# FORT BEND COUNTY

## Family & Community Health & Community Economic Development

**Texas A&M AgriLife Extension Service • Prairie View A&M University Extension**

## Who We Are

The Family and Community Health (FCH) program empowers Texans to improve their lives through research/science-based educational programs to enhance the overall health and wellness of individuals, families, and communities. From nutrition education, childhood obesity, health and wellness, food safety, parenting, and financial management, our programs provide practical solutions to foster healthier lifestyles, stronger communities, and a brighter future for all Texans.

The Community Economic Development (CED) Unit is dedicated to supporting individuals and families in achieving a higher standard of living through various means, such as small business development, youth entrepreneurship, community program involvement, home ownership, nonprofit support, and workforce development.

## Our Team


**Celeste Feast**
Texas A&M AgriLife
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Expanded Foods & Nutrition Education Program
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**Victoria Zwahr**
Fort Bend County
FCH Program Coordinator
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## Our Programs

### Texas A&M AgriLife Extension FCH Agent
### Celeste Feast

- Alzheimer's & Dementia
- Chronic Disease Education
- Cooking Well for your Health
- Do Well, Be Well
- Food Preservation
- Food Protection Management & Food Safety
- Healthy Carbohydrates
- Master Wellness Volunteer Program
- Mature Drivers Education
- Walk and Talk

### Texas A&M AgriLife Extension FCH Agent
### Leticia Hardy

- Child Care Providers Education
- Child Passenger Safety
- Elder Care - Understanding Alzheimer's & Dementia
- Early Literacy - Families Reading Everyday
- Fashion Art & Beauty for Youth and Adults
- Healthy Living & Healthy Relationships (Adults & Teens)
- Mental Health
- Pedestrian Safety
- Physical Fitness Education
- Walk Across Texas

### Prairie View A&M University Extension FCH Agent
### Erica Knighton

- A Children's Taste of African Heritage
- Eating Smart, Being Active
- Eat Smart, Live Strong
- Fall Prevention
- Health Literacy
- Keys to Embracing Healthy Aging
- Live Well, Eat Well, Be Active With Diabetes
- Taste of African Heritage
- Taste of Latin Heritage

### Community Economic Development - CED
### Janelle Johnson

- Business in Development Academy
- Disaster Preparedness
- Fraud & Scam Education
- Home Ownership
- Small Business
- Workforce Development
- Youth Entrepreneurship

### Expanded Foods & Nutrition Education Program - EFNEP
### Sujata Jhangiani

- Healthy Bites Healthy Moves - series of 8 (Adult)
- Healthy Hero Adventures - series of 6 (grades K-5) (Youth)
- Teen Cuisine - series of 6 (grades 6-12) (Youth)

### Fort Bend County - FCH Program Coordinator
### Victoria Zwahr

- Fort Bend EEA (Texas Extension Education Association)




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