

# CURRICULUM VITAE FOR EXTENSION EDUCATORS

University of Idaho

**NAME:** Amende, Jackie

**DATE:** November 1, 2019

**RANK OR TITLE:** Assistant Extension Professor  
Family and Consumer Sciences Extension Educator

**DEPARTMENT:** College of Agricultural and Life Sciences  
University of Idaho Extension, Southern District

**OFFICE LOCATION:** UI Extension, Canyon County  
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**DATE OF FIRST EMPLOYMENT AT UI:** January 3, 2017

**DATE OF PRESENT RANK OR TITLE:** January 3, 2017

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

M.S., 2016, Nutrition and Dietetics, Saint Louis University, St Louis, Missouri.  
B.S., 2015, Family and Consumer Sciences, University of Idaho, Moscow, Idaho.  
Coordinated Program in Dietetics, Supervised Practice, 2013-2015

### Certificates and Licenses:

Coming Together for Racial Understanding, Coach, 2018  
Licensed Dietitian, Idaho, June 2017  
University of Idaho Master Food Safety Advisor, Boise, ID, May 2017  
Diabetes Prevention Program Certified Lifestyle Coach, March 2017  
Collaborative Institutional Training Initiative (CITI), October 2015-Present  
Registered Dietitian, Commission on Dietetic Registration, July 2015 – Present

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Assistant Professor, Extension Educator, University of Idaho, January 3, 2017-Present  
Teaching Assistant, Saint Louis University, August 10, 2015 – May 20, 2016  
Nutrition Advisor, Eat Smart Idaho, University of Idaho, May 18, 2015 – August 6, 2015  
Nutrition Advisor, Eat Smart Idaho, University of Idaho, August 18, 2014-December 8, 2014  
4-H Food Smart Families Intern, University of Idaho, May 19, 2014-August 18, 2014

### Non-Academic Employment including Armed Forces:

Server, The Boathouse, Saint Louis, MO, May 2016 – July 2016  
Server, Applebee's, Coeur d'Alene, ID, September 2014-December 2014  
Serve/Bartender, La Casa Lopez, Moscow, ID, August 2012-May 2014

## TEACHING ACCOMPLISHMENTS:

### Areas of Specialization:

Nutrition, Diet, and Health  
Financial Management

4H Youth Development  
Food Safety and Food Preservation

**Interns Advised:**

University of Idaho 4-H Youth Development, Youth Entrepreneurship – Ana Rodriguez, Spring and Summer 2018, Spring and Summer 2019 (co-advised with S. Greenway)  
University of Idaho 4-H Youth Development, Youth Entrepreneurship – Armando Guerrero, Spring and Summer 2018, Spring and Summer 2019 (co-advised with S. Greenway)  
University of Idaho, Adult Latina Entrepreneurship – Stephanie Martinez, Summer 2018, Spring and Summer 2019 (co-advised with S. Greenway)  
University of Idaho, Adult Latina Entrepreneurship - Raquel Nunez, Spring and Summer 2018 (co-advised with S. Greenway)  
University of Idaho, Adult Latina Entrepreneurship – Eric Ramirez, Summer 2018 (co-advised with S. Greenway)  
University of Idaho 4-H Youth Development, Youth Entrepreneurship – Ashley Potzernitz, Spring 2018 (co-advised with S. Greenway)

**Materials Developed:**

**Web Pages:**

**Amende, J.**, B. Morrisroe-Aman, S. Greenway, N. Telford. Contributor to the University of Idaho Extension Treasure Valley Area – Family & Consumer Sciences Instagram Page (@uifoodfitnessfinances), 2019-Present  
**Amende, J.**, B. Morrisroe-Aman, S. Greenway, A. Bingham, S. Martinez. <https://www.facebook.com/ExtensionFCS>. Contributor to the University of Idaho Extension Treasure Valley Area – Family & Consumer Sciences Facebook Page, 2017-Present  
**Amende, J.** <https://www.uidaho.edu/extension/county/canyon/family-consumer> . University of Idaho Extension, Canyon County – Family & Consumer Sciences webpage, 2017-Present

**Powerpoint/Slide Presentations:**

**Amende, J.**, L. Balis. 2019. Master Well Connected Communities Volunteer Program: Diabetes Education & Prevention. (online interactive module)  
**Amende, J.**, L. Balis. 2019. Master Well Connected Communities Volunteer Program: Fad Diets. (online interactive module)  
**Amende, J.**, L. Balis. 2019. Master Well Connected Communities Volunteer Program: Introduction Module. (online interactive module)  
**Amende, J.**, A. Brock. 2018. Plant-Based Nutrition & Cooking Series: Using Unique Plant-Based Foods.  
**Amende, J.**, A. Brock. 2018. Plant-Based Nutrition & Cooking Series: Dinner.  
**Amende, J.**, A. Brock. 2018. Plant-Based Nutrition & Cooking Series: Lunch.  
**Amende, J.**, A. Brock. 2018. Plant-Based Nutrition & Cooking Series: Breakfast.  
**Amende, J.**, A. Brock. 2018. Plant-Based Nutrition & Cooking Series: Focus on Protein.  
**Amende, J.**, A. Brock. 2018. Plant-Based Nutrition & Cooking Series: Basics to Plant-Based Eating.  
**Amende, J.**, B. Morrisroe-Aman. 2017. Nutrition for Healthy Aging. (updated 2019)  
**Amende, J.** 2017. Cheap Eats: Eating Healthy on a Budget.

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

**Nutrition, Diet, and Health:**

**2019 Amende, J.** “Dining with Diabetes,” Caldwell Parks & Rec, Caldwell (4 class series)  
Fats & Sodium, October 28

- Carbohydrates & Sweeteners, October 21
- Living Well with Diabetes, October 14
- Amende, J.** “Diabetes Prevention Program,” Online Program (25 class series offered over one year)
- Stay Active, October 10
- More About T2, September 26
- Find Time for Fitness, September 5
- When Weight Loss Stalls, August 22
- More About Carbs, August 8
- Stay Motivated, July 25
- Eat Well Away From Home, July 11
- Getting Support, June 20
- Take Charge of Your Thoughts, June 6
- Keep Your Heart Healthy, May 23
- Cope with Triggers, May 9
- Find Time for Fitness, May 2
- Shop & Cook to Prevent T2, April 25
- Manage Stress, April 11
- Burn More Calories Than You Take In, April 4
- Get More Active to Prevent T2, March 28
- Track Your Food, March 21
- Eat Well to Prevent T2, March 14
- Track Your Activity, March 7
- Get Active to Prevent T2, February 28
- Introduction to the Program, February 21
- Amende, J., A. Brock.** “Plant Based Nutrition and Cooking Series”, Canyon County Extension Office, Caldwell (6 class series)
- Using Unique Plant Based Foods, September 17
- Plant based Dinners, August 15
- Plant based Lunches, July 23
- Plant based Breakfasts, June 19
- Focus on Protein, May 16
- Basics to Plant based Eating, April 23
- Amende, J.** “Gluten Free Eating”
- Nampa Public Library, Nampa, September 12
- Caldwell Parks & Rec, Caldwell, September 10
- Amende, J.** “Nutrition for Healthy Aging”
- Grace Bible Church, Nampa, September 6
- Caldwell Parks and Recreation, Caldwell, July 18
- St. Paul’s Catholic Church, Nampa, June 4
- Advanced Master Food Safety Advisors, Caldwell, March 12
- Nampa Recreation Center, Nampa, March 6
- Amende, J.** “About the Caldwell Health Coalition,” Caldwell City Hall, Caldwell, September 5
- Amende, J., A. Brock.** “Plant based Grocery Store Tour,” WinCo Foods, Nampa (2 tours), May 30 & August 27
- Amende, J., J. Peutz.** “Diabetes Prevention Program,” New Plymouth Elementary School, New Plymouth
- Take a Fitness Break, August 7
- Introduction to the Program & Get Active to Prevent T2, April 3
- Amende, J., R. Nunez.** Caldwell Health Coalition, Caldwell
- Canyon County Mental Health List, July 17
- Resilience, Southwest District Health, June 20
- Mission Statement, Canyon County Extension Office, May 15
- Youth Mental Health Resources, Canyon County Extension Office, April 9

Introduction to Youth Mental Health, Canyon County Extension Office, March  
13

- Amende, J.** “Diabetes Prevention Program”, 1<sup>st</sup> United Presbyterian Church  
Church, Nampa (24 class series offered over one year)  
Prevent T2 for Life, July 10  
Get Back on Track, June 4  
Get Enough Sleep, May 8  
Manage Stress, April 11  
Stay Active to Prevent T2, March 20  
More About T2, February 27  
Take a Fitness Break, February 6  
When Weight Loss Stalls, January 23  
More About Carbs, January 9  
Stay Motivated, December 19, 2018  
Eat Well Away From Home, December 12, 2018  
Get Support, November 14, 2018  
Take Charge of Your Thoughts, November 7, 2018  
Keep Your Heart Healthy, October 24, 2018  
Coping with Triggers, October 17, 2018  
Find Time for Fitness, October 10, 2018  
Shop and Cook to Prevent T2, October 3, 2018  
Manage Stress, September 19, 2018  
Burn More Calories Than You Take In, September 12, 2018  
Get More Active, September 5, 2018  
Track Your Food, August 29, 2018 (online)  
Eat Well to Prevent T2, August 22, 2018  
Track Your Activity, August 15, 2018  
Introduction to the Program and Get Active to Prevent T2, August 8, 2018
- Daughdrill, P., J. **Amende.** “Fruits and Vegetables,” Homedale Middle School, May 7
- Amende, J.** “Fad Diets & Diabetes Prevention and Education Review,” Master Well  
Connected Communities Volunteer Program (3 participating counties in Idaho &  
Wyoming), Caldwell, March 4
- Amende, J.** “Introduction to Master Well Connected Communities Volunteer Program,  
What is Extension?, What is a Culture of Health?”, Master Well Connected  
Communities Volunteer Program (3 participating counties in Idaho & Wyoming),  
Caldwell, February 5
- Amende, J.** “Cheap Eats: Eating Healthy on a Budget”, Nampa Recreation Center,  
Nampa, January 30
- Amende, J., J. Aguilar, C. Ornelas.** “Canyon County Diabetes Prevention Program  
Information Session,” Canyon County Extension Office, Caldwell, January 22 (2  
sessions)
- Amende, J.** “Diabetes Prevention Program”, Canyon County Extension Office,  
Caldwell, (23 class series offered over one year)  
Prevent T2 – For Life, January 7  
Get Back on Track, December 10, 2018  
More About T2 & Get More Sleep, November 5, 2018  
More About Carbs, October 1, 2018  
More About T2, September 3, 2018  
Stay Active, August 6, 2018  
Take a Fitness Break, July 9, 2018 (online)  
When Weight Loss Stalls, June 18, 2018  
Stay Motivated, June 4, 2018  
Eat Well Away from Home, May 21, 2018  
Get Support, May 7, 2018 (online)  
Take Charge of Your Thoughts, April 23, 2018

- Keep Your Heart Healthy, April 16, 2018 (online)
- Cope with Triggers, April 9, 2018
- Find Time for Fitness, April 2, 2018 (online)
- Shop and Cook to Prevent T2, March 26, 2018
- Manage Stress, March 19, 2018 (online)
- Burn More Calories Than You Take In, March 12, 2018
- Get More Active, March 5, 2018 (online)
- Track Your Food, February 26, 2018
- Eat Well to Prevent T2, February 19, 2018 (online)
- Track Your Activity, February 12, 2018
- Introduction to the Program and Get Active to Prevent T2, February 5, 2018
- 2018 Amende, J.** “Basics to Plant-based Cooking,” Eat Smart Idaho Staff, Caldwell, December 17
- Greenway, S., J. Amende** “Cheap Eats: Eating Healthy on a Budget”, Caldwell Public Library, Caldwell, December 5
- Amende, J., R. Nunez.** “Caldwell Health Priorities Survey Assessment,” Caldwell Health Coalition, Caldwell, November 6
- Amende, J.** “Ancient Grains 101,” Caldwell Parks & Recreation, Caldwell, November 6
- Amende, J.** “Dining with Diabetes”, Caldwell Parks & Recreation, Caldwell (4 class series)
  - Vitamins & Minerals, October 23
  - Fats & Sodium, October 16
  - Carbohydrates & Sweeteners, October 9
  - Live Well with Diabetes, October 2
- Amende, J.** “Nutrition CEC Training”, Nampa Recreation Center Fitness Professionals, September 22
- Amende, J.** “Nutrition for Healthy Aging”
  - Homedale Public Library, August 23
  - Caldwell YMCA, Caldwell, May 8
  - Caldwell Public Library, Caldwell, March 28
- Amende, J.** “Cheap Eats: Eating Healthy on a Budget”
  - Homedale Public Library, Homedale, August 16
  - Canyon County Administration Building, Caldwell, May 9 (2 presentations)
  - Caldwell Parks & Recreation, Caldwell, February 1
  - The House Next Door, Nampa, January 4
- Amende, J., J. Elvira.** “Spanish Diabetes Prevention Program”, Hispanic Cultural Center, Nampa (22 class series offered over one year)
  - Get Back on Track/Prevent T2 For Life, August 13
  - Get More Sleep, July 9
  - Eat Healthy Food You Enjoy, June 11
  - More About Carbs, May 14
  - Stay Active to Prevent T2, April 9
  - Take a Fitness Break, March 12
  - When Weight Loss Stalls, February 12
  - Keeping Motivated, February 5
  - Eat Well Away from Home, January 22
  - Get Support, January 8
  - Take Charge of Your Thoughts, December 11, 2017
  - Keep Your Heart Healthy, December 4, 2017
  - Cope with Triggers, November 13, 2017
  - Find Time for Fitness, November 6, 2017
  - Manage Stress, October 30, 2017
  - Shop and Cook to Prevent T2, October 23, 2017
  - Burn More Calories Than You Take In, October 9, 2017

- Get More Active, October 2, 2017  
Track Your Food, September 25, 2017  
Eat Well to Prevent T2, September 18, 2017  
Track Your Activity, September 11, 2017  
Introduction to the Program and Get Active to Prevent T2, August 28, 2017  
**Amende, J.** “Dining with Diabetes”, Nampa Housing Authority, Nampa (4 class series)  
Vitamins & Minerals & Putting It All Together, June 27  
Fats & Sodium, June 20  
Carbohydrates and Sweeteners, June 13  
Living Well with Diabetes, June 6  
**Amende, J.** “Diabetes Prevention Program Information Session”, 1<sup>st</sup> United Presbyterian Church, Nampa, June 24  
**Amende, J., Brock, A.** “Plant-Based Nutrition & Cooking Series”, Canyon County Extension Office, Caldwell (7 class series)  
Using Unique Plant-Based Foods, June 21  
Plant-Based Dinners, May 22  
Plant-Based Lunches, April 24  
Plant-Based Breakfasts, March 27  
Plant-Based Grocery Store Tour, March 13  
Focus on Protein, February 22  
Basics to Plant-Based Eating, January 25  
**Amende, J.** “Cooking, Cooking, and Cooking Some More” Juvenile Probation Summer Program, Nampa Pathways, Nampa, June 12  
**Amende, J.** Canyon County Juvenile Probation Staff Wellness Program, Caldwell (2 class series)  
“All About Fats”, May 22  
“Sugary Beverages”, May 18  
**Amende, J., A. Appelman** “North Nampa Shuttle Grocery Store Tour”  
Walmart, Nampa, May 12  
WinCo Foods, Nampa, April 7  
WinCo Foods, Nampa, March 10  
**Amende, J.** “Think Your Drink”  
Middleton High School, Middleton, April 26  
Boy Scouts, Middleton, January 16  
Morrisroe-Aman, B., **J. Amende.** “Ancient Grains 101”  
AARP New Knowledge Adventures, Caldwell, April 19  
AARP New Knowledge Adventures, Boise, April 18  
**Amende, J.** “YEAH! Program”, St. Luke’s Children’s Hospital & Nampa Recreation Center, Nampa (4 class series)  
Dining Out, April 12  
Healthy Meals, March 15  
Fruits and Vegetables, March 8  
Fill Your Tank, March 1  
Peutz, J., S. Greenway, **J. Amende.** “Healthy Teen Advocate”, Healthy Teen Advocates, Caldwell, March 23  
**Amende, J., B. Morrisroe-Aman.** “Cheap Eats: Healthy Eating on a Budget”, AARP New Knowledge Adventures, Boise, March 21  
**Amende, J.** “City of Nampa: Fat Loss Project”, City of Nampa Employees, Nampa (4 class series)  
Eating on the Go, March 15  
Water Rules, March 1  
It’s All About Timing, February 1  
Nutrition Myths, January 18  
**Amende, J.** “Bento Boxes”, Caldwell Public Library, Caldwell, February 28  
**Amende, J.** “Berries & Probiotics”, Advanced Master Food Safety Training, Boise,

- February 21
- 2017 Amende, J.** “Healthy Holiday Cooking”  
Middleton Public Library, Middleton, December 15  
Nampa Public Library, Nampa, November 29  
Caldwell YMCA, Caldwell, October 24
- Amende, J., A. Brock.** “Plant-Based Holiday Cooking”, Canyon County Extension Office, Caldwell, December 12
- Amende, J., A. Brock.** “Plant-Based Grocery Store Tour”  
WinCo Foods, Nampa, December 6  
Walmart, Caldwell, September 13
- Amende, J.** “YEAH! Program”, St. Luke’s Children’s Hospital & Nampa Recreation Center, Nampa (7 class series)  
Dining Out, December 5  
Grocery Store Tour, November 28  
Sugars, Sweets, & Sips, November 14  
Healthy Meals: Iron Chef, November 7  
Healthy Snacks, October 31  
Fruits and Vegetables, October 24  
Nutrition and Program Introduction, October 10
- Amende, J.** “Dining with Diabetes Program”, Caldwell Parks & Recreation, Caldwell (4 class series)  
Vitamins & Minerals & Putting It All Together, November 16  
Fats & Sodium, November 9  
Carbohydrates and Sweeteners, November 2  
Living Well with Diabetes, October 26
- Amende, J.** “Fermentation and Probiotics”, Caldwell Public Library, Caldwell, November 15
- Amende, J., Morrisroe-Aman, B.** “Happy Healthy Gut”  
AARP New Knowledge Adventures, Boise, November 14  
AARP New Knowledge Adventures, Caldwell, November 13
- Amende, J.** “10 Healthy Holiday Eating Tips”, Advanced Master Food Safety Advisor Training, Boise, November 8
- Amende, J.** “Cheap Eats: Eating Healthy on a Budget”  
Middleton Public Library, Middleton, October 25  
Nampa Public Library, Nampa, September 27
- Amende, J., A. Brock.** “Plant-Based Cooking Class”, Canyon County Extension Office, Caldwell, October 11
- Amende, J.** “Nutrition for Healthy Aging”, University of Idaho Boise Center, Boise, October 5
- Amende, J., B. Morrisroe-Aman.** “Prediabetes Information Session”  
AARP New Knowledge Adventures, Boise, September 26  
AARP New Knowledge Adventures, Caldwell, September 25
- Amende, J., B. Morrisroe-Aman.** “Nutrition for Healthy Aging”  
AARP New Knowledge Adventures, Boise, September 6  
AARP New Knowledge Adventures, Caldwell, September 5
- Amende, J., A. Brock.** “Healthy Eating on a Budget Grocery Store Tour”, Walmart, Caldwell, May 22, August 9
- Amende, J.** “Canyon County Juvenile Probation Workplace Wellness”, Caldwell (2 class series)  
Quick & Healthy Meals Made Easy, July 11  
Stress & Its Food Impact, May 17
- Erickson, M., N. Canary, J. **Amende.** “Cooking Matters Program”, Southwest District Health, Caldwell (4 class series)  
Incorporating More Fruits, Veggies, and Whole Grains into Your Diet, June 12  
Understanding Calcium, Fats, and Protein, June 19

- Amende, J.** “Berries: All About These Superfoods”, Nampa Recreation Center, Nampa, June 6
- Amende, J.** “Juvenile Probation Summer Program”, Canyon County Juvenile Probation, Caldwell & Nampa  
Mindfulness, June 5 (2 presentations)  
Cooking, Cooking, and Cooking Some More, July 10 (2 presentations)  
Gardening, July 17 (2 presentations)
- Amende, J.** “Smarter Lunchrooms Assessment”  
Caldwell High School, Caldwell, May 24  
Liberty Charter School, Nampa, May 22  
Victory Charter School, Nampa, May 22  
Middleton Middle School, Middleton, February 16  
Canyon Springs Alternative High School, Caldwell, February 16
- Amende, J.** “Mindful Eating”, TOPS, Nampa, May 15
- Amende, J.** “Think Your Drink”, Juvenile Detention Center, Caldwell, May 3
- Amende, J.** “Weight Loss and Nutrition Myths”, TOPS, Caldwell, April 27
- Amende, J.** “Reading Nutrition Labels”, Hope’s Door, Caldwell, March 31
- Amende, J.** “MyPlate”, Hispanic Cultural Center, Nampa, March 23
- Amende, J.** “Wheat and Whole Grains”, Caldwell Public Library, Caldwell, February 4

### **Financial Management**

- 2019** Greenway, S., **J. Amende.** “Introduction to Extension and Program Overview,” Adult Latina Entrepreneurship Program, Canyon County Extension Office, Caldwell, June 3.  
Greenway, S., **J. Amende,** A. Guerrero, A. Gonzales. “Youth Entrepreneurship,” Marsing Afterschool Program, Marsing, January 14, 15, 24
- 2018** **Amende, J.,** S. Greenway, A. Guerrero. “Youth Entrepreneurship,” Juvenile Detention Center, Caldwell, December 11, 12, 13, 18, 19, 20
- Amende, J.,** S. Greenway. “Key Messaging”, Entrepreneurship Workshop  
Linen Building, Boise, July 21  
Linen Building, Boise, July 19  
Community Council of Idaho, Burley, July 18
- Greenway, S., **J. Amende.** “Intro to Extension and Program Overview”, Adult Latina Entrepreneurship Program  
Linen Building, Boise, July 20  
Community Council of Idaho, Burley, July 17  
Hispanic Cultural Center, Nampa, July 7  
Linen Building, Boise, June 14
- Amende, J.,** S. Greenway. “Youth Entrepreneurship,” Farmway Village, Caldwell, March 2,9,16
- 2017** **Amende, J.** “Night of the Living Debt”, Canyon County Juvenile Detention, Caldwell, August 10
- Amende, J.** “Night of the Living Debt”, Buhl High School, Buhl, March 14

### **Food Safety & Preservation**

- 2019** Greenway, S., **J. Amende.** “Cooking Under Pressure”, Log Cabin Day, Emmett, February 18
- 2018** **Amende, J.** “Canning Basics”, LDS Church, Nampa, September 4
- 2017** **Amende, J.** “Dehydrating Foods”  
Caldwell Public Library, Caldwell, October 12  
Caldwell Parks & Recreation, Caldwell, July 18
- Amende, J.** “Canning Basics”  
Caldwell Public Library, Caldwell, May 24, September 14  
Nampa Public Library, Nampa, August 23

#### **4-H Youth Development**

- 2019 Amende, J.** “Prediabetes and Diabetes Education,” 4-H Teen Leadership Club, September 20  
**Amende, J.** “Cooking and Nutrition,” 4-H Teen Leadership Club, Caldwell, April 5  
**Amende, J.** “History of Valentine’s Day & Love Letters to Strangers Initiative,” 4-H Teen Leadership Club, Caldwell, February 15  
**Amende, J.** “Master Well Connected Communities Volunteer Program, Current Events, & Leadership”, 4-H Teen Leadership Club, Caldwell, January 18
- 2018 Amende, J.** “Cooking & Holiday Baking,” 4-H Teen Leadership Club, Caldwell, December 14  
**Amende, J.** “Youth-Adult Partnerships & Caldwell Health Coalition,” 4-H Teen Leadership Club, Caldwell, November 16  
**Amende, J.** “Exploring Careers”, 4-H Teen Leadership Club, Caldwell, October 5  
**Amende, J., S. Greenway.** “Youth Entrepreneurship”, Caldwell (3 day camps)  
Invest, Invent, and Innovate, June 21  
Kidpreneur: Become a Biz Kid!, March 27  
Invest, Invent, and Innovate, March 26  
**Amende, J., S. Duenas, R. Martinez.** “Youth-Adult Partnerships,” Healthy Living Teen Advocate Training, Caldwell, March 24
- 2017 Amende, J.** “Handwashing & Think Your Drink”, Anser Charter School, Boise, November 30  
**Amende, J.** “Investigating Food with the 5 Senses”, Canyon County 4-H Day Camp, Caldwell, June 13  
**Amende, J.** “MyPlate MyPizza Party”, Canyon County 4-H Day Camp, Caldwell, March 29  
**Amende, J.** “The Great Cookie Experiment”, Canyon County 4-H Day Camp, Caldwell, March 27

#### **Other or Miscellaneous**

- 2019 Amende, J.** “Five Languages of Appreciation,” Advanced Master Food Safety Advisor Training, Boise, October 31  
**Amende, J.** “Listening to Learn and Understand,” Coming Together for Racial Understanding Workshop, Boise, October 24  
**Amende, J.** “Understanding Your Brains,” Coming Together for Racial Understanding Workshop, Boise, October 24  
**Amende, J., S. Greenway.** “Internship Training,” Farmway Village, Caldwell, May 13  
**Amende, J.** “Productivity,” Newer Faculty Meeting, Online, April 3  
**Amende, J. S. Greenway.** “Coming Together for Community Understanding,” Advanced Master Food Safety Advisors, Boise, February 20
- 2018 Amende, J.** “Teaching to Different Generations”, Advanced Master Food Safety Advisor Training, Boise, May 24  
**Amende, J., S. Greenway, L. Vega.** “Internship Training,” Farmway Village, Caldwell, May 18
- 2017 Amende, J.** “University of Idaho Extension”, Diabetes & Hypertension Coalition, Caldwell, April 18

#### **SCHOLARSHIP ACCOMPLISHMENTS:**

##### **Referred:**

##### **Journals (in press or submitted):**

**Amende, J., S. Greenway, L. Vega, J. Lindstrom,** *Developing a youth entrepreneurship program to reach Hispanic/Latinx youth*, Journal of Youth Development (submitted).

##### **Other:**

**Impact Statements:**

- Buck, J., G. Manker, **J. Amende**, B. Morrisroe-Aman, S. Guan Lee, 2019. "Dining with Diabetes curriculum improves knowledge in multiple counties," University of Idaho Extension System.
- Greenway, S., J. Peutz, J. **Amende**, M. Toomey, 2019. "Marsing's Community Conversation utilizes teen and adult input in decision-making", University of Idaho Extension System.
- Morrisroe-Aman, B., **J. Amende**, G. Manker, B. Hutchings, 2019. "Extension educators expand diabetes prevention program in southwest Idaho," University of Idaho Extension System.
- Greenway, S., **J. Amende**, 2019. "Intern engagement may be impacted by cohort hire versus independent hire," University of Idaho Health System.
- Amende**, J., M. Toomey, J. Peutz, S. Greenway, 2019. "Teen Advocates partner with Extension to assess community health needs," University of Idaho Extension System.
- Greenway, S., **J. Amende**, P. Lewin, 2019. "Pitch it! UI Extension enhances adult entrepreneurship workshops with Celebration Event," University of Idaho Extension System.
- Toomey, M., G. Wittman, S. Johnson, J. Peutz, J. **Amende**, S. Greenway, 2018. "4-H healthy living teen advocates emerge as community leaders," University of Idaho Extension System.
- Greenway, S., J. **Amende**, 2018. "Let's talk business! Extension reaches Latinas with adult entrepreneurship education," University of Idaho Extension System.
- Amende**, J., S. Greenway, L. Vega, S. Newman, A. Potzernitz, P. Lewin, 2018. "Turning a dream into a reality – youth practice entrepreneurship," University of Idaho Extension System.
- Morrisroe-Aman, B., J. Peutz, J. **Amende**, S. Sandoval, N. Telford, A. Roe, 2018. "Smarter Lunchrooms – making the healthy choice the easy choice for Idaho students," University of Idaho Extension System.

**Displays and Posters:**

- Greenway, S., J. **Amende**. "Adult Latina Entrepreneurship," 2019 National Epsilon Sigma Phi Conference, Colorado Springs, CO, October 15-16.
- Greenway, S., J. **Amende**, J. Peutz, M. Toomey, G. Wittman, "Connecting Well Connected Communities," 2019 Pacific Northwest Tri-State 4-H Professional Conference, Bend, OR, April 16-17, 2019.

**Professional Meeting Papers, Workshops:**

- Amende, J.**, S. Greenway, L. Vega. "Adapting a Youth Program for Hispanic/Latinx Audiences," 2019 National Epsilon Sigma Phi Conference, Colorado Springs, CO, October 15.
- S. Greenway, **J. Amende**. "Adult Latina Face-to-Face Entrepreneurship," 2019 National Extension Association of Family and Consumer Sciences, Hershey, PA, October 2, 2019.
- S. Greenway, **J. Amende**. "Adult Latina Face-to-Face Entrepreneurship," 2019 American Association Of Family and Consumer Sciences Conference, St. Louis, MO, June 25, 2019.
- Amende, J.**, S. Greenway, L. Vega. "Adapting a Youth Program for Hispanic/Latino Audiences", 2019 American Association of Family and Consumer Sciences Conference, St. Louis, MO, June 24, 2019.
- Toomey, M., J. Peutz, J. **Amende**, S. Greenway, G. Wittman. "Launching Well Connected Communities with Teen Health Advocates," 2019 National Health Outreach Conference, Fort Worth, TX, May 1-3, 2019.
- Amende, J.**, S. Greenway, L. Vega. "Adapting a Youth Program for Hispanic/Latino Audiences," 2019 Pacific Northwest Tri-State 4-H Professional Conference, Bend, OR, April 16-17, 2019.
- Greenway, S., J. **Amende**. "Coming Together for Racial Understanding: Pre-Conference Training," University of Idaho Extension Annual Conference, Idaho Falls, ID, March 25, 2019.
- Morrisroe-Aman, B., J. **Amende**, B. Hutchings, G. Manker, S. Martinez. "Prevent T2, the CDC National Diabetes Prevention Program", 2018 National Extension Association of Family & Consumer Sciences Conference, San Antonio, TX, September 25, 2018

**Grants and Contracts Awarded:**

- Caldwell Health Coalition (Kenney, S., J. **Amende**, S. Duenas, J. Hernandez). “Youth E-Cigarette/Vaping Education Mini-Grant,” Idaho Office of Drug Policy, 2019, \$2,500 (Spending Authority **\$2,500**)
- Peutz, J., J. **Amende**, S. Greenway, M. Toomey. University of Idaho Extension 2019-2020 Innovative Project Grant – “Idaho’s Well Connected Communities,” \$5,000 (Spending Authority **\$1,250**)
- Manker, G., J. Buck, S. Guan Lee, J. **Amende**. University of Idaho Extension 2019-2020 Innovative Project Grant – “Dining with Diabetes Outreach to Hispanic/Latinx Audiences,” \$4,000 (Spending Authority **\$1,000**)
- Morrisroe-Aman, B., J. **Amende**. “Idaho Prevents Diabetes”, Idaho Department of Health and Welfare, 2019, \$10,000 (Spending Authority **\$5,000**)
- Amende, J.**, B. Morrisroe-Aman, S. Martinez. University of Idaho Extension 2018-2019 Innovative Project Grant – “Spanish-Speaking Diabetes Prevention Program (Prevent T2 Program)”, \$6,200 (Spending Authority **\$3,200**)
- Greenway, S., B. Morrisroe-Aman, J. **Amende**, S. Martinez, J. Peutz, A. Robertson, A. Bingham, L. Erickson, B. Hutchings. University of Idaho Extension 2018-2019 Innovative Project Grant - “Family & Consumer Sciences Consumer Videos Editing,” \$5,000 (Spending Authority **\$1,250**)
- Morrisroe-Aman, B., J. **Amende**. University of Idaho Extension 2017-2018 Innovative Project Grant - “Tap Into Wellness”, \$3,200 (Spending Authority **\$1,600**)
- Lewin, P., Co-PIs, D. Saul, Newman, J. Lindstrom, L. Vega, L. Hansen, S. Greenway, J. Rumel, and N. Deringer, Rural Research & Understanding: Assistance for Latino Businesses (RURAL Biz). Agriculture and Food Research Initiative (AFRI), National Institute of Food and Agriculture (NIFA). 02/01/2016 – 01/31/2020. \$500,000. (Spending Authority \$98,607 FY 17-19) (**Collaborator**).

**Honors and Awards:**

- 2019** Greenway, S., J. **Amende**. Mary W. Wells Diversity Award - *Adult Latina Face-to-Face Entrepreneurship*. 3<sup>rd</sup> Place National and 1<sup>st</sup> Place Western Region. National Extension Association of Family & Consumer Sciences, 2019.
- Remley, D., L. Graves, J. Buck, S. Gallup, J. **Amende**, M. Jenkins, (48 working group members). Excellence in Multi State Collaboration Award – *The National Dining with Diabetes Extension Working Group: Paving the Way for National FCS Programs*. 2<sup>nd</sup> Place National and 2<sup>nd</sup> Place Central Region Winner. National Extension Association of Family & Consumer Sciences, 2019.
- Greenway, S., J. **Amende**. Diversity Award – *Adult Latina Entrepreneurship*. University of Idaho Extension, 2019.
- Greenway, S., J. **Amende**, P. Lewin. Diversity Team Award – *Adult Latina Face-to-Face Entrepreneurship*. Chapter 1<sup>st</sup> Place Winner. Epsilon Sigma Phi – Theta Chapter, 2019.
- Greenway, S., J. **Amende**. Mary W. Wells Diversity Award - *Adult Latina Face-to-Face Entrepreneurship*. Idaho Award. National Extension Association of Family & Consumer Sciences- Idaho Affiliate, 2019.
- Amende, J.**, S. Greenway, L. Vega. Excellence in Teamwork Award - *Developing a youth entrepreneurship program to reach Hispanic/Latinx youth*. Idaho Award. National Extension Association of Family & Consumer Sciences - Idaho Affiliate, 2019.
- Amende, J.** Mildred Haberly Endowment Award from University of Idaho – Margaret Ritchie School of Family and Consumer Sciences to attend National Extension Association of Family and Consumer Sciences Conference in Hershey, PA, September-October 2019, **\$1,040**
- Amende, J.**, S. Greenway, C. Buchert, Extension Committee on Organization and Policy (ECOP), Western Region Competitive Grant: Coming Together for Racial Understanding Statewide Idaho Programming, 2019, **\$5,000**
- 2018** Greenway, S., J. **Amende**, C. Buchert, Coming Together for Racial Understanding Training, Western Rural Development Center, 2018-2019, **\$2,500**

**2017 Amende, J.** Mildred Haberly Endowment Award from University of Idaho – Margaret Ritchie School of Family and Consumer Sciences to attend National Extension Association of Family and Consumer Sciences Conference in Omaha, NE, October 2017, **\$1,825**

**SERVICE:**

**National:**

Coming Together for Racial Understanding, Idaho Coach, 2018 – Present  
National Dining with Diabetes Working Group, Secretary, 2018-Present

**University**

**Major Committee Assignments:**

Priority Extension Theme, Health, Nutrition, & Wellness, 2018-Present  
Southern District FCS Chair, 2018-Present  
District Promotion and Tenure Committee, 2018-Present  
Extension Advisory Committee, Southern District FCS Representative, 2018-Present  
Extension Health and Nutrition Topic Team, 2017  
Extension Food Safety Topic Team, 2017  
Extension Personal Finance Topic Team, 2017

**Professional and Scholarly Organizations:**

American Association of Family and Consumer Sciences, 2019-Present  
Epsilon Sigma Phi (ESP), 2017-Present  
National Extension Association of Family & Consumer Sciences (NEAFCS), 2017-Present  
Academy of Nutrition and Dietetics (AND), 2013 – Present  
Idaho Academy of Nutrition and Dietetics, 2013 – Present  
Public Health and Community Nutrition Practice Group, 2017-Present

**Outreach Service:**

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

**2019 Greenway, S., J. Amende.** “Coming Together for Racial Understanding,” University of Idaho Water Center, Boise, October 24-25  
**Amende, J.** “Caldwell Health Coalition,” (monthly meetings), Canyon County Extension Office, Caldwell, May 15, June 20, July 17, August 20, September 19, October 9  
**Amende, J.** “Nutrition & Diabetes Education,” 2019 Medical Mobile Outreach Health Services Event (Hosted an education and promotion booth)  
Farmway Village, June 22, September 21  
Nazarene Care House, Nampa, February 9, May 11, August 10  
**Amende, J.** “Nutrition & Health Education”, Nampa Flying M Market, Nampa, May 16, June 20, July 18, August 15 (Hosted an education and promotion booth)  
S. Greenway, J. **Amende.** “Adult Entrepreneurship Celebration Event,” Canyon County Extension Office, Caldwell, July 12  
S. Greenway, J. **Amende.** “Adult Entrepreneurship” (12-hour program), Canyon County Extension Office, Caldwell, May 31, June 7, 14  
**Amende, J., S. Greenway.** “Youth Entrepreneurship” (6-hour program)  
Vallivue Summer Program, Caldwell, June 11, 17, 19, 21, 24, 25  
Nampa Housing Summer Program, June 17, 18, 19  
Canyon County 4-H Day Camp, Caldwell, June 11 & 12  
S. Greenway, J. **Amende.** “Youth Entrepreneurship” (6-hour program)  
Homedale Farmer’s Market, May 16, 23, 30  
Marsing Afterschool Program, 5<sup>th</sup> Grade, January 17, 21, 22, 23, 24, 28  
Marsing Middle School, January 16, 17, 22, 23, 24, 28  
Marsing Afterschool Program, 4<sup>th</sup> Grade, January 8, 9, 10, 14, 15, 16  
Marsing Afterschool Program, 3<sup>rd</sup> Grade, January 8, 9, 10, 14, 15, 16

- Amende, J.**, S. Greenway. "Cooking Under Pressure," Canyon County Extension Office, Caldwell, May 29
- Amende, J.**, L. Balis, S. Greenway, J. Peutz, M. Toomey, G. Wittman, B. Morrisroe-Aman. "Master Well Connected Communities Volunteer Program," February 5, 7, 12, 14, 19, 21, 26, 28, March 5, 7, 12, 14, 19  
Canyon County Extension Office, Caldwell  
University of Wyoming Extension, WY  
Owyhee County Extension Office, Marsing
- Amende, J.**, A. Trujillo-Noriega. "Spanish Diabetes Prevention Program," St. Paul's Catholic Church, Nampa, February 2019-January 2020 (26 class series over one year)
- Amende, J.**, R. Nunez. "Caldwell Health Coalition" (monthly meetings)  
Canyon County Extension Office, January 8, February 12, March 13, April 9, May 15, April 9  
Southwest District Health, Caldwell, November 6, 2018
- Amende, J.** "Online Diabetes Prevention Program," February 2019-January 2020, 25 class series over one year)
- Amende, J.**, A. Trujillo-Noriega. "Diabetes Prevention Program Information Sessions," (Spanish and English), St. Paul's Catholic Church, Nampa, December 16, January 11, February 3
- Amende, J.**, C. Ornelas, J. Aguilar. "Canyon County Diabetes Prevention Program Information Session," Canyon County Extension Office, Caldwell, January 22 (2 sessions)
- 2018 Amende, J.**, S. Greenway. "Youth Entrepreneurship" (6-hour program)  
Canyon County Juvenile Detention Center, Caldwell, December 11, 12, 13, 18, 19, 20 (2 programs)  
Canyon County Juvenile Detention Center, Caldwell, July 10, 11, 13  
Nampa Housing Authority Summer Program, Nampa, July 9-13  
Vallivue Middle School Summer Program, Caldwell, June 4-28  
Farmway Village, Caldwell, March 2, 9, 16 & June 2 (2 programs)  
Parma Middle School, Parma, Spring  
Hispanic Cultural Center, Nampa, March 30  
Canyon County Extension, Caldwell, March 26 & 27 (2 day camps)
- Amende, J.** "Nutrition & Diabetes Education," 2018 Medical Mobile Outreach Health Services Event (Hosted an education and promotion booth)  
Farmway Village, Caldwell, March 10 & December 1  
Nazarene Care House, Nampa, January 20 & April 21 & July 21 & October 13  
Wilder Fire Station, Wilder, May 11  
Vallivue High School, Nampa, April 13
- Morrisroe-Aman, B., J. **Amende**. "Tap into Wellness Webinar Series," October 11, 18, 25, & November 1, 8, 15
- Amende, J.** "Nutrition & Health Education," Canyon County Wellness Fair, Canyon County Employees, Caldwell, September 13 (Hosted an education and promotion booth)
- Amende, J.**, C. Johnson. "Canyon County Hub Meeting," Canyon County Extension, Caldwell, September 10.
- Amende, J.**, S. Greenway. "Extension Takes Nutrition to the Market!", Nampa Farmer's Market, Nampa  
Acidifying Home-Canned Products, August 25  
Health & Nutrition, August 11 & 18  
Canning Basics and Research-based Recipes, August 4
- Amende, J.** "Diabetes Prevention Program" (year-long program)  
1<sup>st</sup> United Presbyterian Church – Nampa, August 2018-August 2019  
Canyon County Extension Office, January 2018 – January 2019
- Greenway, S., **J. Amende**. "Adult Entrepreneurship Celebration Event," Hispanic

- Cultural Center, Nampa, August 5.
- Amende, J.**, S. Greenway. "Food Safety Resources Booth", Canyon County Fair, Caldwell, July 26-29. (Hosted an education and promotion booth)
- Amende, J.**, M. Toomey. "Caldwell Health Priority Survey Distribution," Canyon County Fair, Caldwell, July 26-29.
- Greenway, S., **J. Amende**. "Adult Entrepreneurship" (12-hour workshops)  
Linen Building, Boise, July 20-21 (2-day program)  
Community Council of Idaho, Burley, July 17-18 (2-day program)  
Hispanic Cultural Center, Nampa, June 16, 23, 30, July 7, 14, 21 (6-week program)  
Linen Building, Boise, June 14, 21, 28, July 5, 12, 19 (6-week program)
- Johnson, C., **J. Amende**, "Juvenile Probation Summer Program", Nampa Pathways, Nampa (4 class program)
- Amende, J.** "University of Idaho Extension Diabetes Prevention Programs Booth," Building Partnerships for Diabetes & Hypertension Event, Southwest District Health, Caldwell, June 7 (Hosted an education and promotion booth)
- Amende, J.** "Well-Connected Communities Caldwell Health Coalition," Caldwell, May 31.
- Amende, J.**, S. Greenway, L. Vega. "Internship Training," Farmway Village, Caldwell, May 18.
- Amende, J.** "Nutrition & Health Education," Willow Creek Parent Night, Nampa, May 15 (Hosted an education and promotion booth)
- Moro, S., **J. Amende**. "City of Nampa Fat Loss Challenge," City of Nampa Employees, Nampa  
Sleep & Weight Loss, March 29  
Eating on the Go, March 15  
Water Rules, March 1  
It's All About Timing, February 1  
Nutrition Myths, January 18
- Amende, J.** "YEAH! Iron Chef Competition," Salvation Army, Nampa, March 22.
- Vega, L., S. Greenway, **J. Amende**. "University of Idaho Extension Internships," BSU Health Sciences Meet-n-Greet, Boise, March 14. (Hosted a booth)
- 2017 Amende, J.** "YEAH! Program Party," Nampa Recreation Center, Nampa, December 7
- Amende, J.**, J. Elvira. "Thanksgiving Food Safety & Nutrition," Community Council of Idaho, Caldwell, November 16.
- Amende, J.** "Nutrition & Diabetes Education," Medical Mobile Outreach Health Services Event (Hosted an education and promotion booth)  
Farmway Village, Caldwell, May 6 & November 1  
Wilder Fire Station, Wilder, September 16  
Nampa Housing Authority, Nampa, July 10  
Nampa Housing Authority, Nampa, April 8  
Weiser Senior Center, Weiser, March 18
- Amende, J.** "Nutrition & Health Education," Discipleship Conference, Nampa, October 6-7. (Hosted an education and promotion booth)
- Amende, J.** "Nutrition Education and Recipes," North Nampa Mobile Food Pantry, Good News Church, Nampa, June 6 & August 2 & September 6 & October 4 (Hosted an education and promotion booth)
- Amende, J.** "4-H Outdoor Day: Sugar Shock Station," Caldwell Gun Club, Caldwell, October 6.
- Amende, J.** "Nutrition & Health Education," 4<sup>th</sup> Annual Wellness Fair, Community Council of Idaho, Nampa, September 9 (Hosted an education and promotion booth)
- Johnson, C., **J. Amende**. "University of Idaho Extension Information," Canyon County Juvenile Probation Back-to-School Kickball Event, Caldwell, August 5 (Hosted an education and promotion booth)

- Guggenheim, R. **Amende, J.** “The Tomato Taste-Off,” Food Preservation Demonstrations, Caldwell, September
- Amende, J., J. Elvira.** “Spanish Diabetes Prevention Program,” Hispanic Cultural Center, Nampa, August 2017-August 2018 (year-long program)
- Johnson, C., **J. Amende, L. Vega.** “Juvenile Probation Summer Program”, Nampa Public Library & Canyon County Extension Office, Nampa & Caldwell (6 class series at two locations)
- Canyon County Master Gardeners, “Gardening,” July 17
- Amende, “Cooking, Cooking, and Cooking Some More,” July 10
- Nunez, “Healthy Relationships,” June 26
- Johnson, “Pet Care,” June 19
- Amende, “Night of the Living Debt,” June 12
- Amende, “Mindfulness,” June 5
- Amende, J.** “Nutrition & Health Education,” Stampede Community Festival, Nampa, July 14 (Hosted an education and promotion booth)

**Miscellaneous Extension Publications:**

Family Issues: Southern District II Family and Consumer Sciences Newsletter. Published 6 times a year. Circulation: 4,000 households in Ada, Owyhee, Gem, Valley, and Canyon Counties. Author publication once a year, 4-5 pages, 2017-Present

Dig In: Canyon County Horticulture News for Master Gardeners & Friends. Published 2 times per year.

**Amende, J.** “Meet Our New Educator”, Volume X, Issue 1, page 5, 2017

**Amende, J.** “Get In Shape for Gardening”, Volume X, Issue 1, page 11, 2017

**Interview Articles:**

La Gran D Radio Station, Live Radio, “Entrepreneur Workshops,” May 2019

Here We Have Idaho Magazine, “Empowering Latina Entrepreneurs”, Fall 2018

La Gran D Radio Station, Live Radio, “Entrepreneur Workshops,” May 2018

Boise Local Radio, Talk Dirt to Me, “Plant based Nutrition,” April 2018

**Popular Press:**

**Amende, J.** The Idaho Press-Tribune: Local News Worth Holding. Author publication at least once a month.

**2019** “Get More Active!,” July

“Try practicing mindful or intuitive eating,” July 23

“Keep Your Heart Healthy,” June

“The Facts on Sodium,” May

“Spring Cleaning Your Refrigerator or Freezer,” May

“Finding Healthy Options at Fast Food Restaurants,” April

“Skipping meals may not be the best bet for weight loss,” March

“Stress is Keeping Americans Up at Night,” March

“How to Use Fad Diets to Your Advantage,” February

“Are You Staying Hydrated This Winter,” February

“Well Connected Communities Volunteer Program: Be a Health and Wellness Advocate,” January

“Follow Through with Your 2019 New Year Goal to be Healthy,” January

**2018** “Go Light When You Grab a Bite,” December

“Avoid Holiday Weight Gain This Year,” December

“Keeping Kids Active During the School Year,” November

“4 Fall Food Favorites,” November

“Have a Healthy Halloween,” October

“Cell Phones & Food Safety: a potential risk,” October 12

- “Sitting Too Much Is Bad For Your Health,” September 17
- “Dining with Diabetes,” September 11
- “Cutting Board Food Safety: plastic or wood?,” August 31
- “On the road and eating healthy,” August 20
- “Prediabetes: Could It Be You?,” August 13
- “Sleep 8 Hours vs. Early Morning Workout: What is the Best Choice?,” August 6
- “Healthy Lifestyle vs. ‘Dieting’,” July 30

**Amende, J.** The Caldwell Perspective: Bridging Community and Commerce. Published 12 times a year. Author publication once a month.

- 2019** “How to Have a Healthy Halloween,” October, Edition 58
- “Practicing Mindful or Intuitive Eating,” August, Edition 56
- “The Facts on Sodium,” July, Edition 55
- “Keep Your Heart Healthy,” June, Edition 54
- “Spring Cleaning Your Refrigerator and Freezer,” May, Edition 53
- “Finding Healthy Options at Fast Food Restaurants,” April, Edition 52
- “Skipping meals may not be the best bet for weight loss,” March, Edition 51
- “Stress is Keeping Americans Up at Night,” February, Edition 50
- “Well Connected Communities Volunteer Program: Become an Advocate for Health and Wellness,” January, Edition 49
- 2018** “Avoid Holiday Weight Gain This Year,” December, Edition 48
- “Five Ways to Stay Active During the Holidays,” November, Edition 47
- “Have a Healthy Halloween”, October, Edition 46
- “Sitting Too Much is Bad For Your Health”, September, Edition 45
- “Reduce Your Food Waste”, August, Edition 44
- “Preventing Foodborne Illness at Home”, July, Edition 43
- “Quick & Healthy Meals Made Easy”, May, Edition 41
- “Sleep 8 Hours vs. Early Morning Workout: What’s the Best Choice?”, April, Edition 40
- “Healthy Lifestyle vs. “Dieting””, March, Edition 39
- “Are You Staying Hydrated This Winter?”, February, Edition 38
- “Follow Through with Your 2018 New Year’s Resolution to be Healthier”, January, Edition 37
- 2017** “Staying Active in the Winter”, December, Edition 36
- “A Guilt-Free Thanksgiving”, November, Edition 35
- “4 Fall Food Favorites”, October, Edition 34
- “Prediabetes: Could It Be You?”, September, Edition 33
- “Keeping Kids Active During the School Year”, August, Edition 32
- “Tips for a Healthy 4<sup>th</sup> of July”, July, Edition 31
- “Healthful Eating on Vacation”, June, Edition 31
- “Cell Phones and Food Safety: A Potential New Risk”, May, Edition 30
- “Spring Cleaning Your Refrigerator and Freezer”, April, Edition 29
- “Cutting Board Food Safety: Plastic or Wood?”, March, Edition 28

**Judging:**

- 2019** Ada County, 4-H Foods Exhibit Judge, Boise, August 14
- Owyhee County, 4-H Foods & Adult Foods Exhibit Judge, Marsing, August 7
- Owyhee County, 4-H Record Book judge, Marsing, July 25
- Canyon County, 4-H Foods Exhibit judge, Caldwell, July 23
- Canyon County, 4-H Record Book judge, Caldwell, July 11 & 17
- 2018** Ada County Fair, 4-H Foods Exhibit judge, Boise, August 15
- Owyhee County Fair, 4-H Foods Exhibit judge, Homedale, August 8
- Canyon County Fair, 4-H Record Book judge, Caldwell, July 12, 18
- 2017** Canyon County Fair, 4-H Record Book judge, Caldwell, July 13, 18
- Canyon County Fair, 4-H Foods Exhibit judge, Caldwell, July 25

**PROFESSIONAL DEVELOPMENT:**

**Scholarship:**

- 2019** University of Idaho Southern District Faculty Meeting, Caldwell, June 18, October 10  
University of Idaho Extension Annual Conference, Idaho Falls, March 25-28
- 2018** University of Idaho Priority Extension Themes, Boise, November 27  
University of Idaho Southern District Faculty Meeting, Caldwell, June 13, September 20  
University of Idaho Extension Annual Conference, Moscow, April 2-5
- 2017** University of Idaho New Faculty Orientation, Moscow, August 14-17  
University of Idaho Southern District Faculty Meeting, Caldwell, July 20  
University of Idaho Extension Annual Conference, Burley, April 3-6

**Outreach:**

- 2019** National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session, Hershey, PA, September 30-October 3  
American Association of Family and Consumer Sciences Conference, St. Louis, MO, June 23-26  
2019 Pacific Northwest Tri-State 4-H Professional Conference, Bend, OR, April 15-18
- 2018** Well Connected Communities Harvest Session, Chevy Chase, MD, November 9-11  
National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session: San Antonio, TX, September 24-27  
Coming Together for Racial Understanding Train-the-Trainer Workshop, Chevy Chase, MD, August 27-31  
Sports Nutrition Symposium, Boise, ID, August 1  
National 4-H Teen Conference & Culture of Health Conference, Chevy Chase, MD, February 14-19
- 2017** National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session, Omaha, NE, October 16-19  
Latina Health Symposium, Boise, ID, September 22  
Master Food Safety Advisor Program, University of Idaho Extension, Boise, ID, April-May  
Idaho Academy of Nutrition and Dietetics Conference, Boise, ID, April 20-21  
Diabetes Prevention Program Training, Centers for Disease Control and Prevention, Boise, ID, March 24-25  
Smart Women, Smart Money Financial Conference, Boise, ID, February 17