

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Kathryn Hickok

DATE: October 30, 2023

RANK OR TITLE: Extension Educator

DEPARTMENT: University of Idaho Extension, Eastern District

OFFICE LOCATION: University of Idaho Extension, Bannock County
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DATE OF FIRST EMPLOYMENT AT UI: August 14, 2022

DATE OF TENURE: Untenured

DATE OF PRESENT RANK OR TITLE: August 14, 2022

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.S., 2022, Nutrition Education, California State University, Chico, Chico, California.

B.S., 2016, Nutrition and Food Science, California State University, Chico, Chico, California.

A.A., 2011, Culinary Arts and Hospitality Management, Cabrillo Community College, Aptos, California.

Certificates and Licenses:

Beegle Poverty Informed Coach, June 22-23, 2023.

Collaborative Institutional Training Initiative (CITI) program, institutional review board investigators and researchers, certificate of completion, 2022.

Registered Dietitian, Commission on Dietetic Registration, Academy of Nutrition and Dietetics, 2018-present.

Licensed Dietitian, Idaho State Board of Medicine, 2022-present.

National Restaurant Association, ServSafe Manager, 2010-present.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Assistant Extension Professor and County Extension Educator, University of Idaho Extension, Bannock County, Pocatello, Idaho, 2022-present.

Academic Administrative Appointments:

Eat Smart Idaho Administrator, University of Idaho Extension Eastern District, Pocatello, Idaho, 2022-present.

Non-Academic Employment including Armed Forces:

Registered Dietitian, Chapa De Indian Health, Grass Valley, California, 2021-2022.

Registered Dietitian, Orchard Hospital, Gridley, California, 2019-2021.

Registered Dietitian, Adventist Health Feather River Hospital, Paradise, California, 2018-2019.

Kitchen and Garden Educator, Sherwood Montessori, Chico, California, 2015-2018.

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Health and Nutrition

4-H Youth Development
Food Safety (and Food Preservation)

Interns/Students Advised:

Robinson, Rebecca, University of Idaho, Dietetics, 2023.
Monson, Lacey, Idaho State University, Dietetic Program Internship, 2022.

Materials Developed:

Roe, A., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, **K. Hickok**. (2023). Healthy retail needs assessment: grocery shopping survey for Idaho residents. [Survey and electronic data collection].
Roe, A., J. Peutz, S. Johnson, S.G. Lee, **K. Hickok**, K. Hansen, H. Whiteley. (2022). Long Live Idaho 3.0: social marketing campaign. [Promotional items, survey, protocol].

Video Productions:

Hickok, K. Preparing rosemary grape focaccia, mealtime inspirations. YouTube video.
<https://www.youtube.com/watch?v=IXwu5JCPWaU>. 2022.

Displays and posters

Healthy City USA! Yoga at the port Eat Smart Idaho display. Pocatello, Idaho, September 16, 2023.
Pocatello Women's Correctional Center Book Club Health Fair Eat Smart Idaho. Pocatello, Idaho, June 23, 2023.
Healthy City USA! One Year 5K Eat Smart Idaho display, Pocatello, Idaho, May 13, 2023.
Washington Elementary family engagement day United Ways, Pocatello, Idaho, May 12, 2023.
Early Learning Early Learning Provider Reception. Pocatello, Idaho, November 16, 2022.

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

Health and Nutrition:

Hickok, K. Senior nutrition, Kiwanis, Pocatello, Idaho, October, 25, 2023.
Hickok, K. Get the dish, cooking beans three ways, Zoom presentation, October 24, 2023.
Hickok, K. AARP senior nutrition, Senior Center, Pocatello, Idaho, October 18, 2023.
Hickok, K. Go Glow Grow, Gate City Elementary, Pocatello, Idaho, 3 sessions, September 7, 14, 28, October, 19, 26.
Lee, S.G., **K. Hickok**. Kids in the kitchen virtual cooking club, Zoom presentation. September 21, 2023; October 19, 2023.
Hickok, K. Boys and Girls Club Garden club lessons. 2 sessions, June, 15, 22, 29, July 6, 13, 20, 2023.
Hickok, K. Demonstration Kitchen, Pocatello, Idaho, June, 14, 2023.
Hickok, K. Fermentation club, Pocatello, Idaho, May 27, June 17, July 29, 2023.
Hickok, K. Senior nutrition: high calorie smoothie, Senior Center, Pocatello, Idaho, June 13, 2023.
Hickok, K. Senior nutrition: salad bowl garden presentation, Senior Center, Pocatello, Idaho, June 6, 2023.
Hickok, K. Kid food explorer, Marshall Public Library, Pocatello, Idaho, June, 1, 8, 15, 22, 29, 2023.
Hickok, Kathryn. 2023. Eat Smart Idaho and Long Live Idaho. Idaho Nutrition and Food Service Conference, Fort Hall, Idaho.
Hickok, K. Garden lesson: plant parts, Kindergarten, Ridgecrest Elementary, Idaho, May 8, 2023.
Hickok, K. Garden lesson: plant parts, Marshall Public Library, Pocatello, Idaho, April, 2023.
Hickok, K. Botanical pasta class, Pocatello, Idaho, April 19, 2023.
Hickok, K. Botanical fresh pasta class, Pocatello, Idaho, March 28, 2023.

Hickok, K. Heart health presentation, ISU First Generation Migrant Students, Pocatello, Idaho, March 16, 2023.

Hickok, K. Nutrition presentation: pregnant mothers, Babysteps, Pocatello, Idaho, February 16, 2023.

Hickok, K. Mocktails, Pocatello, Idaho, January 13, 2023.

Hickok, K. Nutrition presentation at Pocatello Fire Department, Pocatello, Idaho, February 13, March 6, March 7, 2023.

Hickok, K. Nutrition lessons, Chubbuck Elementary, Chubbuck, Idaho, February 1, 8, March 1, 8, 2023.

Hickok, K. Nutrition labels, Franklin Middle School, Pocatello, Idaho, 5 sessions, February 21, 24, 2023.

Hickok, K. Glow, Grow, Go, Adventures in Daycare, Chubbuck, Idaho, January 5, 12, 26, February 23, 2023.

Hickok, K. Updating traditional recipes, Pocatello, Idaho, November 1, 2022.

Lee, S.G., **K. Hickok**, K. Kids in the kitchen virtual cooking club, Zoom presentation. September 29, 2022; October 27, 2022.

4H Youth Development:

Hickok, K. Chopped Challenge, Grace Lutheran, Pocatello, Idaho, September 7, 11, 12, 14, 18, 2023.

Hickok, K. J. Buck, Ag Days: Bingham County, Idaho, May 2, 2023.

Hickok, K. Wilcox Elementary Safety Day, Pocatello, Idaho, May, 25, 2023.

Hickok, K. Chopped Challenge, Grace Lutheran, Pocatello, Idaho, February 23, 27, 28, March 2, 6.

Food Safety:

Hickok, K. Food preservation: dehydrating, freeze drying, deep freeze. Blackfoot, Idaho. September 28, 2023.

Hickok, K., J. Buck, L. Sant, L. Hansen, L. Dye, K. McFarland, L. Blanch. East Idaho Canning Series: High Acid, Pocatello, Idaho, Rigby, Idaho, March 8, 9, 2023.

SCHOLARSHIP ACCOMPLISHMENTS:

Peer Reviewed/Evaluated:

Extension Publications:

Roe, A.J., **K. Hickok**, S. Johnson, K. Gardiner, B. Woodhouse, K. Hansen, H. Whitehead. (2023). Healthy mealtimes in early childcare. University of Idaho Extension, BUL 1056. (5,6)

Roe, A.J., S. Johnson, S.G. Lee, **K. Hickok**, J. Peutz. (2023). Long Live Idaho bulletin series: Step away from the screen. University of Idaho Extension, BUL 1048. (*)

Roe, A.J., J. Peutz, S. Johnson, S.G. Lee, **K. Hickok**. (2023). Long Live Idaho bulletin series: Power your day with produce. University of Idaho Extension, BUL1048. (*)

Roe, A.J., S.G. Lee, **K. Hickok**, J. Peutz, S. Johnson. Long Live Idaho bulletin series: Make time to move. University of Idaho Extension, BUL 1048. (*)

Roe, A.J., **K. Hickok**, J. Peutz, S. Johnson, S.G. Lee. (2023). Long Live Idaho bulletin series: Why not water. University of Idaho Extension, BUL 1048. (*)

Other:

Roe, A.J., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, **K. Hickok**. (2023). FY22 EFNEP annual report. University of Idaho Extension.

(Quoted in) Sparks, D. (2023, March 15). Beef and young kids. Idaho Ag Today.
<https://www.aginfo.net/report/55741/Idaho-Ag-Today/Beef-and-young-kids>.

Roe, A.J., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, **K. Hickok**. (2022). FY22 SNAP-Ed annual report. Provided to Idaho Department of Health and Welfare. University of Idaho Extension.

University of Idaho Extension Impact Statements:

Hickok, K. 2023. Inaugural Edible Garden Tour inspires participants to garden.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/39-23-khickok-garden-tour.pdf?la=en&hash=881413CE56FB30D447C4A1CE0F0CD95962C0F15C>

Hickok, K. 2023. Boys and Girls Club gain nutrition and garden knowledge.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/37-23-khickok-club-garden.pdf?la=en&hash=2FC0242EA3E6B5C0E4ABC5527471DC565E57838D>

Hickok, K. 2023. Expanding nutrition education for Bannock County students.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/40-23-khickok-nutrition-ed.pdf?la=en&hash=A389F3FE2CC73E525B858F7DDDB1841834BDD061>

Hickok, K., 2023. Eat Smart Idaho brightened mealtime experience in a cafeteria.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/38-23-khickok-cafeteria-mural.pdf?la=en&hash=A5D5393911495163A22A9B4955F89574A5D42EF0>

Buck, J., L. Blanch, **K. Hickok**, L. Sant, P. Wray. 2023. Sewing workshop provides training to local youth volunteers.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/34-23-jbuck-sewing-workshop.pdf?la=en&hash=451BFCD2F7ACA66CA5505A9EDC2252C20831B440>

Greenway, S., S. Martinez, **K. Hickok**. 2023. Idaho Potato Conference's Spanish session highlights culinary uses of potato varieties.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/6-23-sgreenway-conference-spanish.pdf?la=en&hash=B7FA9375739A996217896D9EE1B9C4A9DDA41E21>

Greenway, S., A. Robertson, **K. Hickok**. 2023. U and I Together: Extension continues to bring Idahoans together with virtual series.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/4-23-sgreenway-ui-together.pdf?la=en&hash=60C4F65CD83AEFA8435CAF4B04E67551EB6BBB95>

Hamilton, M., B. Morrisroe-Aman, A. Statz, S. Greenway, A. Robertson, **K. Hickok**. 2023. Extension professionals making a broader impact through U and I Together series.
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/16-23-mhamilton-together-series.pdf?la=en&hash=0304EF8110089E913514184810D7D6AE0EB5E51F>

Scholarly Presentations and Other Creative Activities:

Professional Meeting Papers, Workshops:

Hickok, K., A. Robertson, S. Greenway. 2023. Bridging the gap between clientele and UI Extension. University of Idaho Extension, Annual Conference, Sun Valley, Idaho.
 Hickok, K. The taste of different varieties of potatoes. Idaho Potato Conference Presentation, January 18, 2023.

Grants and Contracts Awarded:

Roe, A., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, and **K. Hickok**. Idaho Department of Health and Welfare (USDA, FNS), "FY2024 SNAP-Ed." 10/1/2023 – 9/30/2024. \$1,132,348.08 (\$232,241.37 spending authority).

Roe, A., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, and **K. Hickok**. National Institute of Food & Agriculture/USDA, "FY24 Expanded Food and Nutrition Education Program." 10/01/2023 – 09/30/2024. \$395,975 (\$125,628.59 spending authority).

Roe, A., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, and **K. Hickok**. USDA Supplemental Nutrition Assistance Program Education, 10/1/2022 – 9/30/2023. \$1,132,348.08. (\$212,407.72 spending authority).

Roe, A., K. Hansen, S. Johnson, J. Peutz, S.G. Lee, and **K. Hickok**. National Institute of Food and Agriculture Expanded Food and Nutrition Education Program, 10/01/2022 – 09/30/2023, \$397,104.00 (\$117,697.32 spending authority).

Internal Funding Awarded:

Hickok, K. Bannock County Gleaning Project, University of Idaho Extension Innovative Project, 2023, \$2,265.

Hickok, K. Funding to implement Eat Smart Idaho in Non-Qualifying Schools, University of Idaho Extension Innovative Project, 2023, \$2800.

Hickok, K. University of Idaho Extension Summer Intern Award, 2023, \$5000.

Hickok, K. Extension Foundation Scholarship, 2023, \$300.

Scholarship Honors and Awards:

Greenway, S., A. Robertson, **K. Hickok**. Communications: Internet Education Technology for U and I Together: Bridging the Gap Between Extension and Clientele, National Extension Association of Family and Consumer Sciences, Second Place Western Region Winner, 2023.

SERVICE:**Extension:**

University of Idaho Extension Health and Wellness Priority Extension Theme, 2022-present

University of Idaho Extension Eat Smart Idaho administrative team, 2022-present

County/Local:

Parks and Recreation Advisory Committee member, 2022-present

United Ways Early Learning Collaborative member, 2022-present

Professional and Scholarly Organizations:

National Extension Association Family Consumer Sciences (NEAFCS), 2022-present

Idaho affiliate secretary, 2023-present

Epsilon Sigma Phi (ESP), 2023-present

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

Bannock County gleaning project, 2022-present.

Pocatello Women's Correctional Center book club, Pocatello, Idaho, August 30, October 25, 2023.

University of Idaho Extension Eat Smart Idaho District IV monthly update training, Pocatello, Idaho, October 2022-October 2023.

Get the Dish!, virtual cooking series, 2023.
 Grains galore. October 31, 2023.
 Deliciously gluten-free October 17, 2023.
 Fry it up air fryer fun. October 10, 2023.
 Slow and easy. October 3, 2023.
 Veggin out. September 26, 2023.
 Pressure cooking for busy people. September 19, 2023.
 Edible garden tour, Pocatello, Idaho, August 12, 2023.
 Pocatello lunch in the park nutrition engagement, June-August, 2023.
 4H Train the trainer sewing workshop June 3, 2023.
 U&I Together: virtual learning series, 2023.
 Summer Session:
 Week 8: Move it! August 1, 2023.
 Week 7: Entomophagy. July 25, 2023.
 Week 6: Dig in! July 18, 2023.
 Week 5: Fun with Origami! July 11, 2023.
 Week 4: Let's Go Fishing! June 27, 2023.
 Week 3: Flower Fun. June 20, 2023.
 Week 2: Just Relax. June 15, 2023.
 Week 1: Sew it on! June 6, 2023.
 East Idaho canning series engagement, Pocatello, Idaho, 2023.
 Jams and jelly and pickling March 30, 2023.
 Freeze drying March 23, 2023.
 Freezing and dehydrating March 23, 2023.
 Low Acid March 16, 2023.
 Introduction, March 2, 2023.
 Mealtime inspiration, Rigby, Idaho, November 10, 2022.

Miscellaneous Extension Publications:

Bannock County Extension Quarterly Newsletter, FCS contribution, October 2023.
 Bannock County Extension Quarterly Newsletter, FCS contribution, July 2023.
 Bannock County Extension Quarterly Newsletter, FCS contribution, January 2023.
 Bannock County Extension Quarterly Newsletter, FCS contribution, October 2022.

Popular Press:

Prevent a Halloween candy choking incident. Idaho State Journal, October, 21, 2023.
 Nighttime Eating. Idaho State Journal, October 14, 2023
 Pumpkins. Idaho State Journal, September 30, 2023.
 Gleaning. Idaho State Journal, September 23, 2023.
 Support, don't Criticize. Idaho State Journal, September 16, 2023
 Check your Sources. Idaho State Journal, September 9, 2023
 Eating Smart with Diabetes. Idaho State Journal, September 2, 2023
 Fueling Success one lunch at a time. Idaho State Journal, August 26, 2023.
 Eat your Fruit and vegetables. Idaho State Journal, August 19, 2023.
 Vinegar. Idaho State Journal, August 5, 2023.
 Cooking when it's hot out. Idaho State Journal, July 29, 2023.
 Eat Well, Work Better. Idaho State Journal, July 22, 2023.
 Your Sweet Life. Idaho State Journal, July 15, 2023.
 I ate all that? Idaho State Journal, July 8, 2023.
 Nourish your skin from the inside out, July 1, 2023.
 Gleaning. Idaho State Journal, June 24, 2023.
 Let Canning Season Begin. Idaho State Journal, June 11, 2023.
 Hydration. Idaho State Journal, June, 3, 2023.
 Fermented Foods. Idaho State Journal, May 27, 2023.

Picky eating. Idaho State Journal, May, 20, 2023.
 Feeling inspired to grow something, but space is limited? Try growing microgreens. Idaho State Journal, May 13, 2023.
 Recall alert! Idaho State Journal, May 6, 2023.
 Nutrition affects sleep. Idaho State Journal, April 29, 2023.
 Adopt a new food safety habit. Idaho State Journal, April 22, 2023.
 BYOB: Bring your own bag. Idaho State Journal, March 25, 2023.
 Choose a Meatless Meal One Day a Week. Idaho State Journal, March 17, 2023.
 Fuel for the future. Idaho State Journal, March 4, 2023.
 Smoking and heart health. Idaho State Journal, February 25, 2023.
 Sweet beverages and heart health. Idaho State Journal, February 18, 2023.
 Acronyms for a healthy heart. Idaho State Journal, February 11, 2023.
 Diet and hypertension. Idaho State Journal, February 4, 2023.
 Rethink potatoes by reheating them. Idaho State Journal, January 28, 2023.
 Get the lead out. Idaho State Journal, January 14, 2023.
 What we know about nonstick pans. Idaho State Journal, December 31, 2022.
 Be successful this year with a SMART goal. Idaho State Journal, December 18, 2022.

Interview Articles:

O'Connell, J. Edible garden tour. Idaho State Journal, June 22, 2023.
https://www.postregister.com/farmandranch/eastern_idaho/ui-extension-tour-to-highlight-creativity-of-pocatello-area-gardeners/article_ab392330-265c-11ee-b2c9-b7725ade02e5.html
 Iannacone, E. U of I Extension courses: a place to preserve your produce and make new pals. Bannock County Newsroom, June, 5, 2023.
<https://www.bannockcounty.us/u-of-i-extension-courses-a-place-to-preserve-your-produce-and-make-new-pals/>
 O'Connell, J. New UI Extension Bannock County educator offering community several programs, including fruit gleanings. Idaho State Journal, October 30, 2022.
https://www.idahostatejournal.com/townnews/food/new-ui-extension-bannock-county-educator-offering-community-several-programs-including-fruit-gleaning/article_92bc1da2-2b2e-5b29-a8b7-c9bc54ba3612.html

Media Presentations:

Preserving the harvest. Plant Talk with Ron and Reed, Zoom presentation, July 17, 2023.

Webpages/Social Media:

University of Idaho Extension - Bannock County Facebook page, 2022-present.
 University of Idaho Bannock County Extension Family Consumer Sciences website, 2022-present.

Judging:

Program Excellence through research award, NEAFCS, April, 2023.

Community Service:

Alameda Neighborworks Association, President, 2022-present.

PROFESSIONAL DEVELOPMENT:

Teaching:

Train the Trainer Fitness Made Simple, virtual Zoom training, January, 27, 2023.

Outreach:

University of Idaho required annual employee, online training. October 20, 2023.

Eastern District annual performance evaluation presented by Spencer, M., online training.
September 29, 2023.

Summit on Idaho Hunger & Food Security, Boise, Idaho, October 12, 2023.

Curriculum vitae training, presented by Spencer, M., online training, September 27, 2023.

Fall Eastern District professional development meeting, Swan Valley, Idaho, September 20-21, 2023.

True Color personality training. University of Idaho Extension. September 20, 2023.

New hire follow-up training, Idaho Falls, Idaho, September 5, 2023.

Poverty Informed, virtual Zoom training, June 20-21, 2023.

Health and Wellness Priority Extension Theme quarterly meeting, virtual Zoom meetings, 2023.

Spring Eastern District professional development meeting, Pocatello, Idaho, April 27, 2023.

New hire follow-up training, Idaho Falls, Idaho, March 21, 2023.

Health and Wellness Priority Extension Theme quarterly meeting, virtual Zoom meetings, 2022.

Parks and Rec advisory bimonthly meetings, 2022-2023.

Alameda Neighborhood Association monthly meeting, Pocatello, Idaho, August 2022-October 2023.

Essentialism, McKeown, G. University of Idaho Extension Leadership Book Club, presentation by Blanch, L. 2023.

Effortless, McKeown, G.. University of Idaho Extension Leadership Book Club, virtual Zoom presentation by Blanch, L. 2023.

Bannock County Extension advisory committee, January 11, 2023.

Maintaining your county extension civil rights training, virtual Zoom training, December 15, 2022.

Fall Eastern District professional development meeting, Montpelier, Idaho, November 3-4, 2022.

Curriculum vitae training, presented by Spencer, M., virtual Zoom training, October 10, 2022.

Hiring, onboarding and supervising employees training, virtual training, 2022.

University of Idaho new faculty training, Moscow, Idaho, August 15-17, 2022.