

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Julie Harker Buck

DATE: October 27, 2022

RANK OR TITLE: Associate/Extension Professor

DEPARTMENT: University of Idaho Extension, Eastern District

OFFICE LOCATION: University of Idaho Extension, Bingham County
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DATE OF FIRST EMPLOYMENT AT UI: June 9, 2014

DATE OF TENURE: Tenured 2020

DATE OF PRESENT RANK OR TITLE: June 9, 2020

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

Ed.D., 2014, Education, University of Idaho, Moscow, Idaho.
MHE, 2004, Health Education, Idaho State University, Pocatello, Idaho.
B.S., 1985, Dietetics, Idaho State University, Pocatello, Idaho.
A.S., 1980, Science, Ricks College, Rexburg, Idaho.

Certificates and Licenses:

Gatekeeper Program Certificate, QPR Suicide Prevention. 2020
Academy of Nutrition and Dietetics, Code of Ethics, Dietitian 360, 2018.
University of Idaho Extension, 4-H Shooting Sports Archery Instructor Training Level 1, 2018.
Collaborative Institutional Training Initiative (CITI), 2021-2024.
National Safety Council First Aid Training 2018-2020.
American Heart Association, Certified CPR, 2021-2023.
International Professional Women's Express Network, 2010-2011.
Lamaze International, Certified Childbirth Educator, 2004-present.
Doula of North America (DONA), Certified Doula, 1997-present.
Idaho State Board of Medicine, Licensed Dietitian, 1985-present.
Academy of Nutrition and Dietetics, Registered Dietitian, 1985-present.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Associate Extension Professor, University of Idaho, Blackfoot, Idaho, 2020-present.
Assistant Extension Professor, University of Idaho, Blackfoot, Idaho. 2017-2020.
Assistant Extension Professor, University of Idaho, Pocatello, Idaho. 2014-2017.
Online Nutrition Faculty, Brigham Young University Idaho, Rexburg, Idaho, 2012-2015.
Nutrition Faculty, Brigham Young University Idaho, Rexburg, Idaho, 2004-2012.
WIN the Rockies Idaho State Director, University of Idaho, Rexburg, Idaho, 2001-2004.
Nutrition Faculty, Ricks College, Rexburg, Idaho, 1996-2001.

Academic Administrative Appointments:

County Chair, University of Idaho Extension, Bingham County, Blackfoot, Idaho, 2017-present.

Non-Academic Employment including Armed Forces:

Consulting Dietitian and Lamaze childbirth educator. Plane Beginnings Wellness Center, 2007-present.

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Health and Wellness
Food Safety and Preservation
4-H Youth Development

Courses Taught:

Food Preservation, FCS 475, University of Idaho, 2022.
Food Preservation, FCS 475, University of Idaho, 2021.
Cooking under pressure, 1727, Idaho State University, 2021.
Food Preservation, FCS 475, University of Idaho, 2020.
Cooking under pressure, 1727, Idaho State University, 2019.
Food Preservation, FCS 475, University of Idaho, 2019.
Cooking under pressure, 1727, Idaho State University, 2019.
Cooking under pressure, 1727, Idaho State University, 2018.
Freezer meals, 1726, Idaho State University, 2018.
Gluten-free basics, 1514, Idaho State University, 2018.
Food Preservation, FCS 475, University of Idaho, 2017.
Gluten-free basics, 1514, Idaho State University, 2017.
Plant based whole foods, 1512, Idaho State University, 2017.
Bread making basics, 1511, Idaho State University, 2017.
Pressure canning, 1440, Idaho State University, 2016.
Food Preservation, FCS 475, University of Idaho, 2015.
Human Nutrition, 100, Brigham Young University Idaho, 1995, 2004-2014.
Lifecycle Nutrition, 330, Brigham Young University Idaho, 2004.
Nutrition and the Young Child, 112, Brigham Young University Idaho, 1995, 2004.

Interns/Students Advised:

Katie Hickok, University of Idaho Extension mentee, 2022.
Gough, Morgan, University of Idaho Extension Intern, 2022.
Crandall, Deseret, Brigham Young University Idaho, Family and Consumer Sciences, 2021.
Pearson, Morgan, University of Idaho, Dietetics, 2018-2020.
Buck, Jared, AmeriCorps, 2020.
Hampton, Nathan, 4-H Intern, 2019

Materials Developed:

Workbooks, Manuals:

Buck, J., J. Martinez, S. Hulse. Eat Smart Idaho Quick-n-Easy Recipe Book. University of Idaho Extension. 2016.

Video Productions (cont.)

- Buck, J. 2021. Pressure canning. University of Idaho Extension. https://vandalsuidaho-my.sharepoint.com/:v/g/person/arysdam_uidaho_edu/EUec-MUI8B1LrqWuNA1MKVsBVKw9cnRo_eASYQhDbh-3aw?e=vcbuw1
- Buck, J. 2020. Ginger and butternut squash soup. University of Idaho Extension. <https://youtu.be/w8zPdfBzvsW>
- Buck, J. 2020. Chili. University of Idaho Extension. <https://www.youtube.com/watch?v=dmFSD-mRXGc&feature=youtu.be>
- Buck, J. 2020. How to preserve pickles. University of Idaho Extension. <https://www.youtube.com/watch?v=I6drLxjJ6As>
- Buck, J. 2020. Downsize and organize. University of Idaho Extension. <https://www.youtube.com/watch?v=aFC-NML-qBs&feature=youtu.be>
- Buck, J. 2020. Emergency kit update. University of Idaho Extension. <https://www.youtube.com/watch?v=NDQQiKdFIGo&feature=youtu.be>
- Buck, J., L. Dye, M. Spencer, L. Sant, L. Erickson, K. Hoffman, K. Baker, L. Blanch. 2016. Lightened up Salisbury steak. University of Idaho Extension. <https://www.youtube.com/watch?v=cYGGFWUatHs>
- Buck, J., L. Dye, M. Spencer, L. Sant, L. Erickson, K. Hoffman. 2015. Savory Soup. University of Idaho Extension. https://www.youtube.com/watch?v=FZ_0e5ao7zI
- Buck, J., L. Dye, M. Spencer, L. Sant, L. Erickson, K. Hoffman, S. Hulse. 2014. Homemade cleaners. University of Idaho Extension. <https://www.youtube.com/watch?v=0Mlj71Yti9E>

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**Health and Wellness**

- Buck, J. Dining with Diabetes reunion, Pocatello, Idaho, July 20, 2022.
- Buck, J. Freezer meal bootcamp, Blackfoot, Idaho, May 17, 24, 2022.
- Buck, J. Dining with Diabetes, Fort Hall, Idaho, May 11, 18, 25, June 1, 2022.
- Buck, J. Diabetic cooking, Pocatello Demonstration Contest, Pocatello, Idaho, May 2, 2022.
- Buck, J. Dining with Diabetes, Pocatello, Idaho, March 30, April 6, 20, 27, 2022.
- Buck, J., L. Sant, L. Blanch. American Heart Association Healthy for Life, Online, March 3, 10, 17, 24, 2022.
- Buck, J. Dining with Diabetes, Blackfoot, Idaho, February 2, 9, 16, 23, 2022.
- Buck, J. Cook for 1 or 2, Idaho Falls, Idaho, December 8, 2021.
- Buck, J. Mealtime Inspirations, Pizza sauce three ways, Idaho Falls, Idaho, November 17, 2021.
- Buck, J. Cooking Under Pressure, Bonneville County Extension, Idaho Falls, Idaho, October 19, 2021.
- Buck, J. Well “thaw-t” out. Shelly Senior Center, Shelley, Idaho, July 7, 2021.
- Buck, J. Veggies for dessert, Shelley Senior Center, Shelley, Idaho, May 5, 2021.
- Buck, J. Jump into spring with electric pressure cooking fresh ideas, Idaho State University Continuing Education Workforce Training, online, March 24, 2021.
- Buck, J. Healthy diabetes lifestyle, Aberdeen Migrant Council, Aberdeen, Idaho, March 19, 2021.
- Buck, J. Dining with Diabetes Online, Blackfoot, Idaho, March 4, 11, 18, 2021.
- Buck, J. Dining with Diabetes Online, Blackfoot, Idaho, October 7, 2020.
- Buck, J. Victory Garden, Pocatello Greenhouse, Pocatello, Idaho, August 15, 2020.
- Buck, J. DASH diet, Blackfoot Senior Center, Shelley, Idaho, March 11, 2020.
- Buck, J. Sheet pan dinner, Fort Hall Extension, March 10, 2020.
- Buck, J. Nuts, Shelley Senior Center, Shelley, Idaho, March 4, 2020.
- Buck, J. Cooking under pressure, Butte County Extension, February 13, 2020.
- Buck, J. DASH diet, Blackfoot Senior Center, Blackfoot, Idaho, February 12, 2020.
- Buck, J. DASH diet, Shelley Senior Center, Shelley, Idaho, February 5, 2020.
- Buck, J. Slow down eating, Blackfoot Senior Center, January 8, 2020.
- Buck, J. Soup, Blackfoot Senior Center, December 18, 2019.
- Buck, J. Chocolate dipping, Fort Hall Extension, December 17, 2019.

Health and Wellness (cont.)

- Buck, J. Chocolate, Shelley Senior Center, Shelley, Idaho, December 4, 2019.
- Buck, J. Cooking under pressure, Fort Hall Extension, November 14, 2019.
- Buck, J. Cooking under pressure, Idaho State University Continuing Education Workforce Training, November 12, 2019.
- Buck, J. Soup, Shelley Senior Center, Shelley, Idaho, November 6, 2019.
- Buck, J. Cooking under pressure, Colonial Theatre, Idaho Falls, Idaho, June 4, 2019.
- Buck, J. Artisan bread, Pocatello Demonstration Kitchen, Pocatello, Idaho, June 3, 2019.
- Buck, J. Cooking under pressure, Blackfoot, Idaho May 28, 2019.
- Buck, J. Cooking under pressure, Shoshone-Bannock Tribes 2019 Women's Health Fair, Fort Hall, Idaho, May 9, 2019.
- Buck, J.H. Beyond fries, Blackfoot Senior Center, Blackfoot, Idaho, May 8, 2019.
- Buck, J.H. Beyond fries, Shelley Senior Center, Shelley, Idaho, May 1, 2019.
- Buck, J.H. Dining with diabetes reunion, Blackfoot Senior Citizen, Blackfoot, Idaho, April 24, 2019.
- Buck, J. Chocolate basics, Pocatello Demonstration Kitchen, Pocatello, Idaho, April 3, 2019.
- Buck, J. Cereal for breakfast? Shelley Senior Citizen, Shelley, Idaho, April 3, 2019.
- Buck, J. Cooking under pressure, Stephens Performing Arts Center, Pocatello, Idaho, March 29, 2019.
- Buck, J. Lactose intolerance, Blackfoot Senior Citizen, Blackfoot, Idaho, February 13, 2019.
- Buck, J. Popular diet review, Blackfoot Library, Blackfoot, Idaho, February 6, 2019.
- Buck, J. Improvement, not perfection, Shelley Senior Citizen, Shelley, Idaho, February 6, 2019.
- Buck, J. Dining with diabetes reunion, Blackfoot, Idaho, February 5, 2019.
- Buck, J. Cooking under pressure, Fort Hall, Idaho, January 17, 2019.
- Buck, J. Improvement, not perfection, Blackfoot Senior Citizen, Blackfoot, Idaho, January 9, 2019.
- Buck, J. Healthy holidays, Blackfoot Senior Citizen, Blackfoot, Idaho, December 5, 2018.
- Buck, J. Healthy holidays, Shelley Senior Citizen, Shelley, Idaho, December 5, 2018.
- Buck, J. Cooking under pressure, Blackfoot, Idaho, December 4, 2018.
- Buck, J. Artisan holiday bread, Fort Hall, Idaho, November 26, 2018.
- Buck, J. Mealtime Inspirations, Blackfoot, Idaho, November 6, 2018.
- Buck, J. Fresh fruit, AG Fest, Idaho Falls, Idaho, October 20, 2018.
- Buck, J. Cholesterol, Blackfoot Senior Citizen Center, Blackfoot, Idaho, October 10, 2018.
- Buck, J. Cholesterol, Shelley Senior Citizen Center, Shelley, Idaho, October 3, 2018.
- Buck, J. Idaho Falls Farmers Market, Idaho Falls, Idaho, September 15, 2018.
- Buck, J. Salsa Basics. Aberdeen church group. Aberdeen, Idaho. September 12, 2018.
- Buck, J. Using your noodles, Shelley Senior Citizen Center, Shelley, Idaho, September 5, 2018.
- Buck, J. Cooking with electric cooker, Eastern Idaho State Fair, Blackfoot, Idaho, September 3, 2018.
- Buck, J. Sourdough baking, Pocatello Demonstration Kitchen, Pocatello, Idaho, August 23, 2018.
- Buck, J. Cook for 1 or 2, Oneida County Fair, Malad, Idaho, August 15, 2018.
- Buck, J. Summer Salads, Oneida County Fair, Malad, Idaho, August 15, 2018.
- Buck, J. 2-minute workouts, Blackfoot Senior Citizen Center, Blackfoot, Idaho, August 8, 2018.
- Buck, J. 2-minute workouts, Shelley Senior Citizen Center, Shelley, Idaho, August 3, 2018.
- Buck, J. Diabetic Cooking Tips, Pocatello Demonstration Kitchen, Pocatello, Idaho, June 13, 2018.
- Buck, J. Dining with Diabetes, Bingham County Extension, Blackfoot, Idaho, May 23, 30, June 6, 13, 2018.
- Buck, J. Risotto, Pocatello Demonstration Kitchen, Pocatello, Idaho, July 26, 2018.
- Buck, J. Sweet Story: Fruits, Shelley Senior Citizen Center, Shelley, Idaho, June 15, 2018.
- Buck, J. Sweet Story: Fruits, Blackfoot Senior Citizen Center, Blackfoot, Idaho, June 13, 2018.

Health and Wellness (cont.)

- Buck, J. Gluten Free Basics, Idaho State University Continuing Education Work Force Training, Pocatello, Idaho May 16, 2018.
- Buck, J. Frittata, Thomas Church group, Blackfoot, Idaho, April 25, 2018.
- Buck, J. A fishy story, Blackfoot Senior Citizen Center, Blackfoot, Idaho, March 14, 2018.
- Buck, J. Cooking under pressure, Bingham County Extension, Blackfoot, Idaho, February 16, March 8, 12, 2018.
- Buck, J. Walk more, Blackfoot Senior Citizen Center, Blackfoot, Idaho, February 14, 2018.
- Buck, J. Dining with Diabetes, Bingham County Extension, Blackfoot, Idaho, February 1, 8, 15, 22, 2018.
- Buck, J. Freezer meals, Bingham County Extension, Blackfoot, Idaho, January 25, February 21, 2018.
- Buck, J. Pedometer use, Blackfoot Senior Citizen Center, Blackfoot, Idaho, January 10, 2018.
- Buck, J. Dining with Diabetes course, Pocatello, Idaho, November 30, December 7, 14, 21, 2016, April 19, 2017.
- Buck, J. Mealtime in Less Time, Behavioral Health, Blackfoot, Idaho, November 9, 2017.
- Buck, J. Mealtime Inspirations: Healthy Roasted Vegetables, Salmon, Idaho, November 9, 2017.
- Buck, J. Mealtime Inspirations: Healthy Roasted Vegetables, Pocatello, Idaho, November 7, 2017.
- Buck, J.H. Dining on a Dime and Nutrition for Children, for Brigham Young University Alumni Series, San Antonio, Texas, October 7, 2017.
- <https://www.facebook.com/SanAntonioByuAlumni/videos/973682702771244>
- Buck, J. Salsa, Assertive Community Treatment, Pocatello, Idaho, September 28, 2017.
- Buck, J. Ancient Art of Bread, Bannock County office, Pocatello, Idaho, May 10, 2017.
- Buck, J. Smoothies, Pocatello Demonstration Kitchen, Pocatello, Idaho, March 7, 2017.
- Buck, J. Dining on a Dime, Pocatello Demonstration Kitchen, Pocatello, Idaho, February 23, 2017.
- Buck, J. Bran muffins, Assertive Community Treatment, Pocatello, Idaho, February 21, 2017.
- Buck, J. Bread Making Basics, Idaho State University Workforce Training, Pocatello, Idaho, February 9, 2017.
- Buck, J. Heart Health, Kiwanis, Pocatello, Idaho, February 7, 2017.
- Buck, J. Celebrate, Migrant Head Start, Idaho Falls, Idaho, February 4, 2017.
- Buck, J. Dining with Diabetes, Bannock County Extension, Pocatello, Idaho, February 2, 9, 16, 23, April 19, 2017.
- Buck, J. Go Lean with Protein, Migrant Head Start, Idaho Falls, Idaho, January 28, 2017.
- Buck, J. Gluten Free Dining. New Knowledge Adventures, Pocatello, Idaho, January 16, 2017.
- Buck, J. Freezer Beef Meals. Assertive Community Treatment, Pocatello, Idaho, November 22, 2016.
- Buck, J. Mealtime Inspirations: Salisbury Steak/Quick Tips edition, Franklin County Extension, Preston, Idaho, November 10, 2016.
- Buck, J. Mealtime Inspirations: Salisbury Steak/Quick Tips edition, Fort Hall Reservation, Fort Hall, Idaho, November 9, 2016.
- Buck, J. Soup, Assertive Community Treatment, Pocatello, Idaho, October 24, 2016.
- Buck, J. Artisan Bread, Bannock County office, Pocatello, Idaho, October 20, 2016.
- Buck, J. Stir Fry, Assertive Community Treatment, Pocatello, Idaho, August 30, 2016.
- Buck, J. Fresh Salsa, Assertive Community Treatment, Pocatello, Idaho, August 23, 2016.
- Buck, J. Using Garden Produce, Pocatello Garden Club, August 18, 2016.
- Buck, J. Taco Salads, Assertive Community Treatment, Pocatello, Idaho, August 16, 2016.
- Buck, J. Basic Nutrition, Parkinson Support Group, Pocatello, Idaho, June 1, 2016.
- Buck, J. Dining with Diabetes course, Pocatello, Idaho, April 20, 27, May 4, 11, August 17, 2016.
- Buck, J. Sugar Free Marmalade class, Pocatello, Idaho, May 12, 2016.
- Buck, J. Fresh Salsa, Pocatello Demonstration Kitchen, Pocatello, Idaho, May 2, 2016.

Health and Wellness (cont.)

- Buck, J. Nutrition update for Childcare Workers, Southeast Idaho Health Department, Pocatello, Idaho. March 28, 2016.
- Buck, J. Fitness for persons with Parkinson's, Pocatello, Idaho, March 2, 2016.
- Buck, J. Fit and Fall Proof™ fitness class. January 4, 6, 11, 13, 20, 22, 25, 27, February 1, 3, 8, 12, 17, 19, 22, 24, 29, March 2, 9, 2016.
- Buck, J. Dry mixes for home storage, Pocatello, Idaho, February 11, 2016.
- Buck, J. Cooking with Quinoa, Garden club, Pocatello, Idaho, February 10, 2016.
- Buck, J. Chocolate Class, Bannock County office, Pocatello, Idaho, December 17, 2015.
- Buck, J. Cooking spaghetti, Assertive Community Treatment, Pocatello, Idaho, December 1, 2015.
- Buck, J. Mealtime Inspirations: Family edition, Rexburg, Idaho, November 18, 2015.
- Buck, J. Mealtime Inspirations: Family edition, Pocatello, Idaho, November 17, 2015.
- Buck, J. Microwave Cooking, Assertive Community Treatment, Pocatello, Idaho, November 3, 2015.
- Buck, J. Fit and Fall Proof™ fitness class, Bannock County office, Pocatello, September-November 2015.
- Buck, J. Fit and Fall Proof™ fitness class, Bannock County office, Pocatello, Idaho, April-June 2015.
- Buck, J. Phytochemicals. Eat Smart Idaho Nutrition Advisers, Bannock County Extension, Pocatello, Idaho, December 11, 2014.
- Buck, J. 24-hour diet recall. Eat Smart Idaho Nutrition Adviser, Bannock County Extension, Pocatello, Idaho, December 11, 2014.
- Buck, J. Hassle Free Holiday, Bannock County Extension, Pocatello, Idaho, December 3, 2014.
- Buck, J. Dining with Diabetes, Bannock County Extension, Pocatello, Idaho, October 29, November 5, 12, 19, 2014.
- Buck, J. Hand mixing whole wheat bread, Pocatello Demonstration Kitchen, Pocatello, Idaho. September 23, 2014.
- Buck, J. Dry & Wet: Using powder margarine and eggs, Pocatello Demonstration Kitchen, Pocatello, Idaho. July 22, 2014.

Food Safety

- Buck, J. Freezer jam, Blackfoot, Idaho, October 26, 2022.
- Buck, J. Pressure canning: Food safety and technique, Idaho Falls, Idaho, September 22, 2022.
- Buck, J. Preserve@Home online course, June 2022.
- Buck, J. Pressure canning, Blackfoot, Idaho, June 22, 2022.
- Buck, J. Stew pressure canning class, Blackfoot, Idaho, February 24, 2022.
- Buck, J. Preserve@Home online course, January 2022.
- Buck, J. Starting a specialty business in Idaho online, October 14, 2021.
- Buck, J. Food Preservation Basics, Eastern Idaho State Fair, Blackfoot, Idaho, September 5, 2021.
- Buck, J. Cooking Under Pressure, Caribou Extension, Soda Spring, Idaho, August 24, 2021.
- Buck, J. Preserving pickles online course, May 17, 2021.
- Buck, J. Home Canning Basics online course, May 3,10, 2021.
- Buck, J. Preserve@Home online course, January 2021.
- Buck, J. Preserve@Home online course, January 2020.
- Buck, J. Preserve@Home online course, January 2019.
- Buck, J. Water Bath Canning, Bingham County Extension, Blackfoot, Idaho, September 13, 2018.
- Buck, J. Salsa basics. Thomas church group, Blackfoot, Idaho, September 12, 2018.
- Buck, J. Salsa, Aberdeen church group, Aberdeen, Idaho, September 12, 2018.
- Buck, J. Pressure Canning, Bingham County Extension, Blackfoot, Idaho, September 11, 2018.
- Buck, J. Food analysis for businesses, Teton County Extension, Driggs, Idaho, July 16, 2018.
- Buck, J. Temperature for meats, Shelly Senior Citizen Center, Shelley, Idaho, July 6, 2018.
- Buck, J. Cleaning produce, Blackfoot Senior Citizen Center, Blackfoot, Idaho, May 9, 2018.

Food Safety (cont.)

- Buck, J. Preserve@Home online course, March 2, 2018.
- Buck, J. Food Preservation Basics, Salmon, Idaho, March 1, 2018.
- Buck, J. Food Safety, Nutritional Analysis, Food Labeling, Driggs, Idaho, September 25, 2017.
- Buck, J. Food Storage Update, Pocatello, Idaho, September 13, 2017.
- Buck, J. Pickles and Jam, Bannock County office, Pocatello, Idaho, March 27, 2017.
- Buck, J. Freezing and Drying, Bannock County office, Pocatello, Idaho, March 20, 2017.
- Buck, J. Low Acid Canning, Bannock County office, Pocatello, Idaho, March 16, 2017.
- Buck, J. High Acid Canning, Bannock County office, Pocatello, Idaho, March 6, 2017.
- Buck, J. Basic Food Preservation, Pocatello, Idaho, February 27, 2017.
- Buck, J. Food Safety Update, School District #25, Pocatello, Idaho, February 21, 2017.
- Buck, J. Ready, Set, Food Safe course. Bannock County office, Pocatello, Idaho, February 17, 2017.
- Buck, J. Ready, Set, Food Safe course. Bannock County office, Pocatello, Idaho, February 1, 2017.
- Buck, J. Ready, Set, Food Safe course. Bannock County office, Pocatello, Idaho, January 31, 2017.
- Buck, J. Ready, Set, Food Safe course. Bonneville County office, Idaho Falls, Idaho, January 25, 2017.
- Buck, J. Ready, Set, Food Safe course. Bonneville County office, Idaho Falls, Idaho, January 25, 2017.
- Buck, J. Ready, Set, Food Safe course. Bonneville County office, Idaho Falls, Idaho, January 24, 2017.
- Buck, J. Ready, Set, Food Safe course. Bannock County office, Pocatello, Idaho, January 23, 2017.
- Buck, J. Ready, Set, Food Safe course. Bonneville County office, Idaho Falls, Idaho, January 20, 2017.
- Buck, J. Preserve@Home online course, January 2017.
- Buck, J. Pressure Canning, Bannock County office, Pocatello, Idaho, September 22, 2016.
- Buck, J. Preserve@Home online course, June 2016.
- Buck, J. Dehydration and Jerky, Bannock County office, Pocatello, Idaho, March 27, 2016.
- Buck, J. Freezing and Pickles, Bannock County office, Pocatello, Idaho, March 20, 2016.
- Buck, J. Jam and Jelly, Bannock County office, Pocatello, Idaho, March 13, 2016.
- Buck, J. Master Food Preservation High Acid canning, Salmon, Idaho, March 10, 2016.
- Buck, J. Low Acid Canning, Bannock County office, Pocatello, Idaho, March 6, 2016.
- Buck, J. High Acid Canning, Bannock County office, Pocatello, Idaho, February 27, 2016.
- Buck, J. Preserve@Home online course, January 2016.
- Buck, J. Ready, Set, Food, Safe course to new advisers, Eat Smart Idaho, Bannock County office, Pocatello, Idaho, December 9, 14, 16, 2015.
- Buck, J. Basic Food Preservation, Idaho State University Dietetic Students, Pocatello, Idaho, November 3, 2015.
- Buck, J. Master Food Preservation Eastern District course, Pocatello, Idaho, March-April 2015.
- Buck, J. Preserve@Home online course, January 2016.
- Buck, J. Ready, Set, Food Safe Course. Eat Smart Idaho Nutrition Advisers, Bannock County Extension, Pocatello, Idaho, November 17, 19, 20, 2014.
- Buck, J. Food Preservation, Idaho State University, Pocatello, Idaho, November 4, 2014.
- Buck, J. Canning Peaches, Bannock County Extension, Pocatello, Idaho, September 29, 2014.
- Buck, J. Basics of Water and Pressure Canning, Bannock County Extension, Pocatello, Idaho, August 20, 2014.
- Buck, J. Basics of Pressure Canning, Pocatello Demonstration Kitchen, Pocatello, Idaho, August 13, 2014.

4-H Youth Development and Volunteer Development

- Buck, J. Welcome to the real world, Firth, Idaho, September 22, 2022.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, May 23-25, 2022.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, February 22, 23, 2022.
- Buck, J., R. Powell, K. McDonald, Tobacco, and Vaping Prevention
AW Johnson Elementary School, Firth, Idaho, February 28, 2022.
Rockford Elementary School, Snake River, Idaho, March 17, 2022.
Fort Hall Elementary School, Fort Hall, Idaho, April 19, 2022.
- Buck, J. 4-H Sew 4-H Fun project group, Bingham County Extension, Blackfoot, Idaho, February 4, 18, March 4, 18, April 1, 29, 2022.
- Buck, J. Nutrition topic, Special needs class, Blackfoot High School, Blackfoot, Idaho, January 10, 2022.
- Buck, J. 4-H Day Camp Pumpkin Tart, Blackfoot, Idaho, November 12, 2021.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, November 8, 9, 10, 2021.
- Buck, J. 4-H Fun Friday Halloween Pillow, Blackfoot, Idaho, October 15, 2021.
- Buck, J. 4-H Archery Shoot, 4-H Bingham County Fair, Blackfoot, Idaho, August 3, 2021.
- Buck, J. 4-H Sew 4-H Fun project group, Bingham County Extension, Blackfoot, Idaho June 4, 2021.
- Buck, J. Electric pressure cooker for youth, Skyline High School, Idaho Falls, Idaho, May 20, 2021.
- Buck, J. 4-H Sew 4-H Fun project group, Bingham County Extension, Blackfoot, Idaho, May 14, 21, 2021.
- Buck, J. 4-H Day camp Mother's Day basket, Bingham County Extension, Blackfoot, Idaho, April 30, 2021.
- Buck, J. 4-H Sew 4-H Fun project group, Bingham County Extension, Blackfoot, Idaho April 2, 9, 16, 2021.
- Buck, J. 4-H Day camp cookies, Bingham County Extension, Blackfoot, Idaho April 9, 2021.
- Buck, J. 4-H Leader training Civil Rights, Bingham County Extension, Blackfoot, Idaho March 8, 2021.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, February 22, 23, 2021.
- Buck, J. 4-H Day camp pillows, Bingham County Extension, Blackfoot, Idaho, January 8, 2021.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, November 9, 10, 11, 2020.
- Buck, J. Food truck cook-off, Blackfoot High School, Blackfoot, Idaho, February 27, 2020.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, February 24, 25, 26, 2020.
- Buck, J. Electric pressure cooker youth, Independence High School, Blackfoot, Idaho, February 4, 2020.
- Buck, J. School pantry cook-off, Blackfoot High School, Blackfoot, Idaho, November 11, 12, 13, 2019.
- Buck, J. Electric pressure cookers for youth, Skyline High School, Idaho Falls, Idaho, November 5, 2019.
- Buck, J. Dehydrating fruit day camp, Blackfoot, Idaho, June 4, 2019.
- Buck, J. STEAM club, Blackfoot, Idaho, April 1, 8, 15, 22, 29, May 6, 13, 20, 2019.
- Buck, J. Rolls, Snake River Junior High School, Blackfoot, Idaho, February 4, 2019.
- Buck, J. Granola bars, Snake River Junior High School, Blackfoot, Idaho, January 14, 2019.
- Buck, J. Table setting and manners, Mountain View Middle School, Blackfoot, Idaho, January 10, 2019.
- Buck, J. Breakfast sundae, Mountain View Middle School, Blackfoot, Idaho, December 20, 2018.
- Buck, J. Pizza, Snake River Junior High, Blackfoot, Idaho, December 13, 2018.
- Buck, J. Microwaves, Mountain View Middle School, Blackfoot, Idaho, December 6, 2018.

4-H Youth Development and Volunteer Development (cont.)

- Buck, J. Smoothies, Snake River Junior High, Blackfoot, Idaho, November 19, 2018.
- Buck, J. Kitchen appliances, Mountain View Middle School, Blackfoot, Idaho, October 18, 2018.
- Buck, J. Granola bars, Snake River Junior High School, Blackfoot, Idaho, October 15, 2018.
- Buck, J. Fruit kabobs, Mountain View Middle School, Blackfoot, Idaho, October 4, 2018.
- Buck, J. Snack pizzas, Snake River Junior High School, Blackfoot, Idaho, September 17, 2018.
- Buck, J. Kitchen safety basics, Mountain View Middle School, Blackfoot, Idaho, September 13, 2018.
- Buck, J. Bread sculpting, Snake River Junior High School, Idaho, August 27, 2018
- Buck, J. Tin foil dinners day camp, Bingham County Extension, Blackfoot, Idaho, July 9, 2018.
- Buck, J. Jelly making day camp, Bingham County Extension, Blackfoot, Idaho, July 2, 2018.
- Buck, J. Edible bugs, 4-H Alpine Camp, Alpine, Wyoming, June 18, 19, 2018.
- Buck, J. Dehydrating fruit, Bingham County Extension, Blackfoot, Idaho, June 5, 2018.
- Buck, J. Pigs in a blanket, Mountain View Middle School, Blackfoot, Idaho, May 22, 2018.
- Buck, J. Handwash instruction, Blackfoot High School, Blackfoot, Idaho, May 9, 2018.
- Buck, J. Pillowcases Day camp, Bingham County Extension, Blackfoot, Idaho, May 8, 2018.
- Buck, J. Tacos in a bag, Mountain View Middle School, Blackfoot, Idaho, May 8, 2018.
- Buck, J. Bread sculpting, Mountain View Middle School, Blackfoot, Idaho, April 27, 2018.
- Buck, J. Fruit exploration, Mountain View Middle School, Blackfoot, Idaho, April 13, 2018.
- Buck, J. Pizza Day camp, Bingham County Extension, Blackfoot, Idaho, March 19, 2018.
- Buck, J. Healthy eating, Beyond the bell, Bonneville County, Idaho Falls, Idaho, January 8, 2018
- Buck, J. Progressive sewing, Bingham County Extension, Blackfoot, Idaho, January 5, 9, 2018.
- Buck, J. Pulses, Intensive Supervised Probation, Pocatello, Idaho, August 29, 2017.
- Buck, J. Muffins, Intensive Supervised Probation, Pocatello, Idaho, June 28, 2017.
- Buck, J. Potted plants, Intensive Supervised Probation, Pocatello, Idaho, June 14, 2017.
- Buck, J. Artisan bread, Bannock County 4-H group, Pocatello, Idaho, June 6, 2017.
- Buck, J. Intensive Supervised Probation, Pocatello, Idaho, May 3, 2017.
- Buck, J. Kitchen organization, Intensive Supervised Probation, Pocatello, Idaho, April 19, 2017.
- Buck, J. Planting, Intensive Supervised Probation, Pocatello, Idaho, March 22, 2017.
- Buck, J. Pancakes, Intensive Supervised Probation, Pocatello, Idaho, March 8, 2017.
- Buck, J. Cold cereal, Intensive Supervised Probation, Pocatello, Idaho, February 22, 2017.
- Buck, J. Whole grains, Intensive Supervised Probation, Pocatello, Idaho, November 30, 2017.
- Buck, J. Wheat, Intensive Supervised Probation, Pocatello, Idaho, September 21, 2016.
- Buck, J. Consumer decision. State 4-H Leader's Forum, College of Southern Idaho, Twin Falls, Idaho. November 5, 2016.
- Buck, J. Low-fat pumpkin cookies, Intensive Supervised Probation, Pocatello, Idaho, October 19, 2016.
- Buck, J. Cookie bars, Intensive Supervised Probation, Pocatello, Idaho, September 21, 2016.
- Buck, J. French toast, Intensive Supervised Probation, Pocatello, Idaho, September 7, 2016.
- Buck, J. Get your Hawaiian on. 4-H State Teen Conference, University of Idaho, Moscow, Idaho. June 28-29, 2016.
- Buck, J. Carrot cupcakes, Intensive Supervised Probation, Pocatello, Idaho, June 15, 2016.
- Buck, J. Activity + Eating. Idaho State Youth Civitan group, Idaho State University, Pocatello, Idaho, June 8, 2016.
- Buck, J. Orange salad, Intensive Supervised Probation, Pocatello, Idaho, June 1, 2016.
- Buck, J. Oats, Intensive Supervised Probation, Pocatello, Idaho, March 23, 2016
- Buck, J. Apples, Intensive Supervised Probation, Pocatello, Idaho, March 9, 2016.
- Buck, J. Beans, Intensive Supervised Probation, Pocatello, Idaho, February 24, 2016.
- Buck, J. Wheat, Intensive Supervised Probation, Pocatello, Idaho, January 27, 2016
- Buck, J. Berries, Intensive Supervised Probation, Pocatello, Idaho, January 13, 2016.
- Buck, J. I am not in Kansas anymore! Healthy Living. Idaho 4-H Teen Conference, University of Idaho, Moscow, June 11, 2015.

4-H Youth Development and Volunteer Development (cont.)

- Buck, J. Choose Health, Food, Fun, Fitness 4-H Food Smart Families Grant, lessons 3-4. Eat Smart Idaho, June 4, 2015.
- Buck, J., Path to Dietitian. Upward Bound, Idaho State University, Pocatello, Idaho. July 23, 2014.
- Buck, J. Zucchini bread and Garden Produce cooking class, Intensive Supervised Probation, Bannock County Extension Pocatello, Idaho, August 26, 2014.
- Buck, J. Zucchini casserole and cucumber cooking class, Intensive Supervised Probation. Bannock County Extension Pocatello, Idaho, September 23, 2014.
- Buck, J. Peach cobbler/Christmas tree popcorn chain, Intensive Supervised Probation, Bannock County Extension Pocatello, Idaho, December 16, 2014.

Family Economics:

- Buck, J. Welcome to the real world, a youth budgeting program presented in each of the following classes:
- Firth Middle School, Firth, Idaho, September 19, 2022.
 - Firth High School, Firth, Idaho, January 11, 2021.
 - Blackfoot High School, Blackfoot, Idaho, March 6, 2020.
 - Blackfoot High School, Blackfoot, Idaho, February 27, 2020.
 - Snake River Junior High School, Blackfoot, Idaho, 5 sessions, November 29, 2019.
 - Firth High School, Blackfoot, Idaho, November 19, 2019.
 - Skyline High School, Idaho Falls, Idaho, November 5, 2019.
 - Firth High School, Firth, Idaho, May 16, 2019.
 - Firth High School, Firth, Idaho, May 7, 2019.
 - Firth High School, Firth, Idaho, April 23, 2019.
 - Alternative High School, Blackfoot, Idaho, February 5, 2019.
 - Snake River Junior High School, Blackfoot, Idaho, 5 sessions, January 30, 2019.
 - Snake River Junior High School, Blackfoot, Idaho, 5 sessions, January 29, 2019.
 - Snake River Junior High School, Blackfoot, Idaho, 5 sessions, January 21, 2019.
 - Firth High School, Firth, Idaho, January 10, 2019.
 - Firth High School, Firth, Idaho, January 3, 2019.
 - Alternative High School, Blackfoot, Idaho, December 19, 2018.
 - Blackfoot High School, Blackfoot, Idaho, October 24, 2018.
 - Snake River Junior High School, Blackfoot, Idaho, 5 sessions, October 23, 2018.
 - Snake River Junior High School, Blackfoot, Idaho, 5 sessions, October 12, 2018.
 - Blackfoot High School, Blackfoot, Idaho, October 19, 2018.
 - Firth High School, Firth, Idaho, May 8, 2018.
 - Blackfoot High School, Blackfoot, Idaho, April 19, 2018.
 - Blackfoot High School, Blackfoot, Idaho, April 18, 2018.
- Buck, J. Downsize and organize, a course to take care of possessions presented in each of the following classes:
- Blackfoot Senior Citizen, Blackfoot, Idaho, April 11, 18, 25, 2019.
- Buck, J. Balanced Living, a course on time, meal and money management presented in each of the following classes:
- Behavioral Health, Blackfoot, Idaho, November 21, 2018.
 - Behavioral Health, Blackfoot, Idaho, March 28, May 23 June 27, August 22, 2018.
 - Behavioral Health, Blackfoot, Idaho, January 9, 2017.

SCHOLARSHIP ACCOMPLISHMENTS:

Description of personal contributions

a. Graduate work

* Corresponding author

1. Developed project idea
2. Obtained or provided project funding/resources
3. Collected data
4. Analyzed data
5. Contributed significantly to writing
6. Contributed significantly to editing

Publications, Exhibitions, Performances, Recitals:**Refereed:****Journals:**

Morrisroe-Aman, B, **J. Buck**, L. Sant, J.H. Kim, and G. Wittman. 2021. H2O to Go-Staying Hydrated Safely: A Reusable Water Bottle Safety Research Project. *Journal of National Extension Association of Family & Consumer Sciences, Vol 16*
<https://neafcs.memberclicks.net/assets/documents/journal/2021-jneafcs/2021-JNEAFCS-Final-Sm.pdf> (2, 3, 4, 5, 6)

Lee, S., G. Manker, N. Ghimire, L. Foist, and **J. Buck**. 2021. School Pantry Cook-Off: An Approach to Educate Youth on Food Insecurity. *The Journal of Extension, 59(4)*, Article 9. <https://doi.org/10.34068/joe.59.04.09>

Amende, J., B. Morrisroe-Aman, **J. Buck**, and A. Bingham. 2021. Nutrition for Healthy Aging; A 1-Time, Nutrition-Centered Program Reaching Aging Adults. *Journal of Nutrition Education and Behavior, Vol. 53, Issue 8, pages 724-727, ISSN 1499-4046*,
<https://doi.org/10.1016/j.jneb.2021.04.464>. (3, 4, 5, 6)

Buck, J., L. Sant, P. Case, S. Greenway, G. Hyde, J. Peutz, A. Zander, G. Wittman, and A. Robertson. 2020. Online Training Influence on Food Preservation Behaviors. *Journal of National Extension Association of Family & Consumer Sciences, Vol 15*
<https://neafcs.memberclicks.net/assets/documents/journal/2020-jneafcs/2020-JNEAFCS-FINAL.pdf> (1, 3, 4, 5, 6)

Buck, J., Greenway, S., Hoffman, K., & Wittman, G. (2018). Educators Teach Effective Hand Washing with a Simplified Method. *Journal of Extension, 56(6)*, Article 23.
<https://tigerprints.clemson.edu/joe/vol56/iss6/23> (2, 5, 6)

Extension Publications:**Bulletins/Pacific Northwest (PNW) Publications:**

Hutchings, B., **J. Buck**, S. Greenway, L. Hansen, A. Robertson, 2021. Guide to using and caring for your electric programmable pressure cooker., University of Idaho Extension. PNW 747. (5, 6).

Morrisroe-Aman, B., L. Sant, S. Johnson, **J. Buck**, J. Kim, G. Wittman. 2020.H2O to Go-Staying Hydrated Safely, University of Idaho Extension. BUL 971. (5, 6)

Buck, J., L. Sant, A. Robertson. 2020. Making Jerky at Home Safely, University of Idaho Extension. PNW 632. (5, 6)

Thomas, J., B. Stokes, **J. Buck**. 2020. Pantry Pest Guide, University of Idaho Extension. PNW 729. (1, 5, 6)

Bulletins/Pacific Northwest (PNW) Publications (cont.)

- Amende, J., B. Morrisroe-Aman, **J. Buck**. 2020. Nutrition for Healthy Aging: Four Key Nutrition Messages for the Older Adult, University of Idaho Extension. BUL 975. (3, 5, 6)
- Buck, J.**, A. Robertson and N. Shelstad. 2019. Dutch Oven Cooking, Helper's Guide. University of Idaho. BUL 940. (5, 6)
- Robertson, A., **J. Buck**, and N. Shelstad. 2019. Dutch oven cooking unit 2, 2nd Edition. University of Idaho Extension. BUL 939. (5, 6)
- Shelstad, N., A. Robertson, and **J. Buck**. 2019. Dutch Oven Cooking, Unit 1. University of Idaho. BUL 938. (5, 6)

Curricula:

- Jensen, K., M. Toomey, S. Johnson, **J. Buck**, L. Blanch, S.G. Lee, and K. Tiff. 2022. Five for Five - Five Minutes to Better Health - A Physical Activity Add-on Curriculum. University of Idaho Extension.
<https://drive.google.com/file/d/1QvMDolPfAfmzZcsggpFilKL8zw21zwcc/view>
- Kim, J.H., **J. Buck**, L. Dye, S. Greenway, K. Hoffman, S. Johnson, J. Peutz, A. Robertson, L. Sant, and G. Wittman. 2019. Ready, set, food safe: A food service food safety curriculum for high schools, 4th Edition. University of Idaho Extension.
https://www.uidaho.edu/extension/ready-set-food-safe_ (5, 6)

Videos/Educational Media:

- Raidl, M., L. Sant, K. Jensen, J. Buck. Dietary Guidelines.
- Buck, J., L. Dye, L. Sant, L. Hansen, K. Hoffman, L. Blanch, L. Foist. 2017. Roasted Vegetables. University of Idaho Extension. <https://youtu.be/97Z1yTm3Gwk>

Peer Reviewed/Evaluated:**Journals:**

- Laura E. Balis, Shari Gallup, Heather Norman-Burgdolf, Julie H. Buck, Pam Daniels, Dan Remley, Lisa Graves, Margaret Jenkins, and Gayle Price. 2022. Unifying Multi-State Efforts Through a Nationally Coordinated Extension Diabetes Program. Human Sciences and Extension is now available online (Volume 10, Number 1).
[https://urldefense.com/v3/_https://scholarsjunction.msstate.edu/jhse_!!JYXjzlvb!g7Aby_u_UWxm8Ya-PJ7oJc_thTd7jTVzSc3_TK8VgG3zjQTurXaSKv5re-9mZuzYkuF_kYBG0jyjZgZg\\$](https://urldefense.com/v3/_https://scholarsjunction.msstate.edu/jhse_!!JYXjzlvb!g7Aby_u_UWxm8Ya-PJ7oJc_thTd7jTVzSc3_TK8VgG3zjQTurXaSKv5re-9mZuzYkuF_kYBG0jyjZgZg$)
- Laura E. Balis, Bailey Houghtaling, and Julie Harker Buck. 2022. Evaluating Fidelity to the National Extension Dining with Diabetes Program: Challenges and Opportunities. Human Sciences and Extension is now available online (Volume 10, Number 1).
[https://urldefense.com/v3/_https://scholarsjunction.msstate.edu/jhse_!!JYXjzlvb!g7Aby_u_UWxm8Ya-PJ7oJc_thTd7jTVzSc3_TK8VgG3zjQTurXaSKv5re-9mZuzYkuF_kYBG0jyjZgZg\\$](https://urldefense.com/v3/_https://scholarsjunction.msstate.edu/jhse_!!JYXjzlvb!g7Aby_u_UWxm8Ya-PJ7oJc_thTd7jTVzSc3_TK8VgG3zjQTurXaSKv5re-9mZuzYkuF_kYBG0jyjZgZg$)
- Greenway, S., K. McFarland, **J. Buck**, G. Wittman, and J. Ho Kim. 2021. Innovative approach to measure effectiveness of handwashing education in school-age children by Extension Educators., Journal of Human Sciences and Extension, Volume 9, Number 3. (1, 3, 5, 6)
- Wright, I., S. Safaii, M. Raidl*, **J. Buck**, M. Spencer, L. Sant, R. Lanting, S. Greenway, E. Nagel, J. Peutz, and N. Deringer. 2015. Effectiveness of the Healthy Diabetes Plate and social media project, Journal of Nutrition and Health, Volume 1, Issue 2. <https://www.avensonline.org/wp-content/uploads/JNH-2469-4185-01-0007.pdf>. (3)

Abstracts and Proceedings:

Buck, J., L. Sant, L. Dye, K. Hoffman, and M. Spencer. 2016. Self-Efficacy Regarding Home Food Preservation Experience Comparing Extension and Online Course, National Extension Association of Family and Consumer Sciences Conference, Big Sky, Montana.

Buck, J. 2015. Instructor Influence on Self-Efficacy in Women with Gestational Diabetes Mellitus, Society for Nutrition Education and Behavior 47(45), S70. P152. (1, 2, 3, 4, 5, 6)

Other:**Extension Disaster Education Network (EDEN) Monthly Newsletter**

Program update: National Extension Dining with Diabetes, 2022.

National Extension Association of Family and Consumer Sciences Impact Statements:

Nutrition for Healthy Aging, National Extension Association of Family and Consumer Sciences Food and Nutrition Impact Statement, 2021. <https://www.neafcs.org/impact-statements>.

University of Idaho Extension Impact Statements:

Buck, J., R. Powell, K. McDonald. August 2022. Tobacco and vaping prevention taught to Bingham County elementary youth.

Buck, J., L. Sant. March 2022. Diabetes Email Challenge provides remote learning throughout the United States.

Buck, J., S. Johnson, J.H. Kim, B. Morrisroe-Aman, L. Sant, G. Wittman. May 2021. Reusable water bottle education results in behavior change.

Foist, L., M. McMurphy, B. Woodhouse, A. Roe, K. Hansen, **J. Buck**. October 2020. Eat Smart Idaho helps high school students create food pantry.

Foist, L., L. Blanch, **J. Buck**, L. Dye, L. Hansen, K. Hoffman, L. Sant. August 2020. Mealtime Inspirations provides new ideas to save time and money.

Hoffman, K., **J. Buck**, S. Greenway, J.H. Kim, G. Wittman. 2020. Teachers report U of I handwashing lessons in schools help students.

Hutchings, B., L. Hansen, **J. Buck**, S. Greenway, A. Robertson, N. Ghimire. 2020. Statewide trainings help Idahoans realize the benefits of cooking at home.

Hansen, L., S. Greenway, A. Robertson, **J. Buck**, B. Hutchings, S. Martinez. 2020. Youth cooking program builds knowledge and instills confidence in participants.

Amende, J., B. Morrisroe-Aman, L. Blanch, **J. Buck**. December 2019. Extension educators teach older Idahoans to live healthier lives.

Buck, J., G. Manker, J. Amende, B. Morrisroe-Aman, S. Lee. May 2019. Dining with Diabetes class participants increase knowledge.

Hutchings, B., A. Robertson, S. Greenway, J. Peutz, **J. Buck**, B. Morrisroe-Aman, and S. Martinez. 2019. Preparing meals at home with hands-on cooking under pressure workshop. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2019/14-19-bhutchings-under-pressure.pdf>.

Sant, L., **J. Buck**, L. Dye, K. Hoffman, L. Blanche. 2018. Mealtime Inspirations positively impacts participants in southeastern Idaho.

Buck, J., M. Butterfield. 2018. Fitness class in Bannock County results in seniors increasing physical activity.

Buck, J., L. Sant, M. Spencer, L. Dye, L. Erickson, S. Parkinson, K. Hoffman. 2017. Mealtime Inspirations: An educational community event in Southeast Idaho.

Sant, L., J. Peutz, G. Wittman, **J. Buck**, S. Greenway, A. Zander, G. Hyde, N. Kershaw, P. Case, S. Withee. 2017. Preserve@Home increases food preservation knowledge and behavior.

Wittman, G., M. Toomey, L. Vega, **J. Buck**, G. Silkwood, S. Johnson. 2015. 4-H Healthy Living teen advocates teach nutrition education classes.

Raidl, M., M. Spencer, L. Sant, **J. Buck**, B. Abo, J. Peutz, K. Jensen, G. Wittman, K. Hoffman, S. Greenway, S. Martinez, R. Lanting, S. Johnson, M. Lockard, P. McCawley. 2016. Idaho Extension health and nutrition programs can decrease health care costs.

University of Idaho Extension Impact Statements (cont.)

Peutz, J., S. Johnson, R. Lanting, **J. Buck**, K. Hansen, P. McCawley, K. Gardiner, B. Morrisroe-Aman, C. Jayo, C. Byington. 2014. Eat Smart Idaho: Improving the health of Idaho's communities.

Thesis and Dissertations:

Buck, J. 2014. Instructor influence on self-efficacy in women with Gestational Diabetes Mellitus. Ed.D. Dissertation. 116 pages. (a)
 Harker, J.C. 2004. Fruit and vegetable consumption as a predictor of weight in children. Master of Health Education Thesis. 124 pages. (a)

Scholarly Presentations and Other Creative Activities:

Displays and Posters:

Buck, J., S. Sawer, M. Nagele, and J. Madkin. Dining with Diabetes Email Challenge provides remote learning. University of Idaho Extension Annual Conference. 2022.
Buck, J., S. Sawer, M. Nagele, and J. Madkin. Dining with Diabetes Email Challenge provides remote learning. National Health Outreach Conference. 2022.
Buck, J., S. Sawer, M. Nagele, and J. Madkin. Dining with Diabetes Email Challenge provides remote learning. Idaho Academy of Nutrition and Dietetics Conference. 2022.
 Hansen, L., S. Greenway, A. Robertson, B. Hutchings, **J. Buck**, and S. Martinez. 2021. Cooking under pressure for youth, Joint Council of Extension Professional (JCEP) Virtual Conference. 2021.
 Buck, J., K. Jang, L. Sant, S. Johnson, B. Morrisroe-Aman, G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. Idaho Academy of Nutrition and Dietetics Virtual Conference. 2021.
 Buck, J., K. Jang, L. Sant, S. Johnson, B. Morrisroe-Aman, G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. National Extension Association of Family and Consumer Sciences Virtual Conference. 2020.
 Buck, J., K. Jang, L. Sant, S. Johnson, B. Morrisroe-Aman, G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. Idaho and Washington Academy of Nutrition and Dietetics Conference, Spokane, Washington. 2020.
 Buck, J., S. Greenway, K. Hoffman, G. Wittman, and J.H. Kim. Innovative hand washing technique. Consumer Food Safety Education Conference, Orlando, Florida. March 6-8, 2019.
 Buck, J., S. Greenway, K. Hoffman, G. Wittman, and J.H. Kim. Educators teach effective hand washing with a simplified method. Western Region 4-H Institute, Fort Collins, Colorado, 2018.
 Roe, A., **J. Buck**, K. Gardiner, K. Hansen, C. Jayo, S. Johnson, S. G. Lee, B. Morrisroe-Aman, J. Peutz, S. Sandoval, and B. Woodhouse. Eat Smart Idaho: Bridging Nutrition Education and Environmental Change for Low-Resource Idahoans. Idaho Academy of Nutrition and Dietetics Annual Meeting, Sun Valley, Idaho, 2018.
 Morrisroe-Aman, B., J. Peutz, A. Roe, K. Hansen, L. Comer, N. Telford, S. Johnson, R. Lanting, and **J. Buck**. Long Live Idaho! Let's get healthy together. National Health Outreach Conference, Annapolis, Maryland, 2017.
 Buck, J., K. Jang, L. Sant, and M. Spencer. Self-Efficacy Regarding Home Food Preservation Experience Comparing Extension and Online Courses. National Extension Association of Family and Consumer Sciences Conference, Big Sky, Montana, 2016.
 Morrisroe-Aman, B., J. Peutz, S. Johnson, R. Lanting, K. Hansen, P. McCawley, and **J. Buck**. The Public Value of Eat Smart Idaho. National Health Outreach Conference. Atlanta, Georgia, 2015.
 Buck, J. Instructor Influence on Self-Efficacy in Women with Gestational Diabetes Mellitus. Society for Nutrition Education and Behavior's 48th Annual Conference. Pittsburgh, 2015.

Professional Meeting Papers, Workshops:

- Remley, D., **J. Buck**, B. Jackey, S. Gallup, and G. Crum. 2022. National Dining with Diabetes Training. National Extension Association of Family and Consumer Sciences Conference, Raleigh, North Carolina.
- Lee, S.G., G. Manker, and **J. Buck**. 2022. School Pantry Mystery Food Box Cook-Off: Educating youth on food insecurity and healthy meal preparation. National Extension Association of Family and Consumer Sciences Conference, Raleigh, North Carolina.
- Buck, J.**, S. Sawyer, M. Nagele, and J. Madkin. 2022. Dining with Diabetes Email Challenge provides remote learning. University of Idaho Extension Annual Conference Ignite session.
- Jensen, K., M. Toomey, S. Johnson, **J. Buck**, L. Blanch, S.G. Lee, and K. Tift. 2022. Five for Five - Five Minutes to Better Health - A Physical Activity Add-on Curriculum. University of Idaho Extension Annual Conference Ignite session.
- Hansen, L., S. Greenway, A. Robertson, B. Hutchings, **J. Buck**, and S. Martinez. 2020. Cooking under pressure for youth, National Association of Extension 4-H Youth Development Professionals, Conference, Virtual Conference.
- Martinez, S., L. Hansen, S. Greenway, A. Robertson, **J. Buck**, and B. Hutchings. 2020. Cooking Under Pressure for Youth. Idaho Out-of- School Network Annual Power Up Summit: EmPower Up Virtual Conference, Boise, Idaho.
- Hansen, L., S. Greenway, A. Robertson, B. Hutchings, **J. Buck**, and S. Martinez. 2020. Cooking under pressure for youth, National Extension Association of Family and Consumer Sciences, Annual Session, Virtual Session.
- Lee, S.G., G. Manker, N. Ghimire, L. Foist, **J. Buck**. 2020. National Association of Extension 4-H Youth Development Professionals, Annual Virtual Conference.
- Martinez, S., L. Hansen, S. Greenway, A. Robertson, **J. Buck**, and B. Hutchings. 2020. Cooking Under Pressure for Youth. Idaho Out-of- School Network Annual Power Up Summit: EmPower Up Virtual Conference, Boise, Idaho.
- Ghimire, N., J. Hogge, S. Hines, L. Hansen, T. Ewers, B. Glaze, **J. Buck**, N. Dalton, M. De Haro Marti, K. Hart, R. Norell, N. Olsen, A. Ruth, A. Roe. 2020. Program reporting in the Cooperative Extension: Focus, expectations, practices, and views. Extension Leadership Conference, San Antonio, Texas.
- Buck, J., D. Remley, C. Newkirk, and G. Price. 2018. National Extension Dining with Diabetes Working Group. National Extension Association of Family and Consumer Sciences Conference, San Antonio, Texas.
- Buck, J. 2018. Educators teach effective hand washing with a simplified method. Lightning Talk. Western Region 4-H Institute, Fort Collins, Colorado.
- Buck, J., B. Hennard, D. Remley, and S. Gallup. 2017. National Extension Dining with Diabetes Working Group. National Extension Association of Family and Consumer Sciences Conference, Omaha, Nebraska.
- Hyde, G., L. Sant, J. Peutz, and **J. Buck**. Preserve@Home, 2017. On-line Food Preservation/Safety Training. Ignite Session. National Health Outreach Conference. Annapolis, Maryland.

Professional Meeting Papers, Workshops (cont.)

- Buck, J., and L. Dye. 2017. Mealtime Inspirations: Provides Mealtime Tips, Food Safety Information and Fun to Community. 15th Annual Honolulu International Education Conference, Honolulu, Hawaii.
- Buck, J., B. Hennard, and D. Fair. 2016. National Extension Dining with Diabetes Working Group. National Extension Association of Family and Consumer Sciences Conference, Big Sky, Montana.
- Buck, J., L. Sant, J. Peutz, G. Wittman, S. Greenway, G. Hyde, and A. Lander. 2016. Preserve@Home. National Extension Association of Family and Consumer Sciences Conference, Big Sky, Montana.
- Buck, J. 2016. Hunger Issues: Engaging Participants for Lifelong Change. Society of Nutrition and Education Behavior Webinar.
- Buck, J. 2016. Eat Smart Idaho: Promoting Healthy Eating and Lifestyle Changes Through Statewide Partnerships. Pre-conference speaker. Idaho Academy of Nutrition & Dietetics Annual Meeting. Pocatello, Idaho.

Grants and Contracts Awarded:

- Lindstrom, J., T. Ewers, N. Shelstad, C. Sponseller, M. Toomey, R. Baumgartner, and **J. Buck**. Engaging and Supporting Youth. Idaho Department of Health and welfare, 2021-2022, \$2,000,000 (\$3,850 spending authority).
- Lindstrom, J., T. Ewers, N. Shelstad, C. Sponseller, M. Toomey, R. Baumgartner, and **J. Buck**. Engaging and Supporting Youth: Bingham County Outreach and Summer Enrichment Programs. Idaho Department of Health and welfare, 2021-2022, \$2,000,000 (\$1,000 spending authority).
- Lindstrom, J., & **J. Buck**, Idaho Department of Health and Welfare, 2021-2022, \$2,000,000 (spending authority, \$2,150).
- Powell, R., K. McDonald, and **J. Buck**. Idaho Project Filter, 2020-2021, \$15,000 (0 spending authority).
- Roe, A., K. Hansen, J. Peutz, S. Johnson, S. Lee, and **J. Buck**. SNAP-Ed FY2017, \$994,348.08 (\$97,391.78 spending authority); EFNEP FY2017 \$387,546.00 (\$101,594.41 spending authority).
- Roe, A., K. Hansen, J. Peutz, S. Johnson, R. Lanting, and **J. Buck**. SNAP-Ed FY2016 \$962,058.08 (\$117,093.03 spending authority); EFNEP FY2016 \$388,066.00 (\$97,391.78 spending authority).
- Buck, J. Epsilon Sigma Phi Scholarship, 2016, \$500.
- Toomey, M., J. Peutz, G. Wittman, S. Johnson, R. Lanting, and **J. Buck**. 4-H Food Smart Families, National 4-H Council and ConAgra Foundation, March 2015-May 2016, \$135,000 (\$11,896 spending authority).
- Roe, A., K. Hansen, J. Peutz, S. Johnson, R. Lanting, and **J. Buck**. SNAP-Ed FY2015 \$1,009,748.80 (\$146,270.11 spending authority); EFNEP FY2015 \$383,878.19 (\$86,468.63 spending authority).
- Buck, J. Epsilon Sigma Phi Scholarship, 2015, \$500.
- Roe, A., K. Hansen, J. Peutz, S. Johnson, R. Lanting, and **J. Buck**. SNAP-Ed FY2014 \$830,000.00 (\$121,764.06 spending authority); EFNEP FY2014 \$388,061.00 (\$68,785.38 spending authority).
- Toomey, M., J. Peutz, G. Wittman, S. Johnson, R. Lanting, **J. Buck**. 4-H Food Smart Families, National 4-H Council and ConAgra Foundation, March-November 2014, \$166,000 (\$3,990 spending authority).

Internal Funding Awarded:

- Buck, J. University of Idaho Extension Eastern District Enhancement Funds, 2022, \$2,000 (\$2,000 spending authority).
- Buck, J. University of Idaho Extension Eastern District Enhancement Funds 2020, \$1507.98 (\$1507.98 spending authority).
- Manker, G., S.G. Lee, **J. Buck**, J. Amende. University of Idaho Innovative Project Grant, Dining with Diabetes, September 1, 2019-June 30, 2020, \$4,000 (\$4,000 spending authority).
- Buck, J. Mildred Haberly Endowment Award, School of Family and Consumer Sciences, 2020, \$1,300.

Internal Funding Awarded (cont.)

- Buck, J. Eastern District Funds, February 26, 2020, \$398.65 (\$398.65 spending authority).
- Buck, J. University of Idaho Extension Support Endowment, 2019, \$300.
- Buck, J. Mildred Haberly Endowment Award, School of Family and Consumer Sciences, 2019, \$1,368.
- Buck, J., J.H. Kim, L. Sant, S. Johnson, B. Morrisoe-Aman, and G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. University of Idaho Innovative Project Award, 2018-2019, \$5,239 (\$5,239 spending authority).
- Buck, J. University of Idaho Extension Professional Development Fund to attend 2018 National Education Association of Family and Consumer Sciences conference, \$1,419.00 (\$1,419 spending authority).
- Kim, J.H., J. Peutz, L. Sant, G. Wittman, **J. Buck**, L. Dye, S. Greenway, K. Hoffman, S. Johnson, and A. Robertson. University of Idaho Extension Topic Team Project, Improving Ready Set Food Safe Curriculum through a Web-Based Interactive Module. 2017, \$ 7,088 (\$0 spending authority).
- Toomey, M., J. Peutz, G. Wittman, S. Johnson, R. Lanting, and **J. Buck**. University of Idaho Family and Consumer Sciences, 4-H Food Smart Families, 2016-2016, \$77,225 (\$4,698 spending authority).
- Buck, J. Mildred Haberly Endowment Award, School of Family and Consumer Sciences, 2016, \$2,000.
- Raidl, M., **J. Buck**, **J. Kim**, S. Greenway, M. Spencer, L. Sant, and K. Jensen. University of Idaho Critical Issues FCS Topic Team: Dietary Guidelines for Americans curriculum, 2016, \$7500 (\$0 spending authority).
- Hoffman, K., G. Wittman, **J. Buck**, **J. Kim**, and S. Greenway. University of Idaho FCS Topic Team: Evaluation of Handwashing Teaching Effectiveness, 2016, \$5,650 (\$0 spending authority).

In-kind and Industry Support:

- Buck, J.** Support for dairy products at 4-H Alpine Camp. 2022-\$314.00 (\$314.00 spending authority).
- Hutchings, B., L. Hansen, and **J. Buck**. Support for Cooking Under Pressure program. 2019-\$1,350.00-Bed Bath and Beyond (\$0 spending authority).
- Hutchings, B., L. Hansen, and **J. Buck**. Support for Cooking Under Pressure program. 2019- \$6,995.00– Idaho State Journal (\$0 spending authority).
- Hutchings, B., L. Hansen, and **J. Buck**. Support for Cooking Under Pressure program. 2019- \$251.95-Bed Bath and Beyond (\$0 spending authority).

Scholarship Honors and Awards:

- Lee, S.G., G. Maker, **J. Buck**, N Ghimire, L. Foist, C. Jayo, and S. Ettesvold. Innovative Youth Development Programming Award. 1st Place Western Region, 3rd place National Winner. National Extension Association of Family & Consumer Sciences, 2022.
- Amende, J., **J. Buck**. Communications Internet Education Technology Award – *Idaho's Online Dining with Diabetes Program*. 1st Place National and 1st Place Western Region. National Extension Association of Family & Consumer Sciences, 2021.
- Buck, J.**, S. Sawyer, J. Madkin, M. Nagele, and A. Noll Houlihan. Dining with Diabetes Email Challenge. Excellence in Multi State Collaboration Award, National Extension Association of Family and Consumer Sciences, 1st Place Western Regional Winner, 2021.
- Hansen, L. S. Greenway, A. Robertson, B. Hutchings, **J. Buck**, and S. Martinez. University of Idaho Extension Excellence in Healthy Living Team. Cooking Under Pressure for Youth, 2021.
- Hansen, L. S. Greenway, A. Robertson, B. Hutchings, **J. Buck**, and S. Martinez. Innovative Youth Development Programming Award for Cooking Under Pressure for Youth. National Extension Association of Family and Consumer Sciences, Second Place Western Regional Winner, 2020.
- Hansen, L. S. Greenway, A. Robertson, B. Hutchings, **J. Buck**, and S. Martinez. Excellence in Healthy Living Award for Cooking Under Pressure for Youth. Idaho Association of Extension 4-H Professionals, State Winner, 2020.

Scholarship Honors and Awards (cont.)

- Buck, J.**, H. K. Jang, L. Sant, S. Johnson, B. Morrisroe-Aman, G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. Program Excellence Through Research Award, National Extension Association of Family and Consumer Sciences, 3rd Place Western Regional Winner, 2020.
- Remley, D., L. Gallup, **J. Buck**, L. Graves, S. Gallup, M. Jenkins, P. Daniels, and J. Amende. Excellence in Multi State Collaboration Award-The National Dining with Diabetes Extension Working Group Paving the Way for National Family and Consumer Sciences Programs, National Extension Association of Family and Consumer Sciences, 2nd Place National Winner, 2nd Place Central Region Winner, 2019.
- Hutchings, B., A. Robertson, S. Greenway, **J. Buck**, J. Peutz, B. Morrisroe-Aman, S. Martinez, and A. Burchak. Innovation in Programming Award-Cooking Under Pressure, National Extension Association of Family and Consumer Sciences, 3rd Place National Winner and 1st Place Western Region Winner, 2019.
- Sant, L., **J. Buck**, L. Dye, K. Hoffman, L. Blanch. Social Media – Online Video: Mealtime Inspirations, National Extension Association of Family and Consumer Sciences, 2nd Place Western Regional Winner, 2018.
- Peutz, J., B. Morrisroe-Aman, A. Roe, K. Hansen, E. Comer, N. Telford, S. Johnson, **J. Buck**, R. Lanting, Marketing Package Award- Long Live Idaho!, National Extension Association of Family and Consumer Sciences, 1st Place Western Region Winner, State Winner, 2017.
- Buck, J., L. Sant, L. Dye, M. Spencer, L. Erickson, S. Parkinson, K. Hoffman, L. Blanch. Communications Television/Video Program Award-Mealtime Inspirations, National Extension Association of Family and Consumer Sciences, 1st Place Western Region Winner, State Winner, 2017.
- Wittman, G., M. Toomey, S. Johnson, J. Peutz, R. Lanting, **J. Buck**, D. Gillespie, S. Greenway, L. Vega, B. Morrison-Aman, A. Roe. 4-H Food Smart Families. Florence Hall Award Western Region first place winner. National Extension Association of Family and Consumer Sciences, 2017.
- Toomey, M., G. Wittman, S. Johnson, J. Peutz, R. Lanting, **J. Buck**, D. Gillespie, S. Greenway, L. Vega, B. Morrison-Aman, A. Roe. 4-H Food Smart Families. Excellence in Healthy Living Programming Award. Western Region and National Award. National Association of Extension 4-H Agents 2017.
- Toomey, M., S. Johnson, J. Peutz, R. Lanting, **J. Buck**, D. Gillespie, G. Wittman, S. Greenway, L. Vega, K. Hansen, K. Gardiner, B. Aman, C. Jayo, S. Hulse, J. McShane, J. Cavazos, and M. Crookham. University of Idaho Extension Diversity Award, 4-H Food Smart Families, April 2016.
- Sant, L., J. Peutz, A. Zander, G. Hyde, N. Kershaw, G. Wittman, P. Case, **J. Buck**, S. Greenway, and C. Hampton. Food Safety Award for Preserve@Home, National Extension Association of Family and Consumer Sciences, First Place National, First Place Western Regional, and First Place State Winner, 2016.

SERVICE:**Major Committee Assignments:****International/National**

- National Extension Dining with Diabetes Working Group, 2015-present
- Evaluation and Curriculum Sub-Committee Chair, 2016-2019.
- Curriculum Sub-Committee Chair, 2020-2021.

- Extension Disaster Education Network, 2019-present
- University of Idaho Delegate, 2019-present

Major Committee Assignments (cont.)**Regional:**

Chronic Disease & Comprehensive Coalition, Southeast Idaho Public Health, 2015-present.
 Diabetes Alliance of Idaho, 2019-present.
 Western Region Physical Activity Collaborative, 2019-present.

State:

Idaho State University Dietetic Internship program accreditation committee and preceptor, 2015-2017.

Extension:

University of Idaho Extension Faculty Review Committee, 2021.
 University of Idaho Extension 4-H Healthy Living Resource Group, 2021-present.
 University of Idaho Extension Digital Measures Planning Team, 2018-present.
 University of Idaho Extension Health and Wellness Priority Extension Theme, 2014-present.
 University of Idaho Extension Strategic Planning Committee, 2017.
 University of Idaho Extension Eat Smart Idaho Search committee, Bannock, County, 2017.
 University of Idaho Extension Educator Search committee, Bannock County, 2016.
 University of Idaho Extension 4-H Curriculum Review Committee, 2016-present.

District:

Eastern District Family and Consumer Sciences Working Group, 2015-present
 President, 2017-2018
 Treasurer, 2018-2021
 Eastern District Shooting Sports coordinator, 2016-2020.
 Oral Health Network. Southeast Idaho Public Health, 2015-present.
 Healthy Eating Active Living, 2014-present.

County/Local:

Community Suicide Prevention Committee, 2020-present.
 Blackfoot Community Review Phase I and II, University of Idaho Extension, 2019-2020.
 Chronic Disease Coalition, Southeast Idaho Public Health, 2017-present.

Professional and Scholarly Organizations:

National Epsilon Sigma Phi, 2015-present
 Professional Development Committee, 2019-2020.
 National Extension Association of Family and Consumer Sciences, 2014-present.
 Idaho Affiliate Vice President of Public Affairs, 2015-2016, Vice President of Professional Development, 2017-2019.
 Society for Nutrition Education and Behavior, 2016-present
 Representative to Family and Consumer Sciences Alliance, 2016- 2018.
 New Member Ambassador, 2016-2017.
 Annual meeting abstract reviewer, 2016-2017.
 Phi Kappa Phi Honor Society, 2003-2018.

Academy of Nutrition and Dietetics, 1985-present.
 Idaho Academy of Nutrition and Dietetics, 1993-present.

Outreach Service:**Classes, Workshops, Seminars, Share Fairs and Tours Organized:**

Buck, J. 4-H Bingham County Fair poultry show, Blackfoot, Idaho, August 1, 2022.
 Buck, J. University of Idaho Extension introduction. Blackfoot Mayor's Council, July 27, 2022.
 Buck, J. 4-H Alpine Camp cook, Alpine, Wyoming, June 13-16, 2022.

Classes, Workshops, Seminars, Share Fairs and Tours Organized (cont.)

- Buck, J., L. Blanch, L. Sant. American Heart Association Healthy for Life, online, March 3, 10, 17, 24, 2022.
- Buck, J., L. Blanch. Eastern Idaho State Fair Demonstration Contest, Blackfoot, Idaho, September 5, 2022.
- Buck, J. Blackfoot Community Pantry food box distribution, Blackfoot, Idaho, December 21, 2021.
- Buck, J., L. Blanch. Eastern Idaho State Fair Demonstration Contest, Blackfoot, Idaho, September 6, 2021.
- Buck, J. 4-H Bingham County Fair poultry show, Blackfoot, Idaho, August 2, 2021.
- Buck, J. 4-H Bingham County Fair building, Blackfoot, Idaho, August 2, 2021.
- Buck, J. 4-H Bingham County Fair horse show announcing, Blackfoot, Idaho, July 31, 2021.
- Buck, J. 4-H Bingham County Fair Style Revue, Blackfoot, Idaho, July 27, 2021.
- Buck, J. Aberdeen Daze booth, Aberdeen, Idaho, June 26, 2021.
- Buck, J. Whole Food Plant Based Food Demonstration, Idaho State University, Pocatello, Idaho, June 23, 2021.
- Buck, J., L. Sant. Home Canning Basics online classes. May 10, 17, 2021.
- Buck, J. Strong Women online, Bingham County Extension, Blackfoot, Idaho, March, September 2021.
- Buck, J. Bingham County Advisory. January 12, 2021.
- Buck, J., L. Blanch. Eastern Idaho State Fair Demonstration Contest, Blackfoot, Idaho, September 7, 2020.
- Buck, J. Bingham County Advisory. January 6, 2020.
- Buck, J., L. Blanch. Eastern Idaho State Fair Demonstration Contest, Blackfoot, Idaho, September 6, 2019.
- Buck, J., L. Blanch. Eastern Idaho State Fair Demonstration Contest, Blackfoot, Idaho, September 3, 2018.
- Buck, J. Blackfoot community fair. Blackfoot, Idaho. May 7, 2018.
- Buck, J. Cancer prevention diet. Southeast Idaho Public Health fair. Pocatello, Idaho. April 17, 2018.
- Buck, J. 4-H Open house. Bingham County, Idaho. November 13, 2017.
- Buck, J. Fitting health and fitness in. San Antonio, Texas. October 7, 2017.
- Buck, J. Dining on a dime. San Antonio, Texas. October 7, 2017.
- Buck, J. Mission possible: healthy and fun meals with children. San Antonio, Texas. October 7, 2017.
- Buck, J. Pregnancy Nutrition. San Antonio, Texas. October 7, 2017.
- Buck, J. Overcoming barriers to health. San Antonio, Texas. October 7, 2017.
- Buck, J. Eastern Idaho State Fair Demonstration Contest, Blackfoot, Idaho, September 4, 2017.
- Bannock County Agriculture, 4-H and Family Consumer Sciences Advisory group dinner. May 3, 2017.
- Buck, J. Eastern Idaho State Fair Super Shopper Contest, Blackfoot, Idaho, September 10, 2016.
- Bannock County Advisory. March 31, 2016.
- Buck, J. Eastern Idaho State Fair Super Shopper Contest, Blackfoot, Idaho, September 12, 2015.

Miscellaneous Extension Publications:

Extension Disaster Education Network Monthly Newsletter. Program Update. National Extension Dining with Diabetes, April 2022.

Senior Center Newsletter:

- All you can eat, October 2022.
- Supplement savvy, September 2022.
- Hurry up and wait, August 2022.
- Going bananas, June 2022.
- Fit veggies in, May 2022.
- Cookie exchange, April 2022.

Miscellaneous Extension Publications (cont.)

National Nutrition Month, March 2022.
Bone up for health, February 2022.
Health at every size, January 2022.
Squash that Idea, December 2021.
Create a Spa Day, November 2021.
Control Emotional Eating, October 2021.
On the Wild Side, September 2021.
Berries, August 2021.
Exercise Personality, August 2021.
Thaw it Out, July 2021.
An Apple a Day, June 2021.
Veggies for Dessert, May 2021.
Wrap it up for Health, April 2021.
Nuts about Almonds, February 2021.

Bingham County Extension Newsletter:

Global handwash day, October 2022.
Mindful meal preparation, September 2022.
How much water do I need to drink? July 2022.
Mental health, June 2022.
Older Americans month, May 2022.
25 ways to improve your day, April 2022.
National Nutrition Month, March 2022.
Wellness, February 2022.
Mindfulness, January 2022.
Seasonal Affective Disorder, December 2021.
Simple recipe swaps, November 2021.
Vaping and smoking prevention, September 2021.
Dining with Diabetes, June 2021.
Lavaside wildfire tips, May 2021.
Preserve @ Home, April 2021.
National Nutrition Month, March 2021.
Online Dining with Diabetes, February 2021.
New Year goals, January 2021.
Idaho Strong, December 2020.
Turkey tips, November 2020.
Dining with Diabetes, October 2020.
Nutrition news, September 2020.
Instant pot class, July 2020.
Food delivery to your home, June 2020.
Shelf life of stored food, May 2020.
COVID-19 tips in one place, April 2020.
Instant pot, March 2020.
News you can use, February 2020.
Dining with Diabetes, January 2020.
Preserve @ Home, December 2019.
4-H Candy school, November 2019.
Drying food: a helpful option, October 2018.
New year resolutions, January 2018.
Making food safely, December 2018.
Eleven food safety holiday tips, November 2018.
Drying food a helpful option, October 2018.
Roasting vegetables, September 2018.

Bingham County Extension Newsletter (cont.)

Basics on cooking lamb, July 2018.
 Keeping babies and toddler safe, June 2018.
 Spring cleaning tips-living, dining and bedroom, May 2018.
 Spring cleaning tips-bathrooms, Bingham County Newsletter, April 2018.
 Spring cleaning tips-kitchen, Bingham County Newsletter, March 2018.
 Six foods you may be eating in 2018, Bingham County Newsletter, February 2018.
 FCS: what do you do? Bingham County Newsletter, January 2018.
 Top tips for holiday travel, Bingham County Newsletter, December 2017.
 Introduction, Bingham County Newsletter, November 2017.
 Health in Every Season, Bannock County Newsletter, July 2017.
 Spring into action, Bannock County Newsletter, April 2017.
 Eat Smart Idaho Quick-n-Easy Recipe Book. 2016.
 Fall season brings change, Bannock County Newsletter, September 2016.
 Healthful food preservation, Bannock County Newsletter, July 2016.
 Healthy learning for a healthier you, Bannock County Newsletter, April 2016.
 Healthful planning, Bannock County Newsletter, January 2016.
 Home for the holidays, Bannock County Newsletter, October 2015.
 Tips for cold and flu season, Bannock County Newsletter, September 2014.
 New Kid on the block, Bannock County Newsletter, July 2014.

Popular Press:

One egg at a time. Idaho State Journal, October 23, 2022.
 What's in your cupboard. October 16, 2022.
 Safe food from farm to plate. Idaho State Journal, October 9, 2022.
 Safety in a storm. Idaho State Journal, October 2, 2022.
 Food safety in our schools. Idaho State Journal, September 25, 2022.
 After the flood. Idaho State Journal, September 18, 2022.
 Time to prepare is now. Idaho State Journal, September 11, 2022.
 In a pickle. Idaho State Journal, September 4, 2022.
 Another option for food service. Idaho State Journal, August 28, 2022.
 Not on the menu. Idaho State Journal, August 21, 2022.
 Some things last forever. Idaho State Journal, August 14, 2022.
 Drying foods. Idaho State Journal, July 31, 2022.
 Hot dog safety. Idaho State Journal, July 24, 2022.
 Outdoor water safety. Idaho State Journal, July 17, 2022.
 Food safety during the pandemic. Idaho State Journal, July 10, 2022.
 Baking food safety. Idaho State Journal, July 3, 2022.
 Eating etiquette. Idaho State Journal, June 26, 2022.
 Summer traveling with food safe from foodborne illness. Idaho State Journal, June 19, 2022.
 Pressure in the kitchen. Idaho State Journal, June 12, 2022.
 Keeping young children safe from foodborne illness. Idaho State Journal, June 5, 2022.
 Refrigerator cleaning made simple. Idaho State Journal, May 29, 2022.
 Safe infant formula. Idaho State Journal, May 22, 2022.
 Reduce lunch waste. Idaho State Journal, May 15, 2022.
 Safe travels with food. Idaho State Journal, May 8, 2022.
 Food safety while fermenting foods. Idaho State Journal, May 1, 2022.
 Reducing food waste for beginners. Idaho State Journal, April 24, 2022.
 Eggs are in the news. Idaho State Journal, April 17, 2022.
 Frozen foods are a great choice. Idaho State Journal, April 10, 2022.
 Rediscover the benefits of frozen foods. Idaho State Journal, April 3, 2022.
 Safety first with infant feeding. Idaho State Journal, March 27, 2022.
 Chronic illness requires more food safety. Idaho State Journal, March 20, 2022.
 Food production chain. Idaho State Journal, March 13, 2022.
 Safe Recipe Style Guide. Idaho State Journal, March 6, 2022.

Popular Press (cont.)

Don't Wing It, use safe poultry handling. February 20, 2022.
Safety with electric pressure cookers. February 13, 2022.
Super Bowl safety. Idaho State Journal, February 6, 2022.
Choosing a cutting board. Idaho State Journal, January 30, 2022.
Food safety resolutions. Idaho State Journal, January 23, 2022.
Food recalls. Idaho State Journal, January 16, 2022.
Clean and sanitize. Idaho State Journal, January 9, 2022.
Sustainability. Idaho State Journal, January 2, 2022.
Party planning. Idaho State Journal, December 26, 2021.
Cleaning out the kitchen cupboards. Idaho State Journal, December 19, 2021.
Arrive safe. Idaho State Journal, December 12, 2021.
Food safety for infant and toddler. Idaho State Journal, December 5, 2021.
Holiday food tips. Idaho State Journal, November 28, 2021.
Planning for leftovers. Idaho State Journal, November 21, 2021.
Turkey tips countdown. Idaho State Journal, November 14, 2021.
Shopping holiday tips. Idaho State Journal, November 7, 2021.
Make water safe. Idaho State Journal, October 31, 2021.
Know before you cook. Idaho State Journal, October 24, 2021.
Drying food. Idaho State Journal, October 17, 2021.
Ready in an instant. Idaho State Journal, October 10, 2021.
Smoked meat on the grill. Idaho State Journal, October 3, 2021.
Poultry preparation can be food safe. Idaho State Journal, September 26, 2021.
Food safety after a flood. Idaho State Journal, September 19, 2021.
Foods that never spoil. Idaho State Journal, September 12, 2021.
Food safe delivery steps. Idaho State Journal, September 5, 2021.
How bacteria get in food. Idaho State Journal, August 29, 2021.
Preparing food safe lunches. Idaho State Journal, August 22, 2021.
Refrigerator tips. Idaho State Journal, August 15, 2021.
E. Coli outbreak. Idaho State Journal, August 8, 2021.
Botulism. Idaho State Journal, August 1, 2021.
Food handling mistakes. Idaho State Journal, July 11, 2021.
Summer fun without illness. Idaho State Journal, July 4, 2021.
Food package safety. Idaho State Journal, June 27, 2021.
Pantry food pests. Idaho State Journal, June 20, 2021.
Traveling with food. Idaho State Journal, June 13, 2021.
Prevent choking hazards. Idaho State Journal, June 6, 2021.
Summer food safe tips. Idaho State Journal, May 30, 2021.
Food safety while pregnant. Idaho State Journal, May 23, 2021.
Safe grilling tool. Idaho State Journal, May 16, 2021.
How to make food safe after a fire. Idaho State Journal, May 9, 2021.
Eat foods safe for the earth. Idaho State Journal, May 2, 2021.
Acidity in bottled foods. Idaho State Journal, April 25, 2021.
Freeze drying basics. Idaho State Journal, April 18, 2021.
Safe food takeout and delivery. Idaho State Journal, March 28, 2021.
Mini fridge safety. Idaho State Journal, March 21, 2021.
Safe baby bottle use. Idaho State Journal, March 14, 2021.
Safe poultry handling. Idaho State Journal, March 7, 2021.
Food waste. Idaho State Journal, February 28, 2021.
Storing whole grains. Idaho State Journal, February 21, 2021.
Eat your vegetables. Idaho State Journal, February 14, 2021.
Choosing a cutting board. Idaho State Journal, January 31, 2021.
Help is on the way. Idaho State Journal, January 24, 2021.
Safe food storage. Idaho State Journal, January 17, 2021.

Popular Press (cont.)

Say no to raw dough. Idaho State Journal, December 27, 2020.
Ship food safely. Idaho State Journal, December 20, 2020.
Holiday safe foods. Idaho State Journal, December 13, 2020.
After the feast. Idaho State Journal, December 6, 2020.
Dining in. Idaho State Journal, November 29, 2020.
After the turkey. Idaho State Journal, November 22, 2020.
Holiday cooking tips. Idaho State Journal, November 15, 2020.
Reusable shopping bags. Idaho State Journal, November 8, 2020.
Fall is in the air. Idaho State Journal, November 1, 2020.
Making Halloween safer. Idaho State Journal, October 25, 2020.
Teflon pans. Idaho State Journal, October 18, 2020.
Clean versus disinfect. October 11, 2020.
Department updates show success despite COVID-19. Bingham County Chronicle, October 8, 2020.
Safe recipe style guide. Idaho State Journal, October 4, 2020.
Waste not, want not. Idaho State Journal, September 27, 2020.
Package numbers decoded. Idaho State Journal, September 20, 2020.
Food service director. Idaho State Journal, September 13, 2020.
National Food Safety Education Month. September 6, 2020.
Pressure in the kitchen. Idaho State Journal, August 30, 2020.
The bagged salad challenge. Idaho State Journal, August 23, 2020.
It's that time of year again. Idaho State Journal, August 16, 2020.
Safe school lunches. Idaho State Journal, August 9, 2020.
Summer fun without illness. Idaho State Journal, July 30, 2020.
Summer traveling with food. Idaho State Journal, July 19, 2020.
High speed hand washing. Idaho State Journal, July 12, 2020.
Grilling this weekend? Be cancer safe. Idaho State Journal, July 5, 2020.
Campylobacter. Idaho State Journal, June 28, 2020.
It's that time of year. Idaho State Journal, June 21, 2020.
County 4-H conducting diaper drive. Bingham News Chronicle, June 19, 2020.
Safe delivery of food. Idaho State Journal, June 14, 2020.
4-H Fair still on the books. Bingham News Chronicle, June 11, 2020.
Safe grilling methods. Idaho State Journal, June 7, 2020.
Food safety hero. Idaho State Journal, May 31, 2020.
Mealtime. Idaho State Journal, May 24, 2020.
Emergency Kits. Idaho State Journal, May 17, 2020.
Shelf life of pantry foods. Idaho State Journal, May 10, 2020.
Shelf life of cans. Idaho State Journal, May 3, 2020.
Community gardens. Idaho State Journal, April 26, 2020.
Hand sanitizer. Idaho State Journal, April 20, 2020.
Produce update. Idaho State Journal, April 12, 2020.
Clean vs. sanitize. Idaho State Journal, April 5, 2020.
Kids washing hands. Idaho State Journal, March 29, 2020.
Grocery store shopping. Idaho State Journal, March 22, 2020.
Covid-19. Idaho State Journal, March 15, 2020.
Phones and germs. Idaho State Journal, March 8, 2020.
Food safety as we age. Idaho State Journal, March 1, 2020.
Safe food from the start. Idaho State Journal, February 23, 2020.
Heart health. Idaho State Journal, February 16, 2020.
Keeping babies safe. Idaho State Journal, February 2, 2020.
Super bowl smarts. Idaho State Journal, January 26, 2020.
Least wanted bugs. Idaho State Journal, January 19, 2020.

Popular Press (cont.)

Home food inspection. Idaho State Journal, January 12, 2020.
Winter food canning. Idaho State Journal, January 5, 2020.
Holiday events #7. Idaho State Journal, December 29, 2019.
Holiday events #6. Idaho State Journal, December 22, 2019.
Holiday events #5. Idaho State Journal, December 15, 2019.
Holiday meals #4. Idaho State Journal, December 8, 2019.
Holiday meals #3. Idaho State Journal, December 1, 2019.
Dining with Diabetes class. Morning News, January 16, 2020.
Tip list: Don't let holiday foods go to waste. Argus Observer, December 17, 2019.
11 Food Safety Tips. Post Register, November 29, 2019.
Tailgate planning. Idaho State Journal, November 10, 2019.
Microwave use. Idaho State Journal, November 3, 2019.
Safe Halloween. Idaho State Journal, October 27, 2019.
Party time. Idaho State Journal, October 20, 2019.
FIFO. Idaho State Journal, October 13, 2019.
Pests. Idaho State Journal, October 6, 2019.
More food safety myths. Idaho State Journal, September 29, 2019.
Food safety myth buster. Idaho State Journal, September 15, 2019.
What's in your garbage. Idaho State Journal, September 8, 2019.
Preschooler food safe tips. Idaho State Journal, September 1, 2019.
Safe recipe guide. Idaho State Journal, August 25, 2019.
Reporting unsafe food. Idaho State Journal, August 18, 2019.
Food recalls. Idaho State Journal, August 11, 2019.
Hot dog safety. Idaho State Journal, August 4, 2019.
Pre-packaged foods. Idaho State Journal, July 28, 2019.
Summer without Salmonella. Idaho State Journal, July 21, 2019.
Traveling and picnics. Idaho State Journal, July 14, 2019.
Reusable water bottle cleaning. Idaho State Journal, July 7, 2019.
Types of pathogens. Idaho State Journal, June 30, 2019.
Fresh produce handling. Idaho State Journal, June 23, 2019.
Wash hands. Idaho State Journal, June 16, 2019.
Clean the refrigerator. Idaho State Journal, June 9, 2019.
Emergency food supply. Idaho State Journal, June 2, 2019.
Stay healthy with pets. Idaho State Journal, May 26, 2019.
Fair and festivals. Idaho State Journal, May 19, 2019.
Travel with food. Idaho State Journal, May 12, 2019.
Cottage food industry. Idaho State Journal, May 5, 2019.
The flow of food. Idaho State Journal, April 28, 2019.
Sprouts. Idaho State Journal, April 21, 2019.
Recipe style guide. Idaho State Journal, April 14, 2019.
Frozen foods. Idaho State Journal, April 7, 2019.
Backyard poultry. Idaho State Journal, March 31, 2019.
Hedgehogs Salmonella. Idaho State Journal, February 3, 2019.
You do what? Idaho State Journal, January 27, 2019.
Food for those in need. Idaho State Journal, January 20, 2019.
Norovirus. We call it food poisoning. Idaho State Journal, January 13, 2019.
Don't eat raw dough. Idaho State Journal, January 6, 2019.
Safe food starts on the farm. Idaho State Journal, December 30, 2018.
Food safe holiday #7. Idaho State Journal, December 23, 2018.
Food safe holiday #6. Idaho State Journal, December 16, 2018.
Food safe holiday #5. Idaho State Journal, December 9, 2018.

Popular Press (cont.)

Food safe holiday #4. Idaho State Journal, December 2, 2018.
Food safe holiday #3. Idaho State Journal, November 25, 2018.
Food safe holiday #2. Idaho State Journal, November 18, 2018.
Food safe holiday #1. Idaho State Journal, November 11, 2018.
Food delivery. Idaho State Journal, November 4, 2018.
Take-out smarts. Idaho State Journal, October 21, 2018.
Venison. Idaho State Journal, October 7, 2018.
Safe milk. Idaho State Journal, September 30, 2018.
Freezing milk. Idaho State Journal, September 23, 2018.
Food safe recipes. Idaho State Journal, September 16, 2018.
Electric pressure cooker. Idaho State Journal, September 9, 2018.
Canning lid update. Idaho State Journal, September 2, 2018.
Altitude adjustments. Idaho State Journal, August 26, 2018.
Food illness outbreaks. Idaho State Journal, August 12, 2018.
Food safety on the move. Idaho State Journal, August 5, 2018.
Canning is here. Idaho State Journal, July 29, 2018.
Farmer's markets. Idaho State Journal, July 22, 2018.
Hot dog food safety. Idaho State Journal, July 15, 2018.
Summer grilling. Idaho State Journal, July 8, 2018.
Food safety during power outage. Idaho State Journal, July 1, 2018.
Summer meal tips. Idaho State Journal, June 17, 2018.
Safer food for babies. Idaho State Journal, June 10, 2018.
Cook for 1 or 2. Idaho State Journal, June 3, 2018.
Safe swimming. Idaho State Journal, May 27, 2018.
Food allergens. Idaho State Journal, May 20, 2018.
Food dates. Idaho State Journal, May 13, 2018.
Safe lettuce. Idaho State Journal, May 6, 2018.
Clean versus sanitized. Idaho State Journal, April 29, 2018.
Shelf storage tips. Idaho State Journal, April 22, 2018.
How food spoils. Idaho State Journal, April 15, 2018.
Fruit and vegetable safety. Idaho State Journal, April 8, 2018.
Reptiles and amphibians. Idaho State Journal, April 1, 2018.
Poultry handling. Idaho State Journal, March 25, 2018.
Healthy animal visiting. Idaho State Journal, March 18, 2018.
Alzheimer's and nutrition: exploring the links. Idaho State Journal Medical Guide. Spring, 2018.
Fruit and vegetable safety. Idaho State Journal, March 11, 2018.
Beef safety. Idaho State Journal, March 4, 2018.
Facts and prevention. Idaho State Journal, February 25, 2018.
Heart health month. Idaho State Journal, February 18, 2018.
Super Bowl. Idaho State Journal, February 4, 2018.
C. perferingens. Idaho State Journal, January 28, 2018.
College food insecurity. Idaho State Journal, January 21, 2018.
Pet food safety. Idaho State Journal, January 14, 2018.
2018 food trends. Idaho State Journal, January 1, 2018.
Pregnancy risk at holidays. Idaho State Journal, December 14, 2017.
Lead in toys and jewelry. Idaho State Journal, December 10, 2017.
Dining in. Idaho State Journal, December 3, 2017.
Thanksgiving safety tips. Idaho State Journal, November 26, 2017.
Everything turkey. Idaho State Journal, November 19, 2017.
Safe turkey dressing. Idaho State Journal, November 12, 2017.
Insta Pot. Idaho State Journal, November 5, 2017.

Popular Press (cont.)

Safer Halloween. Idaho State Journal, October 29, 2017.
Safe infant feeding. Idaho State Journal, October 22, 2017.
Handwashing day. Idaho State Journal, October 15, 2017.
Fall cleaning. Idaho State Journal, October 8, 2017.
9 Foods that last forever. Idaho State Journal, October 1, 2017.
Confidence to do. Idaho State Journal, Medical Guide/Fall, 2017.
Drying food. Idaho State Journal, September 24, 2017.
Disaster preparedness. Idaho State Journal, September 17, 2017.
Steam canners. Idaho State Journal, September 10, 2017.
September month themes. Idaho State Journal, September 3, 2017.
Smoked meats on the grill. Idaho State Journal, August 13, 2017.
Camping with food safety. Idaho State Journal, August 5, 2017.
Sponge safety. Idaho State Journal, July 23, 2017.
Travel abroad. Idaho State Journal, July 16, 2017.
Meal kits. Idaho State Journal, July 2, 2017.
Reporting foodborne illness. Idaho State Journal, June 25, 2017.
Summer food safe tips. Idaho State Journal, June 18, 2017.
Avoiding a wedding crash. Idaho State Journal, June 11, 2017.
Medical guide. Idaho State Journal, June 9, 2017.
Safe trips. Idaho State Journal, June 4, 2017.
Washing food. Idaho State Journal, May 28, 2017.
Myths busted #2. Idaho State Journal, May 21, 2017.
Myths busted #1. Idaho State Journal, May 14, 2017.
Pet food safety. Idaho State Journal, May 7, 2017.
Food poisoning pointers. Idaho State Journal, April 30, 2017.
Pacifier food safety. Idaho State Journal, April 16, 2017.
Safety first with baby bottles. Medical guide: Idaho State Journal, April 2017.
Safe drinking water. Idaho State Journal, March 22, 2017.
Food waste. Idaho State Journal, March 19, 2017.
Sponge safety. Idaho State Journal, February 26, 2017.
FightBac. Idaho State Journal, January 27, 2017.
App for that. Idaho State Journal, January 1, 2016.
Canning in the winter. Idaho State Journal, December 25, 2016.
Pregnancy risks at holidays. Idaho State Journal, December 18, 2016.
Food safe holiday. Idaho State Journal, December 11, 2016.
Reducing food waste. Idaho State Journal, December 4, 2016.
Diabetes month. Idaho State Journal, November 27, 2016.
Everything turkey final. Idaho State Journal, November 20, 2016.
Everything turkey #2. Idaho State Journal, November 13, 2016.
Everything turkey #1. Idaho State Journal, November 6, 2016.
Safer Halloween. Idaho State Journal, October 30, 2016.
Food trends. Idaho State Journal, October 23, 2016.
Slow cooker. Idaho State Journal, October 16, 2016.
October is apple month. Idaho State Journal, October 2, 2016.
Those last few tomatoes. Idaho State Journal, September 25, 2016.
Food safety month. Idaho State Journal, September 4, 2016.
Herbs and seasonings. Idaho State Journal, August 21, 2016.
Child hunger stats. Idaho State Journal, August 14, 2016.
Vegetable pesticide study. Idaho State Journal, August 7, 2016.
Top 5 CDC rules. Idaho State Journal, July 31, 2016.
Raw dough is a raw deal. Idaho State Journal, July 24, 2016.

Popular Press (cont.)

Food safe camp lunch. Idaho State Journal, July 10, 2016.
Hunger in the neighborhood. Idaho State Journal, July 3, 2016.
Canning is here. Idaho State Journal, June 26, 2016.
General Mill's flour recall. Idaho State Journal, June 19, 2016.
Organic produce. Idaho State Journal, June 12, 2016.
Freezing beans. Idaho State Journal, June 5, 2016.
Freezing milk. Idaho State Journal, May 29, 2016.
Food safe farmers markets. Idaho State Journal, May 22, 2016.
Microwave and conventional ovens. Idaho State Journal, May 15, 2016.
Egg safety. Idaho State Journal, May 8, 2016.
Jams and jellies. Idaho State Journal, May 1, 2016.
Green shopping. Idaho State Journal, April 24, 2016.
Washing food. Idaho State Journal, April 17, 2016.
S. Aureus. Idaho State Journal, April 3, 2016.
Lunch at your desk. Idaho State Journal, March 27, 2016.
Bugs at restaurants. Idaho State Journal, March 20, 2016.
Physical contaminants. Idaho State Journal, March 6, 2016.
Cutting boards. Idaho State Journal, February 28, 2016.
Baby bottle washing. Idaho State Journal, February 21, 2016.
Hand washing. Idaho State Journal, February 14, 2016.
Eating bugs. Idaho State Journal, February 7, 2016.
Soup month. Idaho State Journal, January 31, 2016.
Plasticizers. Idaho State Journal, January 24, 2016.
Additions to our food. Idaho State Journal, January 17, 2016.
Food additives. Idaho State Journal, January 10, 2016.
Pregnancy holiday risk. Idaho State Journal, December 27, 2015.
A fishy tail. Idaho State Journal, December 17, 2015.
Canning in the winter. Idaho State Journal, December 10, 2015.
Hand washing review. Idaho State Journal, December 3, 2015.
Sending food. Idaho State Journal, November 29, 2015.
Turkey. Idaho State Journal, November 22, 2015.
Fall fun. Idaho State Journal, November 15, 2015.
Diabetes. Idaho State Journal, November 8, 2015.
Storage review. Idaho State Journal, November 1, 2015.
Safe treats for Halloween. Idaho State Journal, October 25, 2015.
Healthy aging. Medical guide, Idaho State Journal, October 18, 2015.
Harvest of plenty. Idaho State Journal, October 18, 2015.
Cooking basics. Idaho State Journal, October 11, 2015.
Freezing. Idaho State Journal, October 1, 2015.
Drying. Idaho State Journal, September 27, 2015.
Preparedness. Idaho State Journal, September 20, 2015.
Flow of food. Idaho State Journal, September 13, 2015.
Snacking. Idaho State Journal, September 6, 2015.
Summer harvest. Idaho State Journal, August 30, 2015.
Pressure canners. Idaho State Journal, August 23, 2015.
School lunch. Idaho State Journal, August 9, 2015.
Farmer's market. Idaho State Journal, August 3, 2015.
Food safety during pregnancy. Idaho State Journal, July 19, 2015.
Summer feeding sites. Idaho State Journal, July 12, 2015.
Safe travels. Idaho State Journal, July 2, 2015.
Trans fat. Idaho State Journal, June 28, 2015.

Popular Press (cont.)

Salsa. Idaho State Journal, June 21, 2015.
 Raw eggs. Idaho State Journal, June 14, 2015.
 Canning season. Idaho State Journal, June 7, 2015.
 Kitchen sponges. Idaho State Journal, May 31, 2015.
 Foods that don't spoil. Idaho State Journal, May 24, 2015.
 Preparing for backyard BBQ. Idaho State Journal, May 17, 2015.
 Water supply. Idaho State Journal, May 10, 2015.
 Chicken-salmonella, campylobacter. Idaho State Journal, May 3, 2015.
 Dirt therapy-botulism. Idaho State Journal, April 26, 2015.
 Food safety at home. Idaho State Journal, April 19, 2015.
 Top five morbidity. Idaho State Journal, April 12, 2015.
 Breakfast. Idaho State Journal, March 22, 2015.
 Mealtime. Idaho State Journal, March 15, 2015.
 RDN day. Idaho State Journal, March 8, 2015.
 National nutrition month. Idaho State Journal, March 1, 2015.
 Home food preservation. Idaho State Journal, February 22, 2015.
 Home food preservation 1. Idaho State Journal, February 15, 2015.
 Young childhood obesity. Idaho State Journal, February 8, 2015.
 Heart health. Idaho State Journal, February 1, 2015.
 Salmon loaf. Idaho State Journal, January 26, 2015.
 School lunch study. Idaho State Journal, January 1, 2015.

Interview Articles:

Inspire Idaho coming to town. Morning News. March 21, 2018.
 Healthy Eating: It's a SNAP. Idaho Falls Magazine. March/April 2016.

Media Presentations:

Reducing food waste during the holidays. Northern Rockies News Service. December 2019.

Judging:

Open Family and Consumer Sciences, Oneida County Fair, Malad, Idaho, August 17, 2022.
 4-H sewing, open sewing, Franklin County Fair, Preston, Idaho, August 18, 2021.
 4-H clothing, food, open food entries and canning, Oneida County Fair, Malad, Idaho, August 11, 2021.
 4-H Style Revue, Franklin County Fair, Preston, Idaho, August 13, 2019.
 4-H and open Family and Consumer Sciences entries, Oneida County Fair, Malad, Idaho, August 15, 2018.
 4-H Demonstration Contest, Eastern Idaho State Fair, Blackfoot, Idaho, September 4, 2017.
 4-H and open Family and Consumer Sciences entries, Oneida County Fair, Malad, Idaho, August 16, 2017.
 4-H Demonstration Contest, Bannock County, Pocatello, Idaho, July 10, 2017.
 4-H Style Revue, Eastern Idaho State Fair, Blackfoot, Idaho, September 10, 2016.
 4-H clothing and open food entries, Oneida County Fair, Malad, Idaho, August 17, 2016.
 4-H Style Revue, Franklin County, Preston, Idaho, August 16, 2016.
 4-H Style Revue, Bingham County, Blackfoot, Idaho, July 28, 2016.
 4-H Demonstration Contest, Bannock County, Pocatello, Idaho, July 20, 2016.
 Home Food Preservation open entries, Eastern Idaho State Fair, Blackfoot, Idaho, September 10, 2015.
 4-H Super Shopper Contest, Style Revue, Bannock County Fair, Pocatello, Idaho, August 11, 2015.
 4-H Super Shopper Contest, Eastern Idaho State Fair, Blackfoot, Idaho, September 6, 2014.
 4-H Super Shopper Contest, South Bannock County Fair, Downey, Idaho, August 14, 2014.

Review Activities:

Journal of Human Services and Extension reviewer, 2021.
 University of Idaho Extension Publications reviewer, 2019-present.
 National Extension Association of Family & Consumer Sciences Food and Nutrition Impact statement editor, 2016-2021.
 Institute of Translational Health Sciences, Translational Pilot Award with Special Emphasis on Diabetes, October 2020
 Society for Nutrition Education and Behavior (SNEB) 2020 Annual Conference abstract reviewer, January 2020.
 Society for Nutrition Education and Behavior (SNEB) 2019 Annual Conference abstract reviewer, August 2019.
 National Extension Association of Family and Consumer Sciences (NEAFCS) national conference proposal reviewer, March 2018.
 Canning Timer & Checklist app, PNW689, University of Idaho FastTrack, 2018
 National Extension Association of Family and Consumer Sciences (NEAFCS) national conference proposal reviewer, April 2017.
Cooking with Kids and Avoid Power Struggles at Mealtime [New Resources for Nutrition Educators]. Journal of Nutrition Education and Behavior. 2017; 49:182.
 March 2016. Reviewed the Two Bite Club and Discover MyPlate: Team Nutrition 'MyPlate' ebooks. 2016, USDA Food and Nutrition Service, Child Nutrition Programs, ebooks. JNEB-D-16-00169. Journal of Nutrition Education and Behavior.

Community Service:

Bonneville Interagency Council, 2019-present.
 Blackfoot Mayor's community council, 2019-present.
 Blackfoot Community Pantry, 2019-present.
 DONA International, Idaho Ambassador, 2019-2020.
 Doulas of Eastern Idaho Community Outreach and Events Director, 2017-present.
 Academy of Nutrition and Dietetics Women's Health Dietetics Practice Group Nominating Committee, 2017-2019.
 Nizhoni Institute of Midwifery Advisory Board, 2006-2013.
 Idaho Falls Area Mothers of Multiples Group Newsletter Editor 2009-2010.
 American Dietetic Association, Women's Health Dietetics Practice Group Lactation Newsletter Editor 2008-2009.
 Idaho Dietetic Association Nominating Committee, 2004. 4-H Demonstration Contest, Eastern Idaho State Fair, Blackfoot, Idaho, September 4, 2017.

PROFESSIONAL DEVELOPMENT:**Teaching:**

National Extension Association of Family & Consumer Sciences Annual Virtual Conference. September 12-15, 2022.
 Idaho Academy of Nutrition & Dietetics Annual Conference. April 2-22, 2022.
 Food safety for the reel world. Partnership for Food Safety Education. March 2, 2022.
 National Association of Extension 4-H Youth Development Professionals Virtual Conference. November 16-18, 2021.
 Examining front of package product names and ingredient list of infant and toddler food. Society of Nutrition Education and Behavior. October 18, 2021.
 Symposium on Health and Medical Misinformation. American Public Health Administration. August 12, 2021.
 Diabetes Update: Medication Management and Adherence. Diabetes Alliance of Idaho. May 19, 2021.
 Elements of Healthy Aging. UF University of Florida. May 2021
 Gut/Brain Series. Center for Change. April 2021.
 Evaluating and Testing Lacto-Ferments Across the Country (EATLAC). UC Davis. February 2021.

Teaching (cont.)

- National Association of Extension 4-H Youth Development Professionals Virtual Conference. October 20-22, 2020.
- Extension Disaster Education Network Annual Virtual Conference. September 22-24, 2020.
- National Extension Association of Family & Consumer Sciences Annual Virtual Conference. September 14-16, 2020.
- Black Swan to Phoenix: Business Model for the Future. Farm Journal Field Days. August 25, 2020.
- A Systematic Approach to Building Resilient Communities: Enhancing Capacity to Respond to Future Disasters in the Gulf of Mexico. National Oceanic Atmosphere Administration. July 21, 2020.
- Eating Disorders & Diabetes: A Complicated Relationship. Center for Change. June 25, 2020.
- Ready In the Middle. Mississippi State University Extension. May 26, 2020.
- Don't Corona My Cash. University of Idaho Extension. May 3, 2020.
- Windows 10 Video Editor. eXtension. June 2, 2020.
- Best Practices for Community Gardens During COVID-19. Washington State University Extension. April 6, 2020.
- Four Seasons Gardening. 18th Annual Thaw 'N Awe. March 21, 2020.
- The Promise of Adolescence: Realizing Opportunity for all Youth. National Academies of Science Engineering. March 26, 2020.
- Transcranial Magnetic Stimulation (TMS) for Depression, OCD, & Eating Disorders. Reid Robison, M.D. Center for Change. March 12, 2020.
- Mindful Eating: How to Encourage Youth to Think Before They Eat. eXtension. January 28, 2020.
- Developing and Piloting an Inclusive Health Curriculum. Healthy Food Choices in Schools Community of Practice, Cornell University. August 27, 2019.
- 2019 Consumer Food Safety Education Conference. March 6-8, 2019.
- Diet Dilemmas: Fads, Facts and Fundamentals. University of Florida Extension. February 12, 2019.
- Digestive Health, Gut Microbata and Fermented Foods. Conagra Nutrition. December 6, 2018.
- Cooking Under Pressure webinar. University of Idaho Extension. September 13, 2018.
- Unlocking the Behavior Code. Idaho Special Education Support & Technical Assistance. Fort Hall, Idaho. June 28, 2018.
- Ageing-related Priorities in the North Central Region. National Extension Association of Family and Consumer Sciences. June 12, 2018.
- Keeping Babies and Toddlers Safe. FightBac. June 6, 2018.
- Behavior Change. Partnership for Food Safety Education webinar. April 18, 2018.
- Breastfeeding is natural but not the cultural norm. Society of Nutrition Education and Behavior Journal Club. April 16, 2018.
- Investments for Retirement. Solid Finances. January 24, 2018
- Legal and Financial Steps Before Alzheimer. December 13, 2017.
- Out of School Nutrition and Physical Activity: SNAP. December 12, 2017.
- Legal and Financial Steps After Alzheimer. December 6, 2017.
- National Council on Aging webinar. November 28, 2017.
- Partnership for Food Safety Education webinar. August 17, 2017.
- Fit and Fall Proof Refresher Class Leader Training. June 8, 2017.
- Review of Food Label. Food and Drug Administration. March 16, 2017.
- Idaho After School Training. November 3, 2016.
- Adolescent Cooking and its Relationship to Health and Well-being. Society of Nutrition Education and Behavior webinar, October 10, 2016.
- School Meal Final Rules. USDA Food and Nutrition Services webinar, July 21, 2016.
- The Importance of Mental Health Awareness for Extension Professionals. Oregon State University Extension webinar, June 23, 2016.
- Fit and Fall Proof Refresher Class Leader Training. Southeastern Idaho Public Health. June 9, 2016.
- C4H: Collaborating for Health Conference, Boise, Idaho. May 23-25, 2016.

Teaching (cont.)

Whole Foods Plant-Based Cooking, University of Idaho Family and Consumer Sciences In-service. April 4, 2016.

Handwashing Efficacy Update. Partnership for Food Safety Education webinar, February 11, 2016.

Responsible Food Marketing to Kids. Society for Nutrition Education and Behavior webinar, January 20, 2016.

Cleaning Up Confusion about Sodium Webinar, Center for Science in the Public Interest. July 29, 2015.

Childhood Obesity Research Demonstration Project Webinar, University of Texas webinar, March 17, 2015.

Food Matters for Families, American Institute of Cancer Research webinar, February 26, 2015.

4-H Curriculum Webcast Series: Cooking 101-401. February 25, 2015. Volunteerism. March 3, 2015.

Creating Meaningful Conversations Workshop. Pocatello, Idaho, November 25-26, 2014.

National Health Outreach Conference, Atlanta, Georgia, May 6-8, 2015.

Society for Nutrition Education and Behavior's 48th Annual Conference. Pittsburgh, Pennsylvania, July 25-28, 2015.

Fit and Fall Proof Class Leader Training. Southeastern Idaho Public Health. August 22, 2014.

Scholarship:

Epsilon Sigma Phi (ESP) National Virtual Conference. October 26-27, 2021.

Epsilon Sigma Phi (ESP) National Virtual Conference. October 6-8, 2020.

Demonstrating Impact : Lesson Learned from a National Effort. Epsilon, Sigma, Phi (ESP). June 23, 2020.

Write a Winning NEAFCS Proposal Submission. National Extension Association of Family and Consumer Sciences. December 19, 2017.

Writing about Research: Think Clarity. Journal of Extension. June 15, 2017.

Evaluation Tools. Texas A&M AgriLife Extension. February 1, 2017.

Community Evaluations. Society of Nutrition Education and Behavior. February 6, 2017.

Getting Your Article Noticed Webinar. Elsevier Publication Campus. August 27, 2015.

Epsilon Sigma Phi (ESP) National Convention, Cœur d'Alène, Idaho. October 4-7, 2015.

Outreach:

National Extension Association of Family and Consumer Sciences Virtual Conference. November 2-5, 2021.

Idaho Summit on Hunger and Food Insecurity. Virtual conference. October 21, 2021.

Reconnecting the Supply Chain. Federal Emergency Management Administration. Iowa Homeland Security & Emergency Management. July 13, 2021.

National Anti-Hunger Policy Virtual Conference. March 16-18, 2021.

"Get on the bus". Idaho Association of Family & Consumer Sciences. February 10, 2021.

Suicide Prevention Fundamentals instruction. Idaho Lives Project. September 22, 2020.

Philippine Tour. Epsilon Sigma Phi webinar. April 28, 2020.

Answering the Call: The Role of Extension After an Emergency. Southern University Agricultural Research Extension Center. April 16, 2020.

Communicate Extension value. University of California. December 13, 2019.

The Basics for International Collaboration. Epsilon Sigma Phi Global Relations Committee. June 20, 2019.

Setting the Table: Developing Partnerships and Shared Values. Cheyenne River Youth Project. November 14, 2018.

Healthy Eating, Active Living Regional meeting, Pocatello, Idaho. October 30, 2018.

National Extension Association of Family and Consumer Sciences Conference, San Antonio, Texas. September 23-27, 2018.

Creating Smarter Lunchrooms webinar. Cornell University. April 6, 2018.

Sustainable Food Systems. Society of Nutrition and Behavior. December 13, 2017.

Outreach (cont.)

National Extension Association of Family and Consumer Sciences Conference, Omaha, Nebraska. October 15-19, 2017.

Economic Impact of Moscow Farmers Market. University of Idaho/Idaho Farmers Market Association. June 28, 2017.

National Extension Association of Family & Consumer Sciences National Convention, Lexington, Kentucky. September 15-18, 2014.

Idaho After School Meeting. November 3, 2016.

National Extension Association of Family and Consumer Sciences Conference, Big Sky, Montana, September 13, 2016.

National Dining with Diabetes national call. May 31, 2016, June 20, 2016.

National Health Outreach Conference, Annapolis, Maryland, May 3, 2016.

Idaho Oral Health Network webinar. January 26, 2016.

Advisory committee, Southeast Idaho Health Department. January 20, 2016.

Society for Nutrition Education and Behavior's 48th Annual Conference. Pittsburgh. July 27, 2015.

National Health Outreach Conference. Atlanta, Georgia, May 6-8, 2015

University of Idaho Healthy Living Program of Distinction, Twin Falls, Idaho. June 25, 2014.

Healthy Eating Active Living webinar. November 14, 2014.

Administration/Management:

Protecting children: Hiring staff who work with minors. United Educators. September 28, 2022.

Protecting children: Shine a light. United Educators. September 28, 2022.

Protecting children: Identifying and reporting sexual misconduct. United Educators. September 28, 2022.

Writing survey questions. University of Idaho Extension. February 15, 2022.

University of Idaho Search Committee Training (Online). January 24, 2022.

University of Idaho Minimizing Unconscious Bias on Committees. January 24, 2022.

Civil Rights and Diversity: Know Your Civil Rights. University of Idaho. January 14, 2022.

Spot the Phish Game. KnowBe4. November 3, 2021.

How women rise: break the 12 habits holding you back. Utah Women & Leadership. October 29, 2021.

Kevin Mitnick Security Awareness and Understanding and Avoiding Malware Training. September 8, 2021.

University of Idaho 2020 Required Training B. April 20, 2021.

University of Idaho Extension Annual Virtual Conference. April 13-15, 2021.

CITI Program Training. March 30, 2021.

Kevin Mitnick Security Awareness and Understanding and Avoiding Malware Training. March 10, 2021

Joint Council of Extension Professionals (JCEP) Conference. February 10-12, 2021.

Eastern District Faculty Meeting. University of Idaho Extension. October 6, 2020.

Kevin Mitnick Security Awareness Training. KnowBe4. September 21, 2020.

Spot the Phish Game. KnowBe4. September 21, 2020.

Race Circles. University of Idaho Extension. August 19, 2020.

Reimagining Services for Hispanic Clients during COVID-19. National Research Center Hispanic Children's and Families. July 9, 2020.

Coping During COVID-19. Center for Advance Energy Studies. July 6, 2020.

University of Idaho Extension Professional Development Training. May 28, 2020.

Eastern District Faculty Training. April 29, 2020.

University of Idaho Extension County Chair Training. April 28, 2020.

Captain Awareness: Defeat Ransomware. KnowBe4. March 3, 2020.

University of Idaho Fast Track Review Training. February 3, 2020.

University of Idaho Protecting Minor Training. January 27, 2020.

University of Idaho 2020 Required Training B. January 13, 2020.

Professionalism in the workplace. University of Idaho Extension. December 18, 2019.

Grant work. Diabetes Alliance of Idaho. December 13, 2019.

Administration/Management (cont.)

Dimensions of well-being, Blue Cross of Idaho. October 30, 2019.

Introduction to Incident Command Systems, ICS-100. Emergency Management Institute, Federal Emergency Management Agency. October 18, 2019.

2019 Kevin Mitnick Social Engineering Red Flag Training. KnowBe4. August 14, 2019.

University of Idaho I-9 Training. August 7, 2019.

Managing Stress. University of Idaho Ombudsman Laura Smythe. July 1, 2019.

2019 Kevin Mitnick Security Awareness Training. KnowBe4. May 31, 2019.

University of Idaho County Chair Training. May 1, 2019.

Collaborative Institutional Training Initiative, Responsible Conduct of Research. January 11, 2019.

University of Idaho UI All Employee Required Training (B). December 4, 2018.

University of Idaho Extension Eastern District Retreat. Island Park, Idaho. September 20-21, 2018.

4-H Preserving Project Manuals. University of Idaho Extension. May 30, 2018.

Leadership. Virginia Cooperative Extension webinar. April 26, 2018.

Resilience. The Biology of Stress & the Science of Hope. Idaho State University Public Health Student Association. April 11, 2018.

Student loan webinar. Solid Finances, University of Idaho. March 21, 2018.

University of Idaho Protecting Minors Training. March 7, 2018.

CITI Program Training. March 5, 2018.

Inspire Idaho. University of Idaho. February 21, 2018.

4-H Leadership with County Chairs. University of Idaho 4-H. February 21, 2018.

Idaho Counties Risk Management Program (ICRMP) Training. November 2017.

University of Idaho Extension Eastern District faculty meeting, Bear Lake, Idaho. September 21-22, 2017.

University of Idaho Extension Eastern District faculty meeting, Idaho Falls, Idaho. May 2, 2017.

University of Idaho Extension Annual Meeting, Burley, Idaho. April 3-6, 2017.

Review of Family and Consumer Sciences Scope, Alliance for Family and Consumer Sciences Liaison, February 17, 2017.

University of Idaho Accounts Payable: Purchasing Card & Record Keeping. December 31, 2016.

University of Idaho Extension Eastern District faculty meeting, Idaho Falls, Idaho. October 18, 2016.

University of Idaho Diversity & Inclusion at the University of Idaho. September 30, 2016.

University of Idaho IT Security. September 30, 2016.

University of Idaho Safety & Security Awareness. September 30, 2016.

University of Idaho Extension Eastern District faculty meeting, Idaho Falls, Idaho. May 6, 2016.

University of Idaho Extension Annual Meeting, Moscow, Idaho. April 4-7, 2016.

Eat Smart Idaho State Meeting, Boise, Idaho. April 13, 2016.

University of Idaho Mission & Goals. March 31, 2016.

University of Idaho Stewardship of Resources and Ethical Conduct March 31, 2016.

University of Idaho Performance Strategies for Selection & Hiring Success. March 31, 2016.

University of Idaho Navigating the Employment Legal Landscape, Part One. March 31, 2016.

University of Idaho Navigating the Employment Legal Landscape, Part Two. March 31, 2016.

University of Idaho Performance Management. March 31, 2016.

University of Idaho Performance Evaluations. March 31, 2016.

Eastern District Faculty Meeting, University of Idaho. May 21, 2015.

Keys to Success in Communications, Webinar, Society of Nutrition and Behavior. February 5, 2015.

Protecting Minors Training, University of Idaho. February 4, 2015, April 2016, March 2017.

Eat Smart Idaho State Quarterly meeting, Boise, Idaho. August 12, 2014.

Nutrition and Food Safety Topic Team meeting, Eastern District, Boise, Idaho. October 6-8, 2014.

New Faculty Training, University of Idaho, Moscow, Idaho. October 14-16, 2014.

University of Idaho Sexual Harassment Training, Eastern District office, Idaho Falls, Idaho. October 17, 2014.

University of Idaho Our Inclusive Workplace Discrimination and Sexual Harassment Training, November 14, 2014; December 31, 2015.

Administration/Management (cont.)

Creating Meaningful Conversation: A Recruiting Workshop for Nutrition Educators. November 25, 2014.