

STEPS

WITH TEXAS EARLY PREVENTION STUDIES  
STEPS SNAP-ED

# Kindergarten



## Newsletter

Vol. 2 Issue 9  
May 2024



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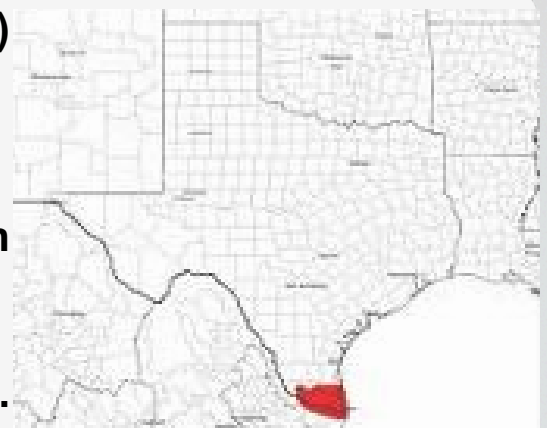
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Resources  
for a

Health  
RGV  
community

The Rio Grande Valley (RGV) is one of the places in the country with incredible culture and tradition. According to the RGV Health Connect, the 2024 Demographics in the RGV are 92.69% Hispanic/Latinos. Because the RGV is so close to México, our food, celebrations and traditions are blended into a TEX-MEX Food Fiesta.



But, is our RGV  
community  
healthy?

# OH NO!

**The top 10 most overweight cities in the US are:**

- 1. McAllen-Edinburg-Mission, Texas**
2. Jackson, Mississippi
3. Shreveport, Louisiana
4. Mobile, Alabama
5. Little Rock, Arkansas
6. Knoxville, Tennessee
7. Memphis, Tennessee
8. Lafayette, Louisiana
9. Baton Rouge, Louisiana
10. Chattanooga, Tennessee



McAllen ranks highest out of 300 most overweight cities in US

McAllen, a small city bordering Mexico in Texas, has been proclaimed as the most overweight city in the United States, New York Post reported. As per statistics analyzed by Researchers from...



**Top 10 Most Fattest and Obese Cities in America 2024**

Wondering which US cities have the highest rates of obesity? We list the top 10 fattest cities in America in (year).

top10.com / Sep 20, 2023

**The McAllen-Edinburg-Mission Metropolitan Area (MSA) in Texas is, according to various health surveys in the region, the most obese city in the US in 2024. Data shows that the 775,000-resident city had an obesity rate of 44.9%.**

**In part, because...**

**McAllen-Edinburg-Mission has one of the lowest rates of physical activity among adults.**

**A whopping 36.9% of adults in the metro area reported being physically inactive.**

**And, while the Texas heat certainly doesn't inspire movement, McAllen residents also reported eating very few fruits and vegetables compared to the national average, solidifying its unfortunate place at the top of this list.**

**Congratulations to Arlington, VA. community for ranking the fittest & healthiest city in America – 2024**

<https://smartasset.com/data-studies/healthiest-cities-2024>



**The UTRGV South Texas Early Prevention Studies (STEPS)** is a project that focuses on providing resources to members of the RGV community that may be experiencing food insecurity and/or would like to start a fitness/walking program at a local park.

*For other resources available to your local community, call 211 or do a quick Google search.*

## **RGV Community Resources**

**Do you spend several hours a day sitting down, or go to bed right after a meal? Do that no more...find the closest park to your home and start a walking program.  
Here is the RGV Parks directory.**



[https://www.utrgv.edu/steps/\\_files/documents/community-resources/rgv-parks-directory-2023.pdf](https://www.utrgv.edu/steps/_files/documents/community-resources/rgv-parks-directory-2023.pdf)

**Visit the UTRGV STEPS website-Resources for more details.**

<https://www.utrgv.edu/steps>





# RGV Community Resources – Food Pantries Directory



### PHARR

**Food Bank of the Rio Grande Valley**  
124 N. Cage Blvd. Pharr, TX 78577  
(956) 662-8101  
Hours of operation:  
Monday-Friday, 8am - 5pm  
Emergency food assistance may be used only once a year. After, you will receive a referral to a food pantry close to you.  
No application needed for Mobile Food and Produce Pop Ups. Valid ID and proof of residential address required.

**St. Anne's Church**  
110 East Lucas Pharr, TX 78577  
(956) 781-8122  
Hours of Operation:  
Every Friday, 9am - 11am  
Proof of residential address, valid ID, and social security number required.

**Madre Cabrini Parish**  
8001 S. Cage Blvd. Pharr, TX 78577  
(956) 781-3554  
Hours of Operation:  
Thursday, 8am - until supplies last  
Food assistance is available once a month per family. Valid ID and proof of residency in the City of Pharr required.

**St. Jude Thaddeus Parish**  
505 S. Ironwood St. Pharr, TX 78577  
(956) 781-2469  
Hours of Operation:  
Monday-Friday, 10am - 11am  
Valid ID and proof of residential address required.



### SAN JUAN

**Saint John Baptist Catholic Church**  
216 W. 1st St. San Juan, TX 78581  
(956) 783-1196  
Hours of Operation:  
Wednesday, 1pm-2:30pm & Thursday, 1pm - 3pm  
Produce and groceries available for San Juan City residents. In-person application required.  
Must bring valid photo ID and proof of residential address.



### ALAMO

**Primera Iglesia Bautista De Alamo**  
401 E. Old 83 Alamo, TX 78516  
(956) 781-2325  
Hours of Operation:  
Last Saturday of every month,  
12pm - 1pm  
Valid ID and proof of residential address in the City of Alamo required.

**Church at Bethany**  
1520 S. Alamo Rd. Alamo, TX 78516  
(956) 781-6191  
Hours of Operation:  
Every Thursday, 10:30am - 12pm  
Available to those that attend the service.  
Valid ID required.



### LA JOYA

**La Joya Housing Authority**  
945 S. Leo Ave.  
La Joya, TX 78560  
(956) 581-1061  
Hours of operation:  
Monday - Friday, 9am - 3pm  
Valid ID required. All Hidalgo County residents Welcome. Number of people per household may be required.

**First United Methodist Church**  
1101 Doherty Ave. Mission, TX 78572  
(956) 585-1665  
Hours of Operation:  
1st & 3rd Thursday of the month,  
9am  
Curbside is available. Drive up only on 11th Street. Car line goes down Doherty at 9am until food is finished. Valid ID and proof of residential address required.

**Mission Food Pantry**  
115 S. Mayberry St. Mission, TX 78572  
(956) 585-3542  
Hours of Operation:  
Monday - Friday  
9am - 12pm / 1:30pm - 4pm  
Provides food for emergencies only.  
Clothes are for sale at \$1 per piece.



### MISSION

**Amigo Del Valle, Inc.**  
1116 N. Conway Ave. Mission, TX 78572  
(956) 581-9494 & (956) 581-2210  
Hours of Operation:  
Monday, Wednesday, Friday (hot meals or frozen meals)  
11am - 12pm / 1pm - 2pm  
Application process needed for home delivery.  
Curbside meals available for senior citizens (60+ years).

**Our Lady of Guadalupe Parish**  
607 N. Conway Ave. Mission, TX 78572  
(956) 445-7956  
Hours of Operation:  
Tuesdays, 10am - 12pm  
All Hidalgo County residents welcome.

**Iglesia Luz de la Vida**  
201 Scott Lane Rd. Mission, TX 78572  
(956) 519-8028  
Hours of Operation:  
Every 1st & 3rd Wednesday of the month  
Must call for availability.



### PEÑITAS

**His Hands Ministries Inc**  
11214 Salida del Sol St. Peñitas, TX 78576  
(956) 584-6844  
Must Call for Availability. Family members Identification and City of Peñitas proof of residency required. Food, Clothing and Furniture bank available.

**Peñitas Baptist Church**  
406 S Main St. Peñitas, TX 78576  
(956) 358-1212  
Hours of Operation:  
Thursdays, 8am - 10am  
Call for availability.

[https://www.utrgv.edu/steps/\\_files/documents/community-resources/rgv-food-resources-directory.pdf](https://www.utrgv.edu/steps/_files/documents/community-resources/rgv-food-resources-directory.pdf)

## Answer the following statements.

Adapted from the Hunger Vital Sign™ – Food Insecurity  
(In the two statements below “we” means you and your family)

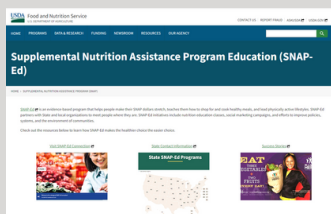
“Within the past 30 days, we were worried whether our food would run out before we got money to buy more.”

- ☐ Often true  
☐ Sometimes true  
☐ Never true

“Within the past 30 days, the food we bought just didn’t last and we didn’t have money to get more.”

- ☐ Often true  
☐ Sometimes true  
☐ Never true

if you answered often true or sometimes true to one or both statements, you may be eligible to receive Supplemental Nutrition Assistance Program Education (SNAP=Ed), Texas Benefits. To find more information, search for USDA Food and Nutrition Services (SNAP-Ed) or ask your child’s school for assistance.



<https://www.fns.usda.gov/snap/snap-ed>

This issue was created by the UTRGV STEPS staff for STEPS/SNAP -Ed project.

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For more information:

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