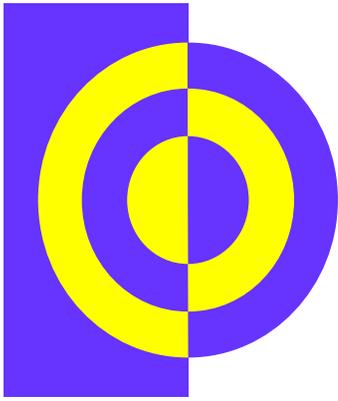


Rio Bravo Community Center

Commissioner Frank Sciaraffa

August 2015



August Birthdays



*Josefina Rios
&
Alejandra Ramos*

Tree Giveaway

Our elderly enjoyed the company of each other, played Loteria, and participated in our tree giveaway raffle having three lucky winners. Our elderly not only had a fun educative experience but learned about the importance of healthy eating.



Texas A & M Colonias Program Eating Healthy Cooking Class

Nutrition Facts

1. At least 1 in 4 people eat some type of fast food every day.
2. Data from the U.S. Department of Agriculture found that in 2011 the average American consumed nearly one ton of food, that's 1,996 pounds of food a year.
3. Americans consume 31% more packaged food than fresh food.

