spanish | Low SES        | Male/Female | Adults           | Cameron<br>Hidalgo                     | Behavior change<br>Nutrition education  | Government |
| <i>General Nutrition Information</i>   |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr            | Behavior change<br>Food safety<br>Nutrition education<br>Wellness-general<br>health education | Government |
| <i>The Importance of Nutrition in the Prevention of Birth Defects: Education</i>                             |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Female      | Adults           | Cameron<br>Hidalgo<br>Starr            | Nutrition education   | Government |
| <i>Walk across Texas</i>   |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr            | Physical activity   | Government |
| <b>Texas Department of Health—Region 11 • 602 West Sesame Drive, Harlingen, Texas 78552 • (956) 423-0130</b> |     |                 |                |             |                  |  |   |            |
| <i>Cardiovascular Health and Wellness</i>  |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | No  | English/Spanish | All SES levels | Male/Female | Not age specific | Cameron<br>Hidalgo<br>Starr<br>Willacy | Cardiovascular<br>health-disease<br>Wellness-general<br>health education                      | Government |
| <b>Texas Department of Human Services • 1503 West Polk, Pharr, Texas 78577 • (956) 787-3131</b>              |     |                 |                |             |                  |  |   |            |
| <i>Child and Adult Food Program</i>  |     |                 |                |             |                  |  |   |            |
| Prevention/<br>intervention  | Yes | English/Spanish | All SES levels | Male/Female | —                | Cameron<br>Hidalgo<br>Starr<br>Willacy | Adult feeding<br>Child feeding<br>Clinical  | Government |

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**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type   | Ongoing Program | Language        | Target Population |             |                             |  | Program                         |            |
|--|-----------------|-----------------|-------------------|-------------|-----------------------------|--|---------------------------------|------------|
|  |                 |                 | Income            | Sex         | Age                         | County                                 | Classification                  | Funding    |
| <i>Commodity Distribution Program</i>  |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | —                 | Male/Female | Children<br>(<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Food pantry                     | Government |
| <i>Food Bank–TexCap Program</i>  |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Starr<br>Willacy | Emergency food<br>Food pantry   | Government |
| <i>National School Lunch and Breakfast Program</i>   |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Child feeding                   | Government |
| <i>Nutrition Education Training Service</i>  |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Starr<br>Willacy | Nutrition education             | Government |
| <i>Summer Feeding Program</i>  |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Starr<br>Willacy | Child feeding<br>Summer feeding | Government |
| <b>Texas Migrant Council, Inc.</b> • 2914 North Cage, Suite B, Pharr, Texas 78577 • (956) 781-0074 |                 |                 |                   |             |                             |  |                                 |            |
| <i>Breakfast, Lunch, and Snack</i>   |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Child feeding                   | Government |
| <i>Infant Program</i>  |                 |                 |                   |             |                             |  |                                 |            |
| Prevention/<br>intervention  | Yes             | English/Spanish | Low SES           | Male/Female | Children<br>(<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Maternal-child<br>health        | Government |

| <i>Nutrition Education Presentations for Head Start Parents</i>                                   |     |                 |                |             |                             |  |   |                         |
|---|-----|-----------------|----------------|-------------|-----------------------------|--|---|-------------------------|
| Prevention/<br>intervention   | Yes | English/Spanish | All SES levels | Male/Female | Adults                      | Cameron<br>Hidalgo<br>Starr<br>Willacy | Behavior change<br>Head start<br>Nutrition education                | Government              |
| <i>Nutrition Lesson Plan</i>  |     |                 |                |             |                             |  |   |                         |
| Prevention/<br>intervention   | Yes | Spanish         | Low SES        | Male/Female | Children<br>(<18 years old) | Cameron<br>Hidalgo<br>Starr<br>Willacy | Nutrition education   | Government              |
| <b>Tip of Texas Family Outreach • 164-B Oak Street, Brownsville, Texas 78521 • (956) 541-5566</b> |     |                 |                |             |                             |  |   |                         |
| <i>Casework</i>   |     |                 |                |             |                             |  |   |                         |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron                                | Nutrition education<br>Wellness-general<br>health education         | Government<br>Nonprofit |
| <i>My Baby and Me</i>   |     |                 |                |             |                             |  |   |                         |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Adults                      | Cameron                                | Breastfeeding<br>Maternal-child<br>health<br>Nutrition education    | Government<br>Nonprofit |
| <i>Parenting Classes</i>  |     |                 |                |             |                             |  |   |                         |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Adults                      | Cameron                                | Nutrition education<br>Wellness-general<br>health education         | Government<br>Nonprofit |
| <b>Valley AIDS Council • 418 East Tyler, Suite B, Harlingen, Texas 78550 • (956) 428-9322</b>     |     |                 |                |             |                             |  |   |                         |
| <i>Dietitian Consultations</i>  |     |                 |                |             |                             |  |   |                         |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Willacy          | Cardiovascular<br>health-disease<br>Diabetes<br>Nutrition education | Government              |
| <i>Food Pantry/Emergency Food</i>   |     |                 |                |             |                             |  |   |                         |
| Prevention/<br>intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Willacy          | Emergency food<br>Nutrition education                               | Government              |

**Appendix B. Lower Rio Grande Valley Agencies and Their Nutrition-related Programs—Continued**

| Service Type  | Ongoing Program | Language        | Target Population |             |                             |  | Program  |                 |
|---|-----------------|-----------------|-------------------|-------------|-----------------------------|--|--|-----------------|
|   |                 |                 | Income            | Sex         | Age                         | County                                 | Classification   | Funding         |
| <b>Valley Baptist Medical Center • 2101 Pease Street, Harlingen, Texas 78550 • (956) 389-1100</b>           |                 |                 |                   |             |                             |  |  |                 |
| <i>Cardiac Rehab Classes</i>  |                 |                 |                   |             |                             |  |  |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                      | Cameron<br>Willacy                     | Cardiovascular<br>health-disease<br>Diabetes<br>Nutrition education<br>Obesity   | Fee for service |
| <i>Diabetes Services</i>  |                 |                 |                   |             |                             |  |  |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | Low SES           | Male/Female | Not age specific            | Cameron                                | Clinical<br>Diabetes   | Non-Profit      |
| <i>Nutrition Consults In-Patient and Out-Patient</i>  |                 |                 |                   |             |                             |  |  |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Cameron                                | Clinical<br>Nutrition education<br>Wellness-general<br>health education  | Fee for service |
| <i>Nutrition for Life</i>   |                 |                 |                   |             |                             |  |  |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Adults                      | Cameron<br>Hidalgo<br>Willacy          | Cardiovascular<br>health-disease<br>Diabetes<br>Nutrition education<br>Obesity<br>Wellness-general<br>health education | Fee for service |
| <i>Nutrition Press for Community</i>  |                 |                 |                   |             |                             |  |  |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Not age specific            | Cameron<br>Hidalgo<br>Starr<br>Willacy | Nutrition education  | Self-funded     |
| <b>Valley Baptist Missions/Education Center • 3700 E. Harrison, Harlingen, Texas 78550 • (956) 245-3839</b> |                 |                 |                   |             |                             |  |  |                 |
| <i>Physical Education</i>   |                 |                 |                   |             |                             |  |  |                 |
| Prevention/<br>intervention   | Yes             | English/Spanish | All SES levels    | Male/Female | Children<br>(<18 years old) | Cameron                                | Physical activity  | Private         |

| <b>Valley Regional Medical Center • 100-A Alton Gloor Boulevard, Brownsville, Texas 78526 • (956) 350-7000</b>     |     |                 |                |             |                          |         |  |
|--|-----|-----------------|----------------|-------------|--------------------------|---------|--|
| <i>Diabetes Management</i>   |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Cameron | Clinical Diabetes Nutrition education<br>Fee for service                             |
| <i>Disaster Preparedness</i>   |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Cameron | Emergency food<br>Self-funded  |
| <i>Nutrition Counseling</i>  |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Cameron | Clinical Nutrition education<br>Wellness-general health education<br>Fee for service |
| <i>Pediatric Nutrition</i>   |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Cameron | Child feeding<br>Clinical<br>Fee for service   |
| <b>Vera V. Naumann Family Emergency Assistance • 210 South "F" Street, Harlingen, Texas 78550 • (956) 423-4265</b> |     |                 |                |             |                          |         |  |
| <i>Emergency Food Assistance</i>   |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | Low SES        | Male/Female | Not age specific         | Cameron | Emergency food<br>Government Nonprofit   |
| <b>Weslaco Independent School District • 319 West 4th Street, Weslaco, Texas 78599 • (956) 969-6500</b>            |     |                 |                |             |                          |         |  |
| <i>After-School Snacks</i>   |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Government  |
| <i>Breakfast in the Classroom</i>  |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Government  |
| <i>Lunch Program</i>   |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Children (<18 years old) | Hidalgo | Child feeding<br>Government  |
| <i>Wellness Program</i>  |     |                 |                |             |                          |         |  |
| Prevention/ intervention   | Yes | English/Spanish | All SES levels | Male/Female | Not age specific         | Hidalgo | Nutrition education<br>Physical activity<br>Wellness-general health education<br>—   |

Source: Data from survey reported in Day, Sanderson, and Bogle (chapter 7).  
Note: SES, socioeconomic status; —, information unknown or unavailable.

