

# CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

**NAME:** Becky Hutchings

**DATE:** October 9, 2019

**RANK OR TITLE:** Assistant Professor  
Minidoka County Extension Educator

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

**OFFICE LOCATION:** Minidoka County Extension Office  
85 East Baseline Road  
Rupert, ID 83350

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**DATE OF FIRST EMPLOYMENT AT UI:** April 4, 2016

**DATE OF TENURE:** Untenured

**DATE OF PRESENT RANK OR TITLE:** April 4, 2016

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

M.S., 2004, Instructional Technology, American Intercontinental University, Hoffman Estates, Illinois.

B.S., 2002, Family and Consumer Science Education, University of Idaho, Moscow, Idaho.

A.S., 2000, Home Economics Education, Brigham Young University-Idaho, Rexburg, Idaho.

### Additional Coursework for Credit:

Tools for Teaching, PDE 230, College of Southern Idaho, 1 credit, 2016.

Master Skills of Online Teaching, TECH 5522, Sierra Nevada College, 3 credits, 2014.

Blogging: Anyone Can Do It!, Sp14-3026-03, Clark County School District, 1 credit, 2014.

Understanding Eating Disorders, Sp14-2765-01, Clark County School District, 1 credit, 2014.

Employability Skills for Career Readiness, Clark County School District, 1 credit, 2014.

Design and Technology Application, RPDP 519A, University of Nevada Las Vegas, 3 credits, 2009.

The Electronic Environment, RPDP 519F, University of Nevada Las Vegas, 3 credits, 2009.

Intro to Online Education Part I, RPDP 515D, University of Nevada Las Vegas, 2 credits, 2009.

Intro to Online Education Part II, RPDP 516D, University of Nevada Las Vegas, 2 credits, 2009.

World Culture with Technology, RPDP 515E, University of Nevada Las Vegas, 2 credits, 2009.

Methods of Teaching with Technology, RPDP 518A, University of Nevada Las Vegas, 3 credits, 2009.

Internet Activities, RPDP 512C, University of Nevada Las Vegas, 1 credit, 2009.

Advanced Culinary Instruction, HOA 756, University of Nevada Las Vegas, 1 credit, 2005.

Culinary Arts Instruction, HOA 758, University of Nevada Las Vegas, 1 credit, 2003.

### Certificates and Licenses:

Youth Mental Health First Aid USA Program for the National Council for Behavioral Health, 2019- present

Lifestyle Coach Training Program for the National Diabetes Prevention Program, 2017 - present.

CITI, Collaborative Institutional Training Initiative, Human Subject Research, 2017 - present.

Smart Choice Health Insurance Educator Training, 2016- present.

Certified Master Food Safety Advisor, 2016- present.

Highly Qualified Teacher Certificate, Nevada Department of Education, 2008 - present.

Praxis II – Family and Consumer Science Content Knowledge Certificate, ETS: Praxis Series, 2004 - present.

Praxis I – Principles of Learning and Teaching Certificate, ETS: Praxis Series, 2004 - present.  
 Praxis I – Reading Certificate, ETS: Praxis Series, 2004 - present.  
 Praxis I – Writing Certificate, ETS: Praxis Series, 2004 - present.  
 Praxis I – Mathematics Certificate, ETS: Praxis Series, 2004 - present.  
 Standard Secondary Nevada Teaching Credential, Nevada Department of Education, 2002  
 present.  
 Standard Secondary Nevada Professional Technical Teaching Credential, Nevada Board of  
 Education, 2002 – present.  
 Standard Secondary Idaho Teaching Credential, Idaho Board of Education, 2002 - present.  
 Standard Secondary Idaho Professional Technical Teaching Credential, Idaho Board of Education,  
 2002 - present.  
 Technology Competence Certificate, International Society for Technology in Education, Idaho  
 State Board of Education, 2002 - present.

## **EXPERIENCE:**

### **Teaching, Extension and Research Appointments:**

Extension Assistant Professor, University of Idaho, Minidoka County and Central District, 2016-  
 present.  
 Secondary Family and Consumer Science Educator, Cassia Junior/Senior Alternative High  
 School, Burley, Idaho, 2015-2016.  
 Secondary Family and Consumer Science Educator, Clark County School District, Las Vegas,  
 Nevada, 2002-2010.  
 Secondary Student Organization Advisor, Clark County School District, Las Vegas, Nevada, 2002-  
 2009.  
 Care for Kids Research Assistant, University of Idaho, Moscow, Idaho, 2000-2002.

### **Non-Academic Employment:**

AmeriCorps Member, Community Action Agency in conjunction with the University of Idaho,  
 Moscow, Idaho, 2000-2002.

## **TEACHING ACCOMPLISHMENTS:**

### **Areas of Specialization:**

Community Health  
 Nutrition and Health Education  
 4-H Youth and Volunteer Development  
 Secondary Family and Consumer Science Education

### **Students Advised:**

#### **Interns:**

Shaylee Burnheim, University of Idaho, Agriculture Science Communication and Leadership,  
 2017.

#### **Senior Project Mentor:**

Morgan Hair, Minico High School, 2017.

#### **Secondary Teacher Advised:**

Sydney Baker, Canyon Springs High School, Clark County School District, 2006.

### **Materials Developed:**

#### **Displays and Poster:**

Hutchings, B. Cooking Under Pressure, University of Idaho Twilight Tour, Kimberly, Idaho.  
 July 18, 2018.

#### **PowerPoint/Slide Presentations**

Hutchings, B., S. Greenway, A. Robertson. Cooking Under Pressure Webinar, Powerpoint

presentation for Cooking Under Pressure Train the Trainer. 2018.  
 Hutchings, B. Cooking Under Pressure, Powerpoint presentation for Cooking Under Pressure Class Training throughout the state of Idaho and in Montana. 2018.

#### Web Pages:

**Hutchings, B.,** L. Hansen, J. Buck. 2018-present. Cooking Under Pressure – A UI Electric Pressure Cooking Community Facebook Page. <https://www.facebook.com/groups/341652872969122/>  
 Hutchings, B. 2017-present. University of Idaho-Minidoka County Extension Facebook Page. <https://www.facebook.com/UI-Minidoka-County-Extension-1907365316170691/>.  
 Hutchings, B. 2016- present. University of Idaho-Minidoka County 4-H Youth Development Facebook Page. <https://www.facebook.com/UI-Extension-4-H-Minidoka-County-176818922372350/>.  
 Hutchings, B. 2016-present. University of Idaho-Minidoka County Extension website. <https://www.uidaho.edu/extension/county/minidoka>.

#### Video Productions:

**Hutchings, B.,** S. Greenway, A. Robertson. “Cooking Under Pressure – Train the Trainer Webinar”, National Extension Association of Family and Consumer Sciences. May 20, 2019.  
**Hutchings, B.,** S. Greenway, A. Robertson. “Cooking Under Pressure – Train the Trainer Webinar”, Extension.org. September 13, 2018.  
 Hutchings, B. “Cooking Under Pressure Live: Electric Pressure Cooker Freezer Meals”, Facebook Live. January 26, 2018.  
 Hutchings, B. “Cooking Under Pressure Live: Electric Pressure Cooker: Pack Ahead Lunches”, Facebook Live. January 25, 2018.  
 Hutchings, B. “Cooking Under Pressure Live: Lemon Orzo Chicken Soup”, Facebook Live. January 24, 2018.  
 Hutchings, B. “Cooking Under Pressure Live: Bone Broth”, Facebook Live. January 23, 2018.  
 Hutchings, B. “Cooking Under Pressure Live: Fall off the Bone - Whole Chicken”, Facebook Live. January 22, 2018.

#### Courses Developed:

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

##### Nutrition and Health Education:

Hutchings, B. “Electric Pressure Cooker Freezer Meal Bootcamp”, Minidoka County Extension Office, Rupert, Idaho. (xxx sessions) September 18, 2019.  
**Hutchings, B.,** L. Hansen, J. Buck. “Instant Pot Cooking School – Back to School Quick Meals Edition”, in partnership with The Post Register and Broulim’s. *Invited Presentation*. Post Register Theater. Idaho Falls, Idaho. September 10, 2019.  
**Hutchings, B.,** L. Hansen, J. Buck. “Instant Pot Cooking School”, in partnership with The Post Register and Broulim’s. *Invited Presentation*. Colonial Theater. Idaho Falls, Idaho. June 4, 2019.  
**Hutchings, B.,** L. Hansen, J. Buck. “Instant Pot Cooking School”, in partnership with Idaho State Journal and Bed Bath and Beyond. *Invited Presentation*. Stephens Performing Arts Center. Pocatello, Idaho. March 29, 2019.  
 Robertson, A., **B. Hutchings,** S. Greenway. “Cooking Under Pressure. An introduction to Extension Educators in Idaho”. UI Extension Annual Conference. *Invited Presentation*. Idaho Falls, Idaho. March 25, 2019.  
**Hutchings, B.,** S. Greenway, A. Robertson. “Instant Pot Cooking School”, in partnership with Idaho Press, Bed Bath and Beyond and Walmart. *Invited Presentation*. Nampa Civic Center. Nampa, Idaho. February 27, 2019.

- Hutchings, B. "Cooking Under Pressure", Bethel Temple Apostolic Church, Twin Falls, Idaho. April 3, 2019.
- Hutchings, B. "Cooking Under Pressure", Twin Falls County Extension Office, Twin Falls, Idaho. (2 sessions) April 9, April 11, 2019.
- Hutchings, B. "Cooking Under Pressure", Oneida County Extension Office, Malad, Idaho. (2 sessions) January 5, June 7, 2019.
- Hutchings, B. "Cooking Under Pressure", Minidoka County Extension Office, Rupert, Idaho. (2 sessions) December 5, May 22, 2019.
- Hutchings, B. "Cooking Under Pressure", Central District Research and Extension Center Staff. Twin Falls, Idaho. August 28, 2018.
- Hutchings, B. "Cooking Under Pressure", Burley Star 1<sup>st</sup> Ward Relief Society. Burley, Idaho. May 15, 2018.
- Hutchings, B. "Cooking Under Pressure", University of Idaho Extension Annual Conference. *Invited Presentation*. Moscow, Idaho. April 5, 2018.
- Hutchings, B. "Cooking Under Pressure", Acequia 2<sup>nd</sup> Ward Relief Society. Acequia, Idaho. March 15, 2018.
- Hutchings, B. "Cooking Under Pressure", Mini-Cassia Fitness and Community Center, Rupert, Idaho. (4 Sessions) January 19, February 13, February 27, February 28, 2018.
- Hutchings, B. "Cooking Under Pressure", Minidoka County Extension Office, Rupert, Idaho. (6 Sessions) January 11, January 16, February 21, March 13, April 17, May 8, 2018.
- Hutchings, B. "Cooking Under Pressure", Minidoka County Extension Office, Rupert, Idaho. (3 Sessions) November 16, November 30, December 5, 2017.
- Hutchings, B. "Cooking Under Pressure Quick Lesson", Acequia 2<sup>nd</sup> Ward Relief Society. Acequia, Idaho. October 17, 2017.
- Hutchings, B. "Cooking Under Pressure", Master Food Preservation Participants, Rupert, Idaho. June 21, 2017.
- Hutchings, B. "Be Sugar Savvy", PerforMix Nutrition Systems Employee Health Fair, Rupert, Idaho. March 21, 2017.
- Hutchings, B. "Sit n' Fit Chair Exercises", Minidoka County Senior Center, Rupert, Idaho. (2 sessions) March 22, April 18, 2017.
- Hutchings, B. "Rethink Your Drink", Minidoka County Taking Off Pounds Sensibly (TOPS) group, Rupert, Idaho. August 24, 2017.
- Hutchings, B. 365 Days of Healthy Eating, Minidoka County Senior Citizen Center, Rupert, Idaho. The class series included each of the following classes:  
 "Healthier Holiday Baking", December 12, December 14, 2017.  
 "Turkey Talk", November 14, November 16, 2017.  
 "Eating in the Fast-Food Lane", October 10, October 12, 2017.  
 "Say OK to Oats", September 12, September 14, 2017.  
 "Get F.I.T.", August 22, August 24, 2017.  
 "No Cross Contamination", July 11, July 13, 2017.  
 "Think Summer, Think Melon", June 13, June 15, 2017.  
 "All About Avocados", May 9, May 1, 2017.  
 "Beat the Breakfast Blahs", April 11, April 20, 2017.  
 "Are You a Bean Counter?", March 14, March 16, 2017.  
 "Calcium, Not Just for Bones", February 15, February 2, 2017.  
 "Skip Resolutions Make Plans", January 10, January 12, 2017.
- Hutchings, B. "Sit n' Fit Chair Exercises", Minidoka County Taking Off Pounds Sensibly (TOPS) group, Rupert, Idaho. (10 Sessions) March 16, April 20, May 11, June 15, July 13, August 24, September 14, October 12, November 16, December 14, 2017.

#### **Community Health:**

- Hutchings, B. "Home Freeze Drying – Your Fresh Food, Safely Preserved", University of Idaho Master Gardeners. Rupert, Idaho. June 12, 2018.
- Hutchings, B. Idaho Prevents Diabetes, Employees of the City of Rupert. Rupert City

Hall, Rupert. Idaho. Presentation series of 26 classes. The sessions include:

- “Prevent T2 for Life”, August 29, 2018.
- “Get Back on Track”, August 22, 2018.
- “Get Enough Sleep”, July 11, 2018.
- “Have Healthy Food You Enjoy”, June 6, 2018.
- “More About Carbs”, May 2, 2018.
- “More About T2”, April 11, 2018.
- “Stay Active Away from Home”, March 7, 2018.
- “Stay Active to Prevent T2”, February 21, 2018.
- “Take a Fitness Break”, January 31, 2018.
- “When Weight Loss Stalls”, January 17, 2018.
- “Stay Motivated to Prevent T2”, January 10, 2018.
- “Eat Well Away from Home”, January 3, 2018.
- “Get Support”, December 13, 2017.
- “Take Charge of your Thoughts”, December 6, 2017.
- “Keep your Heart Healthy”, November 29, 2017.
- “Cope with Triggers”, November 15, 2017.
- “Find Time for Fitness”, November 8, 2017.
- “Manage Stress”, November 1, 2017.
- “Shop and Cook to Prevent T2”, October 25, 2018.
- “Burn More Calories Than You Take In”, October 18, 2017.
- “Get More Active”, October 11, 2017.
- “Track Your Food”, October 4, 2017.
- “Eat Well to Prevent T2”, September 27, 2017.
- “Track Your Activity”, September 20, 2017.
- “Get Active to Prevent T2”, September 13, 2017.
- “Introduction to the Program”, September 6, 2017.

Hutchings, B. “By The Facts: Diabetes Prevention Program – City of Rupert Employees”, Elks Lodge, Rupert, Idaho. December 13, 2017.

Hutchings, B. Pressure Gauge Testing Clinics, Minidoka County Extension Office, Rupert, Idaho. August 20, July 9, June 11, 2018.

Hutchings, B. Pressure Gauge Testing Clinics, Minidoka County Extension Office, Rupert, Idaho. September 13, August 16, July 12, June 14, 2017.

Hutchings, B. Who Gets Grandma’s Yellow Pie Plate, Cassia County Extension Office, Burley, Idaho. June 29, 2017.

Hutchings, B. Who Gets Grandma’s Yellow Pie Plate, Minidoka County Extension Office, Rupert, Idaho. June 22, 2017.

Hutchings, B. Word for Wellness, 8 week online Healthy Lifestyle Challenge for Minidoka County Employees including each of the following classes:

- “Coffee...to Drink or Not to Drink?”, August 14, 2017.
- “Seafood: Low Calorie, High Benefits”, July 5, 2017.
- “The “Magical” Mushroom”, June 5, 2017.
- “Grain – Friend or Foe?”, May 8, 2017.
- “Tea Time”, April 11, 2017.
- “The Diverse Berry”, March 2, 2017.
- “Is Chocolate the New Health Food?”, February 6, 2017.
- “Functional Foods”, January 9, 2017.

Hutchings, B. Glitter Bug Handwashing, Annual Health Fair, Minidoka Memorial Hospital, Rupert, Idaho. September 24, 2016.

Hutchings, B. Glitter Bug Handwashing, Regional Health Fair, Cassia Regional Hospital, Burley, Idaho. May 6, 2016.

Hutchings, B. Pressure Gauge Testing Clinics, Minidoka County Extension Office, Rupert, Idaho. August 24, July 27, June 15, 2016.

#### **4-H Youth and Volunteer Development:**

Beedle, W., **B. Hutchings**. Minidoka County Fair. 4-H Building, Rupert, Idaho.

Series including each of the following classes:

“4-H STEAM Experience – Straw Rockets”. July 31, 2019.

“4-H STEAM Experience – Ice Cube on a String”. August 1, 2019.

“4-H STEAM Experience – Mad Scientist Slime”. August 2, 2019.

Hulet, J., A. Vargas, **B. Hutchings**, J. Bywater. Minidoka County Fair. 4-H Building, Rupert, Idaho. 4-H Cup Cake Wars. July 31, 2019.

Beedle, W., **B. Hutchings**. STEAM (Science, Technology, Engineering, Art and Math) 4-H Summer Day Camp. July 10, July 11, July 12, 2019.

Beedle, W., **B. Hutchings**. Boys and Girls Club. Mini-Cassia Center, Rupert, Idaho.

Series including each of the following classes:

“Stem-Structure & Eggcellent Experiments”. June 20, 2019.

“Papercrafts & Water Color”. June 18, 2019.

“Kitchen Concoctions – Experiments You Can Eat”. June 6, 2019.

“Kitchen Concoctions – Experiments You Can Eat”. June 3, 2019.

Beedle, W., **B. Hutchings**. Boys and Girls Club. Mini-Cassia Center, Rupert, Idaho.

Series including each of the following classes:

“Wonders of Water”. May 16, 2019.

“Unbelievable and Amazing Science”. May 9, 2019.

Beedle, W., **B. Hutchings**. Boys and Girls Club. Rupert Elementary, Rupert, Idaho..

“Wonders of Water”. May 14, 2019.

“Unbelievable and Amazing Science”. May 7, 2019.

Hutchings, B. “Cooking Under Pressure for Youth Audiences”, Valley High School, Hazelton, Idaho. (8 sessions) May 2, May 3, May 7, May 8.

Hutchings, B. “Cooking Under Pressure”, 4-H Central District Volunteer Training – From Farm to Fork, College of Southern Idaho Campus, Twin Falls, Idaho. March 9, 2019.

Hulet, J., **B. Hutchings**. 4-H Cooking Club, “Cooking 301”, Minidoka Extension Office, Rupert, Idaho. Series including each of the following classes:

“4-H Demonstrations”. March 18, 2019.

“4-H Demonstration Planning”. March 11, 2019.

“Flour Experiment”. March 4, 2019.

“Cakes”. February 25, 2019.

“Cheese Experiment”. February 11, 2019.

“Outdoor Cooking and Slow Cooking”, February 4, 2019.

“Food Safety with Fruits and Vegetables”, January 28, 2019.

“Breakfast Grains”, January 14, 2019.

Hutchings, B. “Consumer Decision Education Day – Consumer Decisions Presentation”, Jerome, Idaho. April 14, 2018.

Hutchings, B. “Become a Dorm Room Chef”, *Invited Presentation*. Blackfoot, Idaho. (3 Sessions) March 10, 2018.

Hutchings, B. “Become a Dorm Room Chef”, DeMary Memorial Central Library, Rupert, Idaho. March 8, 2018.

Hutchings, B. 4-H Cooking Club, “Cooking 201”, Minidoka Extension Office, Rupert, Idaho. Series including each of the following classes:

“What is a 4-H Demonstration”, March 1, 2018.

“You’re Ready to Prepare a Meal”, February 29, 2018.

“Cooking with Milk”, February 22, 2018.

“Cooking with Eggs”, February 15, 2018.

“Cooking with Ground Beef”, February 8, 2018.

“Whole Grains and Refined Grains”, February 1, 2018.

“Understanding Nutrition Facts”, January 18, 2018.

“Food Safety and Fire Safety”, January 11, 2018.

Hutchings, B. 4-H Cooking Club, “Cooking 101”, Minidoka Extension Office, Rupert, Idaho. Series including each of the following classes:

“Cooking 101 Final Presentation”. March 16, November 9, 2017.

- “What is a 4-H Demonstration”. March 2, March 9, October 26, November 2, 2017.
- “Food Safety and Kitchen Safety”, February 23, October 19, 2017.
- “What’s in the Bottle?”, February 16, October 12, 2017.
- “What’s on Your Plate?”, February 9, October 5, 2017.
- Bywater, J., **B. Hutchings**. “New 4-H Leader Training”, Minidoka Extension Office, Rupert, Idaho.  
February 6, 2019.  
March 6, 2018.  
March 1, 2017.
- Hutchings, B. “Minidoka County Volunteer Training”, Minidoka Extension Office, Rupert, Idaho. April 1, 2017.
- Hutchings, B. “Superintendent Training”, Minidoka County Extension Office, Rupert Idaho. Miscellaneous Projects Superintendents, July 12, 2017.
- Hutchings, B. “Minidoka County Fair 4-H Judges Training”, Minidoka County Fairgrounds, Rupert, Idaho.  
July 30, July 31, 2018.  
July 31, August 1, 2017.  
August 1, August 2, 2016.
- Hutchings, B. “Barn and Butter”, Minidoka County Extension Office, Rupert, Idaho. Outlaw Ranch 4-H Group, June 15, 2017.
- Hutchings, B. “Rupurt History Days – Barn and Butter”, Minidoka County Extension Office, Rupert, Idaho. (8 sessions) May 19, 2017.
- Hutchings, B. “A Healthier Me”, Heyburn Elementary, Heyburn, Idaho. March 1, 2017.
- Hutchings, B. “Miles 4 Me” Program Kick-Off, Heyburn Elementary, Heyburn, Idaho. (2 Sessions) March , 2017.
- Hutchings, B. “Choose My Plate”, Acequia Elementary, Acequia, Idaho. (5 sessions) March 10, 2017.
- Hutchings, B. “Choose My Plate”, Rupert Elementary, Rupert, Idaho. (5 sessions) March 8, March 13, 2017.
- Hutchings, B. “Choose My Plate”, St. Nicholas Catholic School, Rupert, Idaho, (3 Sessions) February 1, March 28, 2017.
- Hutchings, B. “Night of the Living Debt”, Buhl High School, Buhl, Idaho. March 14, 2017.
- Hutchings, B. “Scholarship Workday - A Blended Learning Opportunity for Idaho Families”, Facilitated Online Presentation, Rupert, Idaho. November 30, 2016.
- Hutchings, B. “Professionalism in the Workplace”, Minidoka County Extension Office, Rupert, Idaho. August 29, 2016.
- Hutchings, B. “Minidoka County Fair 4-H Judges Training”, Minidoka County Fairgrounds, Rupert, Idaho. (2 sessions) August 1-2, 2016.
- Hutchings, B., “Add More Fruit To Your Diet”, Healthy Active Positive Productive Youth Campers 4-H Camp, Ketchum, Idaho. June 21, 2016.
- Hutchings, B. “Whole Grains: Punch Up Your Trail Mix”, Healthy Active Positive Productive Youth Campers 4-H Camp, Ketchum, Idaho. June 21, 2016.
- Hutchings, B., Eating Smart, Being Active, series including each of the following classes:
- “Power Up Your Day. Eat Breakfast!” White Pine Elementary, Burley, Idaho. June 13, 2016.
- “Color Your Plate! Eat More Vegetables and Fruits”, White Pine Elementary, Burley, Idaho. June 9, 2016
- “Read It Before You Eat It! Nutrition Facts Label”, White Pine Elementary, Burley, Idaho. June 8, 2016.
- “Make Half Your Grains Whole! Eat More Whole Grains”, White Pine Elementary, Burley, Idaho. June 7, 2016.
- “Up For The Challenge: Hand Washing and Food Safety”, White Pine Elementary, Burley, Idaho. June 6, 2016.

Hutchings, B. "Hydration, Sports and Me", White Pine Elementary, Burley, Idaho. May 24, 2016.

Hutchings, B. "Southern District 4-H Camp Teen Counselor Interviews", Rupert, Idaho. May 18, 2016.

Hutchings, B., "Read It Before You Eat It! Nutrition Facts Label", Dworshak Elementary, Burley, Idaho. May 4, 2016.

#### **Secondary Family and Consumer Science Education:**

Hutchings, B. Innovations in the FCS Classroom, Clark County School District Wide Family and Consumer Science Teachers, Las Vegas, Nevada, February 2007.

#### **Honors and Awards:**

Above and Beyond Award in the Mentoring Aspiring Technical Educator (MATE) program, Clark County School District, 2006.

Students Choice – Teacher of the Year. Spring Valley High School, 2006.

Excellence in Foodservice Mathematics Program, National Restaurant Association Educational Foundation, 2004.

Eldorado High School Teacher of the Year. Eldorado High School, 2003.

#### **SCHOLARSHIP ACCOMPLISHMENTS:**

##### **Publications, Exhibitions, Performances, Recitals:**

###### **Refereed:**

###### **Journals:**

##### **Peer Reviewed/Evaluated:**

###### **Extension Publications**

###### **Journals:**

##### **Abstracts and Proceedings:**

**Hutchings, B.,** A. Robertson, S. Greenway. "Cooking Under Pressure", National Association of Family and Consumer Sciences Peer-Reviewed Webinar Series. May 20, 2019.

Greenway, S., **B. Hutchings,** A. Robertson, *Cooking Under Pressure*. American Association of Family and Consumer Sciences. St. Louis, Missouri. June 27, 2019.

Robertson, A., **B. Hutchings,** S. Greenway, *Cooking Under Pressure*. National Extension Association of Family and Consumer Sciences. Hershey, Pennsylvania. October 2, 2019.

**Hutchings, B.,** G. Manker, G. Wittman, *4-H Cooking Club*. Tri-State Pacific Northwest 4-H Conference. Bend, Oregon. April 17, 2019.

Wittman, G., **B. Hutchings,** G. Manker, *4-H Cooking Club*. National Extension Association of Family and Consumer Science National Conference. San Antonio, Texas. September 26, 2018.

Morrisroe-Aman, B., J. Amende, **B. Hutchings,** G. Manker, *Diabetes Prevention Program*. National Extension Association of Family and Consumer Science National Conference. San Antonio, Texas. September 26, 2018.

##### **New Curricula Published:**

##### **Refereed/Adjudicated (in press or submitted):**

**Hutchings, B.,** A. Robertson, S. Greenway, J. Peutz, J. Buck, B. Morrisroe-Aman, S. Martinez, A. Burchak, J. Allday, "Homemade: Extension Educators Encourage Families to Eat Foods Prepared at Home". Journal of National Extension Association of Family and Consumer Science, Implications for Extension. 2019. *submitted*

Robertson, A., **B. Hutchings,** S. Greenway, "Cooking Under Pressure: Train-the-Trainer Webinar for Extension Professionals". Journal of National Extension Association of Family and Consumer Science, Best Practices. 2019. *In Press*.

Morrisroe-Aman, B., J. Amende, G. Manker, **B. Hutchings,** S. Martinez, "Effective Practices: Implementing the CDC National Diabetes Prevention Program in Extension". Journal of

National Extension Association of Family and Consumer Science, Best Practices. 2019.  
*submitted*

**Hutchings, B.,** K. Hoffman, “Extension Educators Successfully use Social Media to Meet Clientele Needs”. Journal of National Extension Association of Family and Consumer Sciences, Implications for Extension. 2019. *In Press*.

**Hutchings, B.,** K. Richel, G. Manker, S. Greenway, L. Erickson, “The Best of Extension: Creating a Program Series out of Existing Programs”. Journal of Extension, Ideas at Work. 2019.  
*submitted*

#### **Impact Statements:**

**Hutchings, B.,** L. Hansen, J. Buck, S. Greenway, A. Robertson, N. Ghimire, “State-wide trainings prepare Idahoans for the benefits of cooking more at home”, University of Idaho Extension, Impact Statement, 2019.

**Hutchings, B.,** A. Robertson, S. Greenway, “Preparing meals at home with hands-on cooking under pressure workshops”, University of Idaho Extension, Impact Statement, 2019.

Robertson, A., **B. Hutchings,** S. Greenway, “Extension offers train-the-trainer webinar educating professionals throughout nation”, University of Idaho Extension, Impact Statement, 2019.

Wittman, G., **B. Hutchings,** G. Manker, “Cooking skills for youth can have lifelong health impacts”, University of Idaho Extension, Impact Statement, 2019.

Morrisroe-Aman, B., J. Amende, G. Manker, **B. Hutchings,** “Extension Educators expand diabetes prevention program in southwest Idaho”, University of Idaho Extension, Impact Statement, 2019.

Manker, G., K. Richel, **B. Hutchings,** S. Greenway, L. Erickson, “Idahoans simplify their lives by taking charge of future financial decisions”, University of Idaho Extension, Impact Statement. 2018.

Hutchings, B. “Youth learn Choose MyPlate with new healthy lifestyle education program”, University of Idaho Extension, Impact Statement. 2018.

Hutchings, B. “Sit n’ Fit Program Teaches Older Adults Practical Exercise Techniques”, University of Idaho Extension, Impact Statement. 2018.

Gillespie, D.R., N. Dalton, S. Dolecheck, C. Johnson, S. Wilson, G. Silkwood, L. Vega, K. Hoffman, G. Wittman, D. Scott, **B. Hutchings,** “Leadership Now! 4-H Provides Leadership Opportunities When Youth Need Them”, University of Idaho Extension, Impact Statement. 2018.

#### **Scholarly Presentations and Other Creative Activities:**

##### **Workbook Manuals:**

##### **Displays and Posters:**

Richel, K., **B. Hutchings,** G. Manker, S. Greenway, L. Erickson. “Simplify Your Life”, Association for Financial Counseling and Planning Education. Portland, Oregon. November 20, 2019.

Hutchings, B. “Cooking Under Pressure”, University of Idaho Twilight Tour. Kimberly, Idaho. July 18, 2018.

##### **Professional Meeting Papers, Workshops:**

Robertson, A., **B. Hutchings,** S. Greenway, “Teaching Cooking Under Pressure: Hands-On Workshops”, National Extension Association of Family and Consumer Science Annual Conference. Hershey, Pennsylvania. October 2, 2019.

Greenway, S., **B. Hutchings,** A. Robertson, “Cooking Under Pressure”, American Association of Family and Consumer Sciences Conference. St. Louis, Missouri. June 25, 2019.

**Hutchings, B.,** A. Robertson, S. Greenway. “Cooking Under Pressure”, National Association of Family and Consumer Sciences Peer-Reviewed Webinar Series. May 20, 2019.

**Hutchings, B.,** G. Manker, G. Wittman, “4-H Cooking School”, Tri-State Pacific Northwest 4-H Conference. Bend, Oregon. April 17, 2019.

Morrisroe-Aman, B., J. Amende, **B. Hutchings,** G. Manker, “Diabetes Prevention Program”, National Extension Association of Family and Consumer Science. San Antonio, Texas. September 26, 2018.

Wittman, G., **B. Hutchings,** G. Manker, “4-H Cooking School”, National Extension Association of

Family and Consumer Science. San Antonio, Texas. September 26, 2018.

#### **Grants and Contracts Awarded:**

- Greenway, S., B. Morrisroe-Aman, **B. Hutchings**, A. Robertson, J. Peutz, S. Martinez, J. Amende, A. Bingham, L. Erickson. University of Idaho Innovative Project Award. Family and Consumer Sciences Consumer Videos Editing, **\$5,000.00**, 2018.
- Hutchings, B. First Federal Foundation Grant. 4-H Cooking Club, **\$2,000.00**, 2018.
- Hutchings, B. Walmart Foundation. Become a Dorm Room Chef, **\$750.00**, 2018.
- Hutchings, B. Idaho Community Foundation. Freeze Dry Cooking, **\$3,500.00**, 2018.
- Hutchings, B.**, K. Richel, L. Hansen, S. Greenway, University of Idaho Topic Team, Simplify Your Life Financial Program, UI Extension Internal Grant, **\$5,000.00**, 2017.
- Morrisroe-Aman, B. **B. Hutchings**. University of Idaho Critical Issues, Idaho Diabetes Prevention Program, UI Extension Internal Grant, **\$5,000.00**, 2017.
- Hutchings, B. Idaho Community Foundation. Implement a County Wide Cooking Club, **\$3,185.90**, 2016.

#### **In-kind and Industry Support:**

- Hutchings, B.**, L. Hansen, J. Buck. Support for *Cooking Under Pressure* program. 2019- \$1,212.00– Broulim’s Grocery.
- Hutchings, B.**, L. Hansen, J. Buck. Support for *Cooking Under Pressure* program. 2019- \$13,995.00– Post Register.
- Hutchings, B.**, L. Hansen, J. Buck. Support for *Cooking Under Pressure* program. 2019- \$6,895.00– Idaho State Journal.
- Hutchings, B.**, L. Hansen, J. Buck. Support for *Cooking Under Pressure* program. 2019- \$251.95 – Bed Bath and Beyond.
- Hutchings, B.**, S. Greenway, A. Robertson. Support for *Cooking Under Pressure* program. 2019- \$7594.92 – Idaho Press.
- Hutchings, B.**, S. Greenway, A. Robertson. Support for *Cooking Under Pressure* program. 2019- \$400.00 – Walmart.
- Hutchings, B.**, S. Greenway, A. Robertson. Support for *Cooking Under Pressure* program. 2019- \$1350.00 – Bed Bath and Beyond.
- Hutchings, B. Support for *Cooking Under Pressure* Classes. 2018 - \$200.00 – Presto Cooperation.
- Hutchings, B., Support for *Freeze Dryer* Classes. 2018 - \$1,500.00 – Harvest Right Cooperation.
- Hutchings, B. Support for *Cooking Under Pressure* Classes. 2018 - \$100.00 – Instant Pot Cooperation.

#### **Honors and Awards:**

- Hutchings B.**, A. Robertson, S. Greenway, J. Peutz, J. Buck, B. Morrisroe-Aman, S. Martinez, A. Burchak. *Innovation in Programming Award “Cooking Under Pressure”*, **1<sup>st</sup> Place State, 1<sup>st</sup> Place Region, 3<sup>rd</sup> Place National, 2019.**
- Robertson, A., **B. Hutchings**, S. Greenway. *Florence Hall Award “Cooking Under Pressure: Train the Trainer Webinar for Extension Professionals”*, **1<sup>st</sup> Place State, 1<sup>st</sup> Place Region, 3<sup>rd</sup> Place National, 2019.**

#### **Money Honors and Awards:**

- Hutchings, B. University of Idaho - Extension Support Endowment Travel Stipend to attend National Extension Association of Family and Consumer Science Conference, \$500.00, 2019.
- Hutchings, B. National Extension Association of Family and Consumer Sciences National Award Scholarship, \$100, 2019.
- Hutchings, B. Joint Council of Extension Professionals Travel Award, \$300, 2018.
- Hutchings, B. Mildred Haberly Fellowship Award, School of Family and Consumer Sciences, \$2,018, 2018.
- Hutchings, B. University of Idaho Extension Travel Stipend to attend Western 4-H Institute, \$1,500, 2018.

Hutchings, B. Mildred Haberly Fellowship Award, School of Family and Consumer Sciences, \$450, 2016.

**SERVICE:****Major Committee Assignments:****National:****Regional:****State:**

Lifestyle Coach, Diabetes Prevention Program, 2017 – present.

**University of Idaho:**

University of Idaho 4-H Ambassadors Steering Committee, 2018 - present.

Planning Committee, University of Idaho Family Consumer Science Annual Conference, 2018.

Planning Committee, University of Idaho Family Consumer Science Annual Conference, 2017.

**District/Departmental:**

Planning Committee, Central District 4-H Volunteer Training Committee, 2019.

Central District 4-H Team Committee, 2016 – present.

Search Committee, Central District Minidoka County Crops Extension Educator, 2017.

Search Committee, Central District Twin Falls County Family and Consumer Science Extension Educator, 2017.

Search Committee Chair, University of Idaho – Minidoka County Summer Internship, 2017.

Search Committee, Southern District Community Nutrition Advisor I, 2016.

**County/Local:**

Mini-Cassia Regional Hypertension & Diabetes Prevention Coalition, 2017 – present.

Child Protection Team, Mini-Cassia Council, 2017 – present.

Ex-officio member Minidoka County 4-H Leader's Council, 2016 – present.

Ex-officio member Minidoka County Fair Board, 2016 – present.

Minico High School Family and Consumer Sciences Advisory Board, 2016 – present.

Acequia Elementary School Caring Parents and Teachers Organization Board Member, 2016 - present.

**Professional and Scholarly Organizations:****National:**

National Extension Association of Family and Consumer Sciences. 2016-present.

Program Development Subcommittee, 2019 to present.

Peer-Review Webinar Proposal Reviewer, 2019 to present.

Proposal Reviewer, 2018.

National Association of Extension 4-H Agents. 2017-present.

Epsilon Sigma Phi. 2018-present.

**State:**

Idaho Extension Association of Family and Consumer Sciences. 2016-present.

Vice-President for Member Resources, 2017-present.

Treasurer, 2017-present.

Idaho Association of Extension 4-H Agents. 2017-present.

Family Economics/Personal Finance Topic Team. 2016-present.

Health and Nutrition Topic Team. 2016-present.

Food Safety Topic Team. 2016-present.  
 4-H Youth Development Topic Team. 2016-present.  
 Serve Idaho. 2000-2002.  
 Student Alumni Relations Board (SARB). University of Idaho, 2000-2002.

### Outreach Service:

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

- Hutchings, B. “Electric Pressure Cooker Freezer Meal Bootcamp”, Minidoka County Extension Office, Rupert, Idaho. September 18, 2019.
- Hutchings, B.,** L. Hansen, J. Buck. “Instant Pot Cooking School-Back to School – Quick Meals Edition”, in partnership with The Post Register and Broulim’s. Post Register Theater. Idaho Falls, Idaho. September 10, 2019.
- Hulet, J., A. Vargas, **B. Hutchings,** J. Bywater. Minidoka County Fair. 4-H Building, Rupert, Idaho. 4-H Cup Cake Wars. July 31, 2019.
- Hutchings, B.,** W. Beedle. Minidoka County Fair. 4-H Building, Rupert, Idaho.  
 Series including each of the following classes:  
 “4-H STEAM Experience – Straw Rockets”. July 31, 2019.  
 “4-H STEAM Experience – Ice Cube on a String”. August 1, 2019.  
 “4-H STEAM Experience – Mad Scientist Slime”. August 2, 2019.
- Hutchings, B.,** L. Hansen, J. Buck. “Instant Pot Cooking School”, in partnership with The Post Register and Broulim’s. Colonial Theater. Idaho Falls, Idaho. June 4, 2019.
- Hutchings, B.,** Beedle, W. Boys and Girls Club. Mini-Cassia Center, Rupert, Idaho.  
 Series including each of the following classes:  
 “Stem-Structure & Eggcellent Experiments”. June 20, 2019.  
 “Papercrafts & Water Color”. June 18, 2019.  
 “Kitchen Concoctions – Experiments You Can Eat”. June 6, 2019.  
 “Kitchen Concoctions – Experiments You Can Eat”. June 3, 2019.
- Hutchings, B.,** W. Beedle, Boys and Girls Club. Mini-Cassia Center, Rupert, Idaho.  
 Series including each of the following classes:  
 “Wonders of Water”. May 16, 2019.  
 “Unbelievable and Amazing Science”. May 9, 2019.
- Hutchings, B.,** W. Beedle, Boys and Girls Club. Rupert Elementary, Rupert, Idaho..  
 “Wonders of Water”. May 14, 2019.  
 “Unbelievable and Amazing Science”. May 7, 2019.
- Hutchings, B.,** L. Hansen, J. Buck. “Instant Pot Cooking School”, in partnership with Idaho State Journal and Bed Bath and Beyond. Stephen’s Performing Arts Center. Pocatello, Idaho. March 29, 2019.
- Robertson, A., **B. Hutchings,** S. Greenway. “Cooking Under Pressure: An Introduction to Extension Educators in Idaho”. UI Extension Annual Conference. Idaho Falls, Idaho. March 25, 2019.
- Hutchings, B.,** K. Kimball, “Idaho Central District 4-H Ambassador’s Retreat”. Albion, Idaho. March 16-17, 2019.
- Hutchings, B. “Cooking Under Pressure”, 4-H Central District Volunteer Training – From Farm to Fork, College of Southern Idaho Campus, Twin Falls, Idaho. March 9, 2019.
- Hutchings, B.,** J. Hulet, 4-H Cooking Club, “Cooking 301”, Minidoka Extension Office, Rupert, Idaho. Series including each of the following classes:  
 “4-H Demonstrations”. March 18, 2019.  
 “4-H Demonstration Planning”. March 11, 2019.  
 “Flour Experiment”. March 4, 2019.  
 “Cakes”. February 25, 2019.  
 “Cheese Experiment”. February 11, 2019.  
 “Outdoor Cooking and Slow Cooking”, February 4, 2019.  
 “Food Safety with Fruits and Vegetables”, January 28, 2019.  
 “Breakfast Grains”, January 14, 2019.

- Hutchings, B.,** S. Greenway, A. Robertson. "Instant Pot Cooking School", in partnership with Idaho Press, Bed Bath and Beyond and Walmart. Nampa Civic Center. Nampa, Idaho. February 27, 2019.
- Hutchings, B. Minidoka County 4-H Displays, Contests and Events. Rupert, Idaho. July-August, 2019.
- Hutchings, B. Minidoka County 4-H Displays, Contests and Events. Rupert, Idaho. July-August, 2018.
- Hutchings, B. "Retainer Cooking". Minidoka Extension Office, Rupert, Idaho. May 1, 2018.
- Hutchings B. "Cooking Under Pressure Session", Mini-Cassia Fitness and Community Center & Minidoka Extension Office, Rupert, Idaho. (13 Sessions) January 11, January 16, January 19, February 13, February 21, February 27, February 28, March 13, April 17, May 8, 2018. November 16, November 30, December 5, 2017.
- Kimball, K., D. R. Gillespie, **B. Hutchings**, "Idaho Central District 4-H Ambassador's Retreat". Albion, Idaho. March 16-18, 2018.
- Hutchings, B. "New 4-H Leader Training". Minidoka Extension Office, Rupert, Idaho. February 6, 2019.  
March 6, 2018.  
March 1, 2017.
- Hutchings, B. "Build Your Credit Score". Minidoka Extension Office, Rupert, Idaho, January 30, 2018.
- Hutchings, B. 4-H Cooking Club, "Cooking 201", series including each of the following classes:  
"What is a 4-H Demonstration", Rupert, Idaho. March 1, 2018.  
"You're Ready to Prepare a Meal", Rupert, Idaho. February 29, 2018.  
"Cooking with Milk", Rupert, Idaho. February 22, 2018.  
"Cooking with Eggs", Rupert, Idaho. February 15, 2018.  
"Cooking with Ground Beef", Rupert, Idaho. February 8, 2018.  
"Whole Grains and Refined Grains", Rupert, Idaho, February 1, 2018.  
"Understanding Nutrition Facts", Rupert, Idaho, January 18, 2018.  
"Food Safety and Fire Safety", Rupert, Idaho, January 11, 2018.
- Hutchings, B. 4-H Cooking Club, "Cooking 101", series including each of the following classes:  
"Cooking 101 Parent Celebration", Rupert, Idaho, November 9, 2017.  
"What is a 4-H Demonstration", Rupert, Idaho, October 26, November 2, 2017.  
"Food Safety and Kitchen Safety", Rupert, Idaho, October 19, 2017.  
"What's in the Bottle?", Rupert, Idaho, October 12, 2017.  
"What's on Your Plate?", Rupert, Idaho, October 5, 2017.
- Hutchings, B. Idaho Prevents Diabetes, Employees of the City of Rupert. Rupert City Hall, Rupert, Idaho. Presentation series of 26 classes. The sessions include:  
"Prevent T2 for Life", August 29, 2018.  
"Get Back on Track", August 22, 2018.  
"Get Enough Sleep", July 11, 2018.  
"Have Healthy Food You Enjoy", June 6, 2018.  
"More About Carbs", May 2, 2018.  
"More About T2", April 11, 2018.  
"Stay Active Away from Home", March 7, 2018.  
"Stay Active to Prevent T2", February 21, 2018.  
"Take a Fitness Break", January 31, 2018.  
"When Weight Loss Stalls", January 17, 2018.  
"Stay Motivated to Prevent T2", January 10, 2018.  
"Eat Well Away from Home", January 3, 2018.  
"Get Support", December 13, 2017.  
"Take Charge of your Thoughts", December 6, 2017.  
"Keep your Heart Healthy", November 29, 2017.  
"Cope with Triggers", November 15, 2017.  
"Find Time for Fitness", November 8, 2017.  
"Manage Stress", November 1, 2017.  
"Shop and Cook to Prevent T2",

- “Burn More Calories Than You Take In”, October 18, 2017.  
 “Get More Active”, October 11, 2017.  
 “Track Your Food”, October 4, 2017.  
 “Eat Well to Prevent T2”, September 27, 2017.  
 “Track Your Activity”, September 20, 2017.  
 “Get Active to Prevent T2”, September 13, 2017.  
 “Introduction to the Program”, September 6, 2017.
- Hutchings, B. Minidoka County 4-H Displays, Contests and Events. Rupert, Idaho. July-August, 2017.
- Hutchings, B. “4-H Volunteer Training”, Minidoka County Extension Office, Rupert, Idaho, April 1, 2017.
- Hutchings, B. 4-H Cooking Club, “Cooking 101” series including the following classes:  
 “Cooking 101 Parent Celebration”, Rupert, Idaho, March 16, 2017.  
 “What is a 4-H Demonstration”, Rupert, Idaho, March 2, March 9, 2017.  
 “Food Safety and Kitchen Safety”, Rupert, Idaho, February 23, 2017.  
 “What’s in the Bottle?”, Rupert, Idaho, February 16, 2017.  
 “What’s on Your Plate?”, Rupert, Idaho, February 9, 2017.
- Hutchings, B. “New Volunteer Training”, Minidoka County Extension Office, Rupert, Idaho, March 1, 2017.
- Hutchings, B. Minidoka County 4-H Fair Displays, Contests and Events, Rupert, Idaho, July-August, 2016.

#### **Miscellaneous Extension Publications:**

- Hutchings, B. Provident Living Ideas Monthly Newsletter. 100 Recipients.  
 “Oils & Fats – Fire & Safety” October 1, 2018.  
 “Meat & Potatoes – Earthquake Prep” September 1, 2018.
- Hutchings, B. By The Facts: Diabetes Prevention Program – City of Rupert Employees”  
 An Overview of the Diabetes Prevention Program in Rupert, December 2017.
- Hutchings, B. Minidoka County Meals on Wheels Monthly Newsletter. 125 Recipients.  
 “Healthier Holiday Baking.” December 1, 2017.  
 “Turkey Talk.” November 1, 2017.  
 “Eating in the Fast-Food Lane”, October 1, 2017.  
 “Say OK to Oats”, September 1, 2017.  
 “Get F.I.T.” August 1, 2017.  
 “No Cross Contamination” July 1, 2017.  
 “Think Summer, Think Melon” June , 2017.  
 “All About Avocados”, May 1, 2017.  
 “Beat the Breakfast Blahs”, April 1, 2017.  
 “Are You a Bean Counter?”, March 1, 2017.  
 “Sit n Fit Chair Exercises Scientifically-Backed Benefits”, February 27, 2017.  
 “Calcium, Not Just for Bones”, February 1, 2017.  
 “Meet our New Extension Educator - Becky Hutchings”, January 1, 2017.  
 “Skip Resolutions, Make Plans”, January 1, 2017.
- Hutchings, B., Minidoka County “I Am On The FCS Extension Advisory  
 Committee...Now What?!?” Introduction to What an FCS Advisory  
 Committees Does Handout, 2017.
- Hutchings, B., Minidoka County “What Can FCS Extension Do For You?” Tri-  
 Fold Brochure
- Hutchings, B. Minidoka County 4-H Quarterly Newsletter. April 14, February 8, January  
 10, July 12, 2017
- Hutchings, B. Minidoka County 4-H Newsletter. October 14, July 15, June 7, May 5,  
 2016.
- Hutchings, B., Minidoka County “4-H...More Than You Ever Imagined!” Tri-Fold Brochure.
- Hutchings, B., Minidoka County 4-H Fair Judges Checklist.

#### **Popular Press:**

**Best Food Facts:** A website and electric newsletter. Sponsored by the Center for Food Integrity in corporation with Look East, a public relations company aimed towards meeting the consumer and producer educational gap in agriculture.

Website Digital Circulation: One Million. Electric Newsletter: 36,000 subscribers.

Hutchings, B. "Thinking About Buying an Instant Pot?", September 18, 2019 - present.

**Post Register:** South-Eastern Idaho Area Newspaper, Circulation, 36,828.

**Hutchings, B.,** Hansen. L., Buck, J. "Instant Pot Cooking School", August 10-September 10, 2019.

**Hutchings, B.,** Hansen. L., Buck, J. "Instant Pot Cooking School", May 3-June 4, 2019.

**Idaho State Journal News Website:** Treasure Valley Area News Website, Digital Circulation: 6,000.

**Hutchings, B.,** Hansen. L., Buck, J. "Instant Pot Cooking School", March 1-29, 2019.

**Idaho State Journal:** Eastern Idaho Area Newspaper, Circulation: 17,116.

**Hutchings, B.,** Hansen, L., Buck, J. "Instant Pot Cooking Class", March 28, 2019.

**Bingham County Chronicle:** Newspaper serving Aberdeen, Shelley, Firth, Fort Hall, Blackfoot and other towns, Circulation: 9,000.

**Hutchings, B.,** Hansen, L., Buck, J. "Instant Pot Cooking Class", March 28, 2019.

**Agriculture and Natural Resources, University of California Food Blog:** Digital Circulation: 1,500.00.

Hutchings, B. "It's electric?! Breaking down electric pressure cookers", October 17, 2018 – present.

**University of Idaho Extension Website:** Digital Circulation: 377 Page Hits

Hutchings, B. "Cooking Under Pressure", March 9 – June 19, 2018.

Hutchings, B. "Cooking Under Pressure", March 9 – present.

**Magic Valley Times News Website:** Times News – Southern Idaho News Website

Hutchings, B. "Facebook Live Series Featuring Minidoka County Extension Educator", January 31, 2018.

Hutchings, B. "Instant Pot Pressure Cooker Classes are Planned", January 3, 2018.

Hutchings, B. "Instant Pot class taught by Minidoka Extension Educator", November 4, 2017.

Hutchings, B. "8 Ways to Express Appreciation on Veterans Day", November 1, 2017.

Hutchings, B. "Children Learn How to Cook with UI Extension Educator", July 30, 2017.

Hutchings, B. "Cooking Healthy Meals for One or Two", June 1, 2017.

Hutchings, B. "Presentation Discusses Inheritance", May 26, 2017.

Hutchings, B. "Just One Bite", December 1, 2016.

**The Magic Valley Times News:** Magic Valley Area Newspaper, Circulation: 13,631.

Hutchings, B. "First Federal awards grants to 14 organizations", August 17, 2018

Hutchings, B. "Instant Pot Class Taught by Minidoka Extension Educator", January 3, 2018.

Hutchings, B. "Children Learn How to Cook with University of Idaho Extension", July 2, 2017.

Hutchings, B. "Presentation Discusses Inheritance" August 2, 2017.

Hutchings, B. "Be Food Safe During Outdoor Cookouts", May 24, 2017.

Hutchings, B. "Cooking Healthy Meals for One or Two", June 1, 2017.

**Idaho Press Tribune News Website:** Treasure Valley Area News Website, Digital Circulation: 30,000.

**Hutchings, B.,** L. Hansen, “Instant Pot – Cooking with the Press”, August 1-August 28, 2019.

**Hutchings, B.,** A. Robertson, S. Greenway. “Dinner in an Instant”, February 3, 2019.

**Idaho Press Tribune:** Treasure Valley Area Newspaper, Circulation: 19,000.

**Hutchings, B.,** Hansen, L. “Back to School Instant Pot Cooking Class with the Press”, August 12, 2019.

**Hutchings, B.,** A. Robertson, S. Greenway, “Instant Pot Cooking School”, February 28, 2019.

**Hutchings, B.,** A. Robertson, S. Greenway, “Dinner in an Instant”, February 3, 2019.

**The Voice:** Mini-Cassia Area Newspaper, Circulation: 16,825.

Hutchings, B. “Make a Plan for Holiday Spending”, November xx, 2019.

Hutchings, B. “Familiar Foods with a Halloween Theme”, October 9, 2019.

Hutchings, B. “Quick Meals Prepped in Advance for When Time is Limited”, October 2, 2019.

Hutchings, B. “Retirement and Parenting”, August 7, 2019.

Hutchings, B. “5 Vegetables to Freeze Right Now”, July 31, 2019.

Hutchings, B. “Life History: A Caregiver Tool”, June 3, 2019.

Hutchings, B. “Vacationing on a Budget”, May 8, 2019.

Hutchings, B. “Use your Tax Refund to Boost your Financial Future”, April 17, 2019.

Hutchings, B. “Does your Kitchen at Home have a Dirty Little Secret?”, March 13, 2019.

Hutchings, B. “See RED on Valentine’s Day”, February 6, 2019.

Hutchings, B. “Don’t Let the End Zone Become the Danger Zone: Penalty-Free Super Bowl Party”, January 16, 2019.

Hutchings, B. “Top Holiday Safety Hazards – Nothing Puts a Damper on Christmas Cheer Like a Trip to the ER”, December 6, 2018.

Hutchings, B. “Mailing Food Gifts to Troops Overseas: Holiday Care Package Do’s and Don’ts”, November 7, 2018.

Hutchings, B. “What’s Scariest: Creepy Costumes or Candy Corn?”, October 17, 2018.

Hutchings, B. “Tailgating Tips”, September 5, 2018.

Hutchings, B. “Freezing Fresh Fruit” August 8, 2018.

Hutchings, B. “Wash Fruits and Vegetables Before Eating Them”, July 11, 2018.

Hutchings, B. “It’s Summer! Time To Get Your Grill On!” June 6, 2018.

Hutchings, B. “Are You a Safe Grill Master?”, May 9, 2018.

Hutchings, B. “Class Highlights Thermal Cookers”, April 18, 2018.

Hutchings, B. “Stretch Your Food Dollars at Home”, April 11, 2018.

Hutchings, B. “Be a Dorm Room Chef”, April 11, 2018.

Hutchings, B. “Stretching Your Food Dollars, Part II - Prep Before Going to the Store”, March 7, 2018.

Hutchings, B. “Stretching your Food Dollars, Part I”, February 28, 2018.

Hutchings, B. “Facebook Live Series Featuring Minidoka county Extension Educator”, January 31, 2018.

Hutchings, B. “I Bought into the Electric Pressure Cooker Craze...Here is What I Think About It Now”, January 10, 2018.

Hutchings, B. “Facebook Live Cooking Under Pressure Event Planned”, January 10, 2018.

Hutchings, B. “Instant Pot Pressure Cooking Classes Set for January”, January 10, 2018.

Hutchings, B. “Festive Food Traditions”, December 6, 2017.

Hutchings, B. “8 Ways to Express Appreciation on Veterans Day”, November 8, 2017.

Hutchings, B. “Healthy Halloween Parties for Children”, October 18, 2017.

Hutchings, B. “How to Make Comfort Foods Healthy”, September 6, 2017.

Hutchings, B. “How to Freeze Fruits and Vegetables”, August 2, 2017.

Hutchings, B. “Become a Master Dorm Chef”, July 12, 2017.

Hutchings, B. “Children learn how to cook with UI Extension”, July 5, 2017.

Hutchings, B. “Cooking Healthy Meals for One or Two”, May 31, 2017.

Hutchings, B. "Be Food Safe During your Outdoor Cookouts", May 10, 2017.  
 Hutchings, B. "A Great Time to Prepare to Preserve", April 26, 2017.  
 Hutchings, B. "Salvaging Food After a Flood", March 22, 2017.  
 Hutchings, B. "Recipe for Success: Get your Kids in the Kitchen", March 22, 2017.  
 Hutchings, B. "Heart-Healthy Valentine's Day", February 8, 2017.  
 Hutchings, B. "Healthy New Years Resolutions", December 28, 2016.  
 Hutchings, B. "Just One Bite", December 14, 2016.  
 Hutchings, B. "Scholarship Worknight", November 16 & November 30, 2016.  
 Hutchings, B. "Don't Let The Bird Get The Best of You!", November 16, 2016.  
 Hutchings, B. "Fun & Healthy Halloween Treats", October 12, 2016.  
 Hutchings, B. "Meet Becky Hutchings – Minidoka County New FCS/4-H Youth Development Educator", September 28, 2016.

**The Weekly Sun:** Wood River Valley Area Newspaper, Circulation: 8,000.

Hutchings, B. "I Bought into the Electric Pressure Cooker Craze... Here is What I Think About It Now", October 24, 2018.  
 Hutchings, B. "What's Scariest: Creepy Costumes or Candy Corn?", October 10, 2018.  
 Hutchings, B. "Get your Grill On!", July 4, 2018.

**Media Presentations:**

Hutchings, B. First Federal gives \$70K to community organizations. Blue Lakes County Club. KMVT 11 News. August 17, 2018.  
 Hutchings, B. Scholarship Worknight Community Calendar Announcement. Kat Kountry 106.1. November 16 and 30, 2016.  
 Hutchings, B. Thanksgiving Dinner by Churches in the Mini-Cassia Area. Kat Kountry 106.1. Scotty and Gina in the Morning. November 10, 2016.  
 Hutchings, B. Annual Health Fair. Minidoka Hospital. KMVT 11 News. September 24, 2016.

**Judging:**

Gooding County Fair 4-H Family and Consumer Science and Miscellaneous Projects, Gooding, Idaho. August, 12, 2016.  
 Lincoln County Fair 4-H Family and Consumer Science and Miscellaneous Projects, Shoshone, Idaho. July 18, 2016.

**Community Service:**

Mini-Cassia Muscular Dystrophy Association (MDA) Lock-Up – Morey's Steakhouse. Burley, Idaho. February 16, 2017.  
 Thanksgiving Dinner by Churches in the Mini-Cassia Area – The Senior Junction. Burley, Idaho. November 8, 2016.  
 Latter Day Saints Church (Active in community outreach). Ongoing.  
 Mini-Cassia CROP Hunger Walk. Sponsored by Church World Service. Organized by numerous local congregations to raise funds to end hunger in the Mini-Cassia area and around the world. Burley, Idaho. September 24, 2016.  
 Make a Difference Day Volunteer (local High School clean-up project). Rupert, Idaho. October 28, 2017.

**PROFESSIONAL DEVELOPMENT:**

**Outreach:**

National Extension Association of Family and Consumer Sciences (NEAFCS) National Session. Hershey, Pennsylvania. September 30-October 3, 2019.  
 Minidoka County Youth Mental Health First Aid Training. Rupert, Idaho. June 26, 20-19.  
 Central & Southern District Supervisor Training. Jerome, Idaho. June 5, 2019.

Central & Southern District Evaluative Thinking Right from Needs Assessment to Program Completion – How Does it Effect Your Program Success. Rupert, Idaho. April 24, 2019.

Central District Ambassador Retreat. Albion, Idaho. March 15-17, 2019.

Central District 4-H Team Meetings. Jerome, Idaho. January 23, 2019. Burley, Idaho. February 20, 2019. Rupert, Idaho. April 10, 2019. Twin Falls, Idaho. December 6, 2019.

Central District Family and Consumer Sciences Team Meetings. Twin Falls, Idaho, May 29, 2019. Rupert, Idaho, October 12, 2018. Jerome, Idaho, November 16, 2018. Twin Falls, Idaho, December 13, 2018.

College of Agriculture and Life Sciences Priority Extension Themes (PETS) Meeting. Boise, Idaho. November 27-29, 2018.

Central District Extension Faculty ZOOM meetings. May 6, 2019. March 4, 2019. February 4, 2019. January 7, 2019. October 1, 2018. September 4, 2018. July 2, 2018. June 4, 2018. May 7, 2018. April 30, 2018. February 27, 2018.

E-News ZOOM Meetings. (XX Sessions) May 6, July 1, August 5, September 9, 2019.

State Ambassador Planning Meeting. Boise, Idaho. July 23-25, 2018.

Central District Ambassador Retreat. Albion, Idaho. March 16-18, 2018.

University of Idaho-College of Agriculture and Life Sciences Extension Annual Conference. Idaho Falls, Idaho, March 25-28, 2019, Moscow, Idaho, April 2-6, 2018, Burley, Idaho. April 3-6, 2017. Moscow, Idaho. April 4-7, 2016.

4-H Western Institute. Ft. Collins, Colorado, February 5-9, 2018.

Southern/Central District 4-H Team Meetings. Jerome, Idaho. April 24, 2018. Burley, Idaho. March 22, 2018. Shoshone, Idaho. February 22, 2018. Rupert, Idaho. January 23, 2018. Twin Falls, Idaho. December 8, 2017. Gooding, Idaho. March 7, 2017. Burley, Idaho. January 12, 2017. Twin Falls, Idaho. December 13, 2016. Shoshone, Idaho. April 13, 2016.

Southern/Central District Family and Consumer Sciences Team Meetings. Twin Falls, Idaho. October 19, 2018. Rupert, Idaho. September 14, 2018. Jerome, Idaho. July 20, 2018. Twin Falls, Idaho. June 15, 2018. Burley, Idaho. May 18, 2018. Rupert, Idaho. March 16, 2018. Jerome, Idaho. February 23, 2018. Twin Falls, Idaho. January 12, 2018. Twin Falls, Idaho. December 18, 2017. Burley, Idaho. November 16, 2017. Twin Falls, Idaho. June 16, 2017. Jerome, Idaho. May 16, 2017. Rupert, Idaho. April 25, 2017. Burley, Idaho. February 10, 2017. Twin Falls, Idaho. December 20, 2016. Twin Falls, Idaho. June 14, 2016. Twin Falls, Idaho. May 5, 2016.

Family Economics/Personal Finance Topic Team Meetings. ZOOM conference. February 16, 2017. ZOOM conference. November 18, 2016. Twin Falls, Idaho. September 22, 2016.

4-H Healthy Living Topic Team. ZOOM conference. January 10, 2017.

Food Safety Topic Team Meeting. Boise, Idaho. November 2, 2016.

Health & Nutrition Topic Team Meeting. Boise, Idaho. November 1, 2016.

Statewide 4-H Training. Boise, Idaho. October 22-24, 2018. October 23-25, 2017. October 24-27, 2016.

Central District Faculty Meetings. Twin Falls, Idaho. October 8, 2019. Sun Valley, Idaho. May 14-15, 2019. Twin Falls, Idaho. October 2, 2018. Albion, Idaho. May 22-23, 2018. Twin Falls, Idaho. October 5, 2017. Twin Falls, Idaho. July 20, 2017.

Southern District III Faculty Meetings. Caldwell, Idaho. September 29, 2016. Jerome, Idaho. July 14, 2016.

University of Idaho Café Listening Session. Twin Falls, Idaho. January 26, 2018.

University of Idaho Listening Session. Twin Falls, Idaho. January 11, 2017.

University of Idaho Scholarly Writer's Retreat. McCall, Idaho. September 26-28, 2016.

National Extension Association of Family and Consumer Sciences (NEAFCS) National Session. San Antonio, Texas. September 24-28, 2018. Big Sky, Montana. September 12-16, 2016.

University of Idaho New Employee Orientation Part II. ZOOM conference. January 27, 2017.

University of Idaho New Employee Orientation. Moscow, Idaho. August 15-18, 2016.

University of Idaho Twilight Tour. Twin Falls, Idaho. July 18, 2018. Twin Falls, Idaho. July 20, 2016.

Serve Idaho Annual Conference. Boise, Idaho. March 5-6, 2002.

Serve Idaho Annual Conference. Boise, Idaho. March 1-2, 2001.

**Webinars:**

Smart Choices, Smart Actions Webinar, November 29, 2016.  
4-H Healthy Living Webinar, September 19, 2016.  
Rural Behavior Health Webinar, August 31, 2016.  
4-H Leadership Training Webinar, June 16, 2016.

**Administration/Management:**

4-H Youth Development 4-H Online Training, Rupert, Idaho, June 23, 2017.