



NEWSLETTER

VOL. 3 ISSUE 9
JUNE/JULY 2025 SUMMER EDITION

WHAT'S INSIDE?

STEPS/SNAP-Ed
Project. P1

La Joya ISD
Acknowledgments
& Appreciations.P2

PSJA ISD
Acknowledgments
& Appreciations.P3

STEPS 2022-2025.P4

UTRGV Community
.P5

Summer Ready. P6

UTRGV STEPS/SNAP-Ed Project Impacting Our RGV Schools

It's All for the Health of the RGV Children!



Health
Class

Physical
Education

Child
Nutrition
Services

Parental
Engagement

Acknowledgments & Appreciations

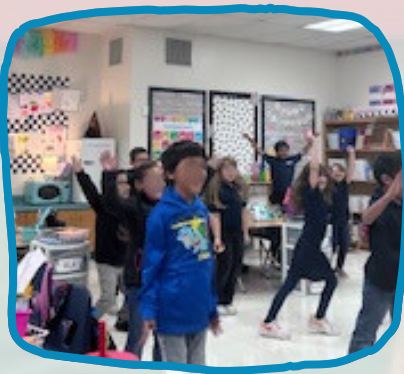


459

Participating Students

ELEMENTARY SCHOOLS

Dr. M. Palmira Mendiola
EB Reyna
Diaz Villarreal
Enrique Kiki Camarena
Juan Seguin
Narciso Cavazos
Patricio Perez
Emiliano Zapata
Evangelina Garza
Guillermo Flores
Jose De Escandon
Sam Fordyce
Tabasco
William J. Clinton



TEACHERS

Adriana Bocanegra	Jocelyn Villarreal	Nuvia Salinas
Belinda Compean	Jose Roberto Hernandez	Ana Diaz
Jose Sanchez	Adriana Bocanegra	Nancy Tovar
Maria Hernandez	Belinda Compean	Dawn Chivington
Vilma Sanchez	Mayra Martinez	Sujaira Salinas
Jimena Cantu	Arteaga Ginerzade	Gonzalez, Amy
Sylvia Duran	Ilse Gonzalez	Yasmin Alvarado
Carolina Elizondo	Pedro Torres	Maria Ruiz
Jennifer Gonzalez	Elizabeth Rodriguez	Maria Ortiz
Salazar, San Juana	Erica Garza	Enrique Molina
Elizabeth Lawing	Gabriela Hopper	Erica Guerra
Yasmin Alvarado	Maria Vela	Angelica Jimenez
Brenda Moya	Sonia Garcia	Melissa Bazan
Leticia Olivarez	Abigail Esquivel	Melinda Garcia
Marisol Salamanca	Eunice Vasquez	Maribel Gracia
Amanda Vega	Ariana Treviño	Sandra Zermeno Rivera
Norma Castro	Martha Arechiga	Leticia Muro
Monique Salinas	Eimmy Ozuna	Yesenia Flores
Adriana Garza	Ricardo Treviño	Martha De Leon
Nobemi Gonzalez	Benjamin Guzman	Cynthia Cortina
Yolanda Ontiveros	Liliana Urbina	Cindy Hinojosa
Diana Galaviz	Julie Cornelio	Matilde Silva
Norma Perez	Yesenia Flores	Hortencia Rodriguez
Anaeli Cuellar	Rubiola Flores	Yesenia Flores
Maricela Quintanilla	Nora Pulido	Martha De Leon
Jose Zapata	Yanel Garza	Cynthia Cortina
Christian Perez	Jocelyn Villarreal	Cindy Hinojosa
Jose Hernandez	Yuriana Cruz	Matilde Silva
	Veronica Gonzalez	Hortencia Rodriguez
	Connie Vasquez	
	Esmeralda Loera	

Fourteen elementary schools participated in the UTRGV STEPS Project; each playing a vital role in its success. We extend our sincere gratitude to the Superintendents, School Principals, PK, Kindergarten, and 1st Grade Teachers, Physical Educators and Coaches, Parent Educators/Liaisons, and Child Nutrition Services staff for their unwavering dedication and support.

Your commitment to student health is making a lasting impact. Early health education builds the foundation for lifelong well-being.

286

La Joya ISD School Personnel

PRINCIPALS

Alicia Gutierrez
Lucina Lara Garza
Evette Bazaldua
Dulce Diaz
Alejandro Carranza
Elizabeth Longoria
Myra Trigo-Ramos
Bibiana Hinojosa
Laura Solis



ASSISTANT PRINCIPALS

Susana Lerma
Graciela Alanis
Vanessa Martinez
Yvonne Rosales
Raquel Montalvo
Nancy Chavez

COACHES

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Maria Cano
Jose Garcia
Norma Galvan
Andres Saenz
Marta Castillo
Maria Torres
Daniel Sanchez
Benito Salinas
Pedro Guajardo
Rafael Mendez
Gracie Reyes
Laura Salinas
Julian Garza
Guadalupe Garcia Jose
Clarissa Gonzalez
Oscar Serna
Daniel Gomez
Ezequiel Ortiz



PARENT EDUCATORS

Rita Moreno
Yolanda Muñoz
Jaslene Martinez
Yuliana Lopez-Canizalez
Aliza Salinas
Guillermina Chaires
Rachel Garcia
Kassandra Cerda
Esmeralda Ortega
Monica Arambula
Juanita O. Flores
Eva Saucedo
Linda Lopez
Blanca Guajardo
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Elisa Zepeda
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CNS

Maria Garza
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Anita Estrada
Jovita Aranda
Adelaida Nunez
Lydia Alanis
Gloria Rodriguez
Maria Chavez
Maria Rodriguez
Arturo Chavez

Continue...

Acknowledgments & Appreciations



644
Participating Students

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Your commitment to student health is making a lasting impact.
Early health education builds the foundation for lifelong well-being.

257 PSJA ISD School Personnel



ELEMENTARY SCHOOLS

Alfred Sorensen
Amanda Garza Peña
Cesar Chavez
Graciela Garcia
Marcia R Garza
Santos Livas
Vida N Clover
Aida C Escobar
Arnoldo Cantu
Dr. William Long
Drs. Reed-Mock
Geraldine Palmer
John McKeever
Kelly-Pharr

PRINCIPALS

Giselle Martinez
Judith Canales
Erika Garcia-Reyes
Sandra Garcia
Jennifer burden
Marisa Santoy
Rodrigo Hernandez
Denise Garcia
Dr. Kristine Garza



ASSISTANT PRINCIPALS

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Elda Barrios
Sandra Gutierrez
Rosalie Zuniga
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TEACHERS

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Maria Rita Gonzalez
Ana Nava
Cristina Flores
Aida Maritza Garza
Adriana Garza
Elizabeth Treviño
Angel Seawell
Julie Rodriguez
Clarissa Leanne Vasquez
San Juanita Tovar
Priscilla Cardenas
Daisy Garza
Veronica Garcia
Abril Mireles
Alberto Arriaga
Maritza, Pena
Sara Sanchez
Alberto Arriaga
Ariana Davila
Monica Valls
Mirna Uribe
Julianne Martinez
Alma Castillo
Irma Villarreal
Maria Santoyo Rodriguez
Natividad Villarreal
Monica Barba

Adriana Cantu
Haydee Rosales
Graciela Zusana Morales
San Juanita Ramos
Keylla Rodriguez
Norma Zuniga
Graciela Zusana Morales
Marysol Garcia
Alejandra Cortez
Yadira Garza
Rebecca Sepulveda
Lisa Rodriguez
Luz Garcia
Olga Gonzalez
Victoria Trigos
Dora Garcia Porras
Maria Carmen Hernandez
Rosaura Quintero
Vanessa Gonzalez
Delia Hernandez



PARENT EDUCATORS

Koressa De La Cerda
Yessica Cienega
Mayda Fuentes
Maricela Mares
Argelia Lopez de Garcia
Jazzmin Del Angel
Marie Paez
Laura Diaz
Claudia Cavazos
Maricela Mares
Vanessa lopez
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Mayda Fuentes
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Azaela Rodriguez
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Monica Villegas
Elizabeth Solano
James Southwell
Orlando Rios
Lydia Buenrostro
Hector Garza
Juan Barbosa
Vianey Salazar
Amanda De Leon Garcia
Santos Flores
Maria Platz
Leticia Gomez

CNS

Monica Reynoso
Crystal Gutierrez
Lissette Perez
Nadia Sanchez
Elizabeth Cortez
Ada Espinosa
Silvia Pacheco
Esperanza Valdez



STEPS: SNAP -Ed Project

2022-2025 Memory lane



Meet the UTRGV Community That Made It All Happen

For the health of the RGV Children!

Over 1,000 children participated in the STEPS/SNAP-Ed Project



90

UTRGV Students
(data collectors)



85

UTRGV
HHK
Club &
Dietetics
Students

5

UTRGV HHP & SOM
Faculty/Researchers



5

UTRGV HHP
STEPS SNAP -Ed
staff

SUMMER READY!



You've been growing strong and healthy through the years — and we're so proud of you!

As summer begins, let's keep up those healthy habits and step into the sunshine with a cool, active, and snack-smart summer!

SUMMER HEALTHY SNACK:

Fruit Kabobs with Yogurt Dip

Ingredients

1 cup watermelon (chunks)
1 cup pineapple (chunks)
1 cup grapes, red seedless
1 cup strawberries (stemmed)
2 kiwi (peeled and cut in quarters)
Bamboo skewers (6 inches long)
1 cup yogurt, light strawberry



Makes
8 servings



**Feel free to tweak this recipe to suit your favorite fruits and healthy yogurt*

Directions

Place fruit chunks on bamboo skewers. Place fruit kabobs on platter. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Ask an adult for help when cutting the fruit

Stay Hydrated

With the sun shining extra bright this summer, here are some tips to help you stay hydrated and healthy:



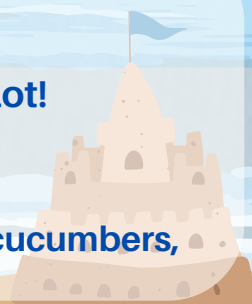
Water is Power! - Drink 8 glasses a day, more if it's hot or you're playing a lot!



Sip Before You Play! - Drink water 30 minutes before going outside.



Munch on Water! - Snack on juicy fruits and crunchy veggies like watermelon, cucumbers, oranges, and berries—they help keep you cool and hydrated too!



<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/summer>

<https://health.clevelandclinic.org/benefits-of-peaches>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-wonders-of-watermelon>

<https://health.clevelandclinic.org/benefits-of-pineapple>

<https://www.texashealth.org/areyouawellbeing/Health-and-Well-Being/Summer-Hydration-and-Heat-Safety-What-You-Need-to-Know>

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

UTRio Grande Valley

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Project Partners



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