

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Laura Foist

DATE: 11/8/2019

RANK OR TITLE: Assistant Extension Professor University of Idaho

DEPARTMENT: University of Idaho Extension, Eastern District

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DATE OF FIRST EMPLOYMENT AT UI: 5/10/2018

DATE OF TENURE:

DATE OF PRESENT RANK OR TITLE: 5/10/2018

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.S., 2016, Food Science and Human Nutrition, University of Wyoming, Laramie, Wyoming.
B.S., 2014, Food Science, Brigham Young University, Provo, Utah.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Assistant Professor, Family and Consumer Science Extension Educator, University of Idaho, Pocatello, Idaho, 2018-present

Non-Academic Employment including Armed Forces:

Quality Assurance Specialist, Deseret Dairy, 2015-2016

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Food and Nutrition

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

4-H Youth Development

Foist L. 4H Day Camp – Breads. Bannock County Extension, Pocatello, Idaho. July 8, 2019.

Foist L. 4H Day Camp – Science of Cooking. Bannock County Extension, Pocatello, Idaho. March 21, 2019.

Foist, L. Science of Flavors, Intensive Supervised Probation. Bannock County Extension Pocatello, Idaho, October 23, 2018.

Foist, L. Seed Planting and Nutrition of Fresh Produce, Intensive Supervised Probation. Bannock County Extension Pocatello, Idaho, June 5, 2018.

Financial Planning

Foist, L. Welcome to the Real World. Marsh Valley Middle School. Arimo, Idaho. May 20, 2019

Foist, L. Employment Feud. Marsh Valley Middle School. Arimo, Idaho. May 22, 2019

Hansen, L, Foist, L. Welcome to the Real World. Marsh Valley Middle School. Arimo, Idaho. February 19, 2019

Hansen, L, Foist, L. Employment Feud. Marsh Valley Middle School. Arimo, Idaho. February 13, 2019

Food Safety and Preservation

- Foist L. Food Safety. Bannock County Fair, Downey, Idaho. August 8, 2019.
- Foist L. Food Preservation. Bannock County Extension. Pocatello, Idaho. February 20, 27, March 6, 2019.
- Foist L. Water Bath Canning Basics and Demonstration. Pocatello Demonstration Kitchen, Pocatello, Idaho, August 16, 2018.
- Foist L. Water Bath Canning. South Eastern Idaho Public Health, Pocatello, Idaho, August 21, 2018.
- Foist L. Food Preservation Basics. Baby Steps, Pocatello, Idaho, September 13, 2018.
- Foist L. Food Preservation Workshop. Pocatello, Idaho, September 22, 2018.

Food Science and Nutrition

- Foist L. Emergency Preparation: Food Storage. Bannock County Extension, Pocatello, Idaho. September 21, 2019
- Foist L. Fruits and Vegetables. Pocatello Garden Club. Pocatello, Idaho. September 19, 2019.
- Foist L. Meals From Your Pantry. Facebook Live, Bannock County Extension, Pocatello, Idaho. September 18, 2019.
- Foist L. Electric Pressure Cooker Demonstration. Pocatello Women's Connection. August 11, 2019
- Foist L. Science of Cooking. Bannock County Fair, Downey, Idaho. August 10, 2019.
- Foist L. MyPlate Nutrition. Bannock County Fair, Downey, Idaho. August 7, 2019
- Foist L. Cooking Under Pressure. Bannock County Extension, Pocatello, Idaho. July 16, 2019.
- Foist L. Science of Cooking – Baking. Bannock County Extension, Pocatello, Idaho. June 27, 2019.
- Foist L. Science of Cooking – Meat. Bannock County Extension, Pocatello, Idaho. June 24, 2019.
- Foist L. Science of Cooking – Fruits and Vegetables. Bannock County Extension, Pocatello, Idaho. June 20, 2019.
- Foist L. Science of Cooking – Baking. Bannock County Extension, Pocatello, Idaho. June 17, 2019.
- Foist L. Science of Cooking – Plant Based Proteins. Bannock County Extension, Pocatello, Idaho. June 13, 2019.
- Foist L. Cooking Under Pressure. LDS Demonstration Kitchen. Pocatello, Idaho. Jun 12, 2019.
- Foist L. Science of Cooking – Fruits and Vegetables. Bannock County Extension, Pocatello, Idaho. June 10, 2019.
- Foist L. Science of Cooking – Flavors. Bannock County Extension, Pocatello, Idaho. June 3, 2019.
- Foist L. Science of Cooking – Meat. Bannock County Extension, Pocatello, Idaho. May 30, 2019.
- Foist L. Science of Cooking – Flavors. Bannock County Extension, Pocatello, Idaho. May 23, 2019
- Foist L. FCS Group Meeting. Bannock County Extension, Pocatello, Idaho, April 30, 2019.
- Foist L. Science of Breads. Bannock County Extension, Pocatello, Idaho, April 20, 2019.
- Foist L. Science of Cooking. Marsh Valley Middle School, Arimo, Idaho, April 15, 22,29, May 6, 2019
- Foist L. Science of Fruit and Vegetables. Bannock County Extension, Pocatello, Idaho, April 13, 2019.
- Foist L. Science of Plant Based Proteins. Bannock County Extension, Pocatello, Idaho, April 2, 2019
- Foist L. Fruits and SSB. Women's Fair. Pocatello, Idaho. March 30, 2019
- Foist L. Science of Cooking. 4H Day Camp. Bannock County Extension, Pocatello, Idaho, March 21, 2019
- Foist L. Cooking Under Pressure. Bannock County Extension, Pocatello, Idaho, March 19, 2019
- Foist L. Findlay R. Victory Garden. Bannock County Extension, Pocatello, Idaho, March 14, 21, 28 April 4, 11, 18, 2019.
- Foist L. MyPlate. Jefferson Elementary. Rigby, Idaho. March 5, 2019
- Foist L. MyPlate. ISU Health Fair. Pocatello, Idaho. March 2, 2019
- Foist L. The Science of Cooking: Science of Meats. Bannock County Extension, Pocatello, Idaho,

March 1, 2019.

- Foist L. The Science of Cooking: Science of Flavors. Bannock County Extension, Pocatello, Idaho, February 23, 2019.
- Foist L. SIPH Health Fair. SIPH Health Department. Pocatello, Idaho. February 12, 2019
- Foist L. The Science of Cooking: Science of Candies. Bannock County Extension, Pocatello, Idaho, February 9, 2019
- Foist L. Cooking Under Pressure. Bannock County Extension, Pocatello, Idaho, January 22, 2019
- Foist L. Hand Washing, Glow Bug. Pocatello, Idaho. January 22, 2019
- Foist L. County Advisory Meeting. Bannock County Extension, Pocatello, Idaho. January 14, 2019.
- Foist L. Eating a Variety of Fruits and Vegetables. Cooking Matters. The Voice, Idaho State University. Pocatello, Idaho. January 14, 2019.
- Foist L. How to Avoid Accidents. Bannock County Extension, Pocatello, Idaho, December 19, 2018.
- Foist L. Science of Baking. Bannock County Extension, Pocatello, Idaho, December 8, 2018
- Foist L. Food Science and Nutrition. Shoshone/Bannock Jr/Sr High School, Pocatello, Idaho, December 4, 6, 2018
- Foist L. Food Science and Nutrition. Marsh Valley Middle School, Arimo, Idaho, November 13, December 10, 2018, January 14, 2019
- Foist L. Introduction to a Plant Based Diet. Bannock County Extension, Pocatello, Idaho, November 8, 2018
- Foist L. Spicy Turkey Tacos: Mealtime Inspirations. Blackfoot, Idaho, November 6, 2018.
- Foist L. Spicy Turkey Tacos: Mealtime Inspirations. MacKay, Idaho, November 5, 2018.
- Foist L. Food Science and Nutrition. Marsh Valley Middle School, Arimo, Idaho September 10, 17, October 1, 8, 2, 2018
- Foist L. Varying Your Proteins. Bannock County Extension, Pocatello, Idaho, July 25, 2018.
- Foist L, Foist J. Food Science: Two Paths from Endless Possibilities presentation, Introduction to Food Science. Brigham Young University-Idaho Rexburg, Idaho, May 15, 2018

Eat Smart Idaho

- Foist L. Eat Smart Idaho Partnerships. Ken's Market, American Falls, Idaho. September 19, 2019.
- Foist L. Eat Smart Idaho Partnerships. Independence High School, Blackfoot, Idaho. September 17, 2019.
- Foist L, Woodhouse, B. Eat Smart Idaho District Meeting – Quarterly Reports. Bannock County Extension, Pocatello, Idaho. September 10, 2019.
- Foist L, Woodhouse B. Eat Smart Idaho Focus Group. Episcopal Church, Pocatello, Idaho. August 13, 2019.
- Foist L, Woodhouse, B. Eat Smart Idaho District Meeting – Processed Foods. Bannock County Extension, Pocatello, Idaho. August 13, 2019.
- Foist L, Woodhouse, B. Eat Smart Idaho District Meeting – Smart Lunchroom Movement. Bannock County Extension, Pocatello, Idaho. July 9, 2019.
- Foist L, Woodhouse, B. Eat Smart Idaho District Meeting – Sugar Sweetened Beverages. Bannock County Extension, Pocatello, Idaho. June 11, 2019.
- Foist L. Cost Benefit Study Exit – Treatment. My Brother's Table, Pocatello, Idaho. May 31, 2019.
- Foist L. Cost Benefit Study Exit – Control. Pocatello Food Pantry, Pocatello, Idaho. May 30, 2019.
- Foist L. Cost Benefit Study Exit – Treatment. SEICCA, Blackfoot, Idaho. May 29, 2019.
- Foist L. Cost Benefit Study Exit – Control. North Bingham Pantry, Shelley, Idaho. May 21, 2019.
- Foist L. Cost Benefit Study Exit – Treatment. Bingham County Extension, Blackfoot, Idaho. May 13, 2019.
- Foist L. Cost Benefit Study Exit – Treatment. North Bingham Pantry, Shelley, Idaho. May 7, 2019.
- Foist L. Cost Benefit Study Onboarding – Treatment. SEICCA, Blackfoot, Idaho. April 24, 2019.
- Foist L, Woodhouse B, McMurphy M. Post-Plate waste study. Thatcher Elementary. Preston,

- Idaho. April 23, 2019.
- Foist L. Cost Benefit Study Onboarding – Treatment. My Brother’s Table, Pocatello, Idaho. April 19, 2019.
- Foist L, Woodhouse B, McMurphy M. Cost Benefit Study Onboarding – Control. Pocatello Food Pantry, Pocatello, Idaho. April 18, 2019.
- Foist L. Cost Benefit Study Onboarding – Control. North Bingham Pantry, Shelley, Idaho. April 9, 2019.
- Foist L, Woodhouse B. Eat Smart Idaho District Meeting. Bannock County Extension, Pocatello, Idaho. April 9, 2019.
- Foist L. Cost Benefit Study Onboarding – Control. Bingham County Extension, Blackfoot, Idaho. April 4, 2019.
- Foist L. Cost Benefit Study Onboarding – Treatment. Bonneville County Extension, Idaho Falls, Idaho. April 3, 2019.
- Foist L. Cost Benefit Study Onboarding – Treatment. Bingham County Extension, Blackfoot, Idaho. March 25, 2019.
- Foist L. Cost Benefit Study Onboarding - Treatment. North Bingham Pantry, Shelley, Idaho. March 19, 2019.
- Foist L. Pre-Plate Waste Study. Thatcher Elementary. Preston, Idaho. February 26-28, 2019
- Foist L, Woodhouse B. Pets and Food Safety. Eat Smart Idaho District Meeting, Pocatello, Idaho, March 12, 2019.
- Foist L, Woodhouse B. Fresh, Frozen, and Canned Fruits and Vegetables. Eat Smart Idaho District Meeting, Pocatello, Idaho, February 12, 2019
- Foist L. About Eat Smart Idaho, Bannock County Extension, Pocatello, Idaho, January 14, 2019.
- Foist L, Woodhouse B. New Physical Activity Guidelines. Eat Smart Idaho District Meeting, Pocatello, Idaho, January 8, 2019
- Foist L, Woodhouse B. Use of Regulatory Statements. Eat Smart Idaho District Meeting, Pocatello, Idaho, December 11, 2018
- Foist L, Woodhouse B. Protecting Minors Training. Eat Smart Idaho District Meeting, Pocatello, Idaho, November 13, 2018
- Foist L, Woodhouse B. Food Hunger and Food Excess. Eat Smart Idaho District Meeting, Pocatello, Idaho, July 17, 2018.
- Foist L, Woodhouse B. Memorandums of Understanding. Eat Smart Idaho District Meeting, Pocatello, Idaho, September 11, 2018.
- Foist L, Woodhouse B. What is Eat Smart Idaho? Eastern District Fall Professional Development Meeting, Island Park, Idaho, September 20, 2018.
- Foist L, Woodhouse B. Whole Grain Recommendation. Eat Smart Idaho District Meeting, Pocatello, Idaho, October 9, 2018.

SCHOLARSHIP ACCOMPLISHMENTS:

Thesis and Dissertations:

Foist L. 2016. Antioxidant Content of Wild Grown Wyoming Plants. M.S. Thesis. 55 pages.

SERVICE:

Outreach Service:

Judging:

- Bannock County Style Review. July 18, 2019
- Bingham County Demonstrations. July 25, 2019
- Bannock County Fair Family and Consumer Sciences 4-H projects. August 2, 2019

Bannock County Fair Family and Consumer Sciences 4-H projects. August 3, 2018
Bannock County Fair Cupcake Wars. August 7, 2018.

Web Pages:

Foist L. "Sports Hydrations" Eat Smart Idaho in the Kitchen Blog. April 23, 2019.
Foist L. "Winter Fun" Eat Smart Idaho in the Kitchen Blog. February 26, 2019.
Foist L. "Winter Workouts" Eat Smart Idaho in the Kitchen Blog. January 29, 2019.
Foist L. "Healthier Holidays" Eat Smart Idaho in the Kitchen Blog. December 23, 2018
Foist L. "Turkey Cranberry Casserole" Eat Smart Idaho in the Kitchen Blog. November 30, 2018
Foist L. "Safe Thanksgiving Leftovers" Eat Smart Idaho in the Kitchen Blog. November 26, 2018

Foist L. "Making Seitan, or Wheat Meat" Video. UI Extension Bannock County Facebook and Bannock County Extension – FCS Instagram. October 19, 2018

Foist L. "Healthy Halloween!" Eat Smart Idaho in the Kitchen Blog. October 29, 2018.

Community Service:

Blackfoot Community Pantry, Meals in a Bag, 2018-present

PROFESSIONAL DEVELOPMENT:

Outreach:

Stock Healthy Shop Healthy, Boise, Idaho, July 10, 2018
National Extension Association of Family and Consumer Sciences National Conference, San Antonio, Texas, September 24-27, 2018
2018 Summit on Idaho Hunger and Food Security, Boise, Idaho, October 17, 2018
Healthy Eating Active Living, HEAL Conference, Pocatello, Idaho, October 30, 2018