

# CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

**NAME:** Becky Hutchings  
Minidoka County Extension Educator

**DATE:** October 18, 2022

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

**OFFICE LOCATION:** Minidoka County Extension Office  
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**DATE OF FIRST EMPLOYMENT AT UI:** April 4, 2016

**DATE OF TENURE:**

**DATE OF PRESENT RANK OR TITLE:**

**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.

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 including Armed Forces:

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

### Courses Taught:

### Interns/Students Advised:

#### Interns:

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

### Materials Developed:

#### Webpages:

Hutchings, B., M. Snow. 2019-present. Cooperative Extension Family and Consumer Science Educators and Coordinators Facebook Page.  
<https://www.facebook.com/groups/512507292680023/>  
 Hutchings, B., J. Buck. 2018-present. Cooking Under Pressure – A UI Electric Pressure Cooking Community Facebook Page.  
<https://www.facebook.com/groups/341652872969122/>  
 Hutchings, B. C. George. 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/.  
 Bywater, J., **B. Hutchings**. 2016-present. University of Idaho-Minidoka County Extension website.  
<https://www.uidaho.edu/extension/county/minidoka>.

#### **Video Productions:**

- Hutchings, B. “Electric Pressure Cooker Freezer Meal Bootcamp Virtual Series”, Collaboration with College of Southern Idaho (CSI) ZOOM class series. (2 sessions) September 23, September 30, 2020.
- Hutchings, B., J. Buck. “SOUPtember Electric Pressure-Cooking Virtual Series”, Nationwide ZOOM class series. Presentation series of 4 classes. The sessions include:  
 “Pinto Bean Chili”, September 21, 2020.  
 “Chicken Tortilla Soup”, September 22, 2020.  
 “Butternut Squash Soup”, September 28, 2020.  
 “Creamy Tortellini and Roy’s Healthy Ramen”, September 29, 2020.
- Hutchings, B. “Virtual Cooking Social – Meal Preparation Series – Whole Chicken Webinar”, Nationwide ZOOM class. June 17, 2020.
- 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.

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

- Hutchings, B. Cooking Under Pressure, University of Idaho Twilight Tour, Kimberley, 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.

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

##### **Nutrition and Health Education:**

- Hutchings, B. “Cooking Under Pressure”, xxx, Fairfield, Idaho. October 22, 2022.
- Hutchings, B. “Use, Care and Operation of Your Pressure Canner”, Acequia 2<sup>nd</sup> Ward Preparedness Fair, Acequia, Idaho. October 15, 2022.
- Hutchings, B. “Cooking Under Pressure”, Acequia 2<sup>nd</sup> Ward, Acequia, Idaho. October 4, 2022.
- Manker, G. **Hutchings, B. G. Wittman, S. Guan Lee**. “Healthy Meals for Busy Families”, Jerome County Extension Office, Jerome, Idaho. October 19, 2022.
- Hutchings, B. “Use, Care and Operation of Your Pressure Canner”, Rupert 4<sup>th</sup> Ward Preparedness Fair, Rupert, Idaho. October 4, 2022.
- Hutchings, B. “Use, Care and Operation of Your Pressure Canner”, Rupert 1<sup>st</sup> Ward Preparedness Fair, Rupert, Idaho. September 28, 2022.
- Hutchings, B. “Electric Pressure Cooker – Freezer Meal Bootcamp, Series #2”, Minidoka County Extension Office, Rupert, Idaho. September 27, 2022.

- Wittman, G., B. Hutchings, S. Guan Lee, G. Manker. "Healthy Meals for Busy Families", Cassia County Extension Office, Burley, Idaho. September 21, 2022.
- Hutchings, B. G. Wittman, G. Manker, S. Guan Lee. "Healthy Meals for Busy Families", Minidoka County Extension Office, Rupert, Idaho. March 9, 2022.
- Hutchings, B. "SOUP-er Bowl in your Electric Pressure Cooker", ZOOM class. (2 sessions), February 13, 2022.
- Hutchings, B. "Bread Baking & Jam Making in your Electric Pressure Cooker", Minidoka County Extension Office, Rupert, Idaho. January 18, 2022.
- Hutchings, B. "The Do's and Don'ts of Electric Pressure Cookers", ZOOM class. (2 sessions), December 27, 2021.
- Hutchings, B. "Christmas Cooking Under Pressure", Minidoka County Extension Office, Rupert, Idaho. December 8, 2021.
- Hutchings, B. "Cooking Under Pressure – "SOUP"tember", Minidoka County Extension Office, Rupert, Idaho. September 22, 2021.
- Hutchings, B. "Cooking Under Pressure – Sweets, Treats, & Good Eats", Eastern Idaho State Fair. Blackfoot, Idaho. September 6, 2021. *Invited Presentation*
- Hutchings, B. "Cooking Under Pressure – Idaho State Association of Family and Consumer Science Secondary Teachers Statewide Conference", Twin Falls, Idaho. June 17, 2021. *Invited Presentation*
- Hutchings, B. "Cooking Under Pressure Accessories Class Series – Egg Bite Molds", Rupert, Idaho. April 27, 2021.
- Hutchings, B. K. Richel. "Cooking Under Pressure", ZOOM class. March 4, 2021.
- Hutchings, B. "Utilize Your Electric Pressure Cooker as a Double Boiler: Make Hot Chocolate Bombs", ZOOM class. (2 sessions) December 4, December 5, 2020.
- Hutchings, B. "Electric Pressure Cooker Freezer Meal Bootcamp Virtual Series", Collaboration with College of Southern Idaho (CSI) ZOOM class series. (2 sessions) September 23, September 30, 2020.
- Hutchings, B., J. Buck. "SOUPtember Electric Pressure-Cooking Virtual Series", Nationwide ZOOM class series. Presentation series of 4 classes. The sessions include:
- "Pinto Bean Chili", September 21, 2020.
  - "Chicken Tortilla Soup", September 22, 2020.
  - "Butternut Squash Soup", September 28, 2020.
  - "Creamy Tortellini and Roy's Healthy Ramen", September 29, 2020.
- Hutchings, B. "Virtual Cooking Social – Meal Preparation Series – Whole Chicken Webinar", Nationwide ZOOM class. June 17, 2020.
- Hutchings, B. "Demystifying the Electric Pressure Cooker" North Dakota Academy of Nutrition and Dietetics (NDAND) and North Dakota Nutrition Council (NDNC), Fargo, North Dakota. (2 sessions) March 13, 2020. *Invited Presentation*
- Hutchings, B. "Cooking Under Pressure – Keynote Speaker Address" North Dakota Academy of Nutrition and Dietetics (NDAND) and North Dakota Nutrition Council (NDNC), Fargo, North Dakota. March 12, 2020. *Invited Presentation*
- Hutchings, B. "Cooking Under Pressure – Just the Basics", Gooding County Extension Office, Gooding, Idaho. March 3, 2020.
- Hutchings, B. "Dump Recipes for an Electric Pressure Cooker", Minidoka County Extension Office, Rupert, Idaho. (3 sessions) January 14, January 15, January 29, 2020.
- Hutchings, B. "Electric Pressure Cooker Freezer Meal Bootcamp", Minidoka County Extension Office, Rupert, Idaho. (3 sessions) September 18, 2019, January 22, January 28, 2020.
- 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. 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. Pressure Gauge Testing Clinics, Minidoka County Extension Office, Rupert, Idaho. August 20, July 9, June 11, 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. 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. "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. “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. 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. “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.
- 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, with emphasis in FCS:**

- Hulet, J., A. Vargas, **B. Hutchings**. “Cupcake Wars”, Minidoka County Fair. 4-H Building, Rupert, Idaho. August 3, 2022.
- Hutchings, B., J. Hulet. Minidoka County Fair. 4-H Building, Rupert, Idaho. Series including each of the following classes:
- “4-H STEAM Experience – Light up the Sky”. August 5, 2022.
  - “4-H STEAM Experience – Bottle Cap Flowers”. August 5, 2022.
  - “4-H STEAM Experience – Painting our World”. August 4, 2022.
  - “4-H STEAM Experience – Lightning Bugs”. August 3, 2022.
- Hutchings, B. J. Hulet, A. Vargas, J. Bywater. “Lunch in the Park”. Tuesdays and Wednesdays, Lincoln and Neptune Parks, Rupert, Idaho.
- “4-H STEAM Experience – Lego Robotics”. July 27, 2022.
  - “4-H STEAM Experience – Snap Circuits”. July 26, 2022.
  - “4-H STEAM Experience – Resin Creations”. July 20, 2022.
  - “4-H STEAM Experience – Fondue Fun”. July 19, 2022.
  - “4-H STEAM Experience – Solar Lights”. July 13, 2022.
  - “4-H STEAM Experience – Ice on a String”. July 12, 2022.
  - “4-H STEAM Experience – Bottle Cap Flowers”. July 6, 2022.
  - “4-H STEAM Experience – Painted Rocks”. July 5, 2022.
  - “4-H STEAM Experience – Lightning Bugs”. June 29, 2022.
  - “4-H STEAM Experience – Lego Robotics”. June 28, 2022.
  - “4-H STEAM Experience – Snap Circuit”. June 22, 2022.
  - “4-H STEAM Experience – Invisible Ink”. June 21, 2022.
  - “4-H STEAM Experience – Lady Bugs”. June 15, 2022.
  - “4-H STEAM Experience – My Plate”. June 14, 2022.
  - “4-H STEAM Experience – The Science of Baking”. June 8, 2022.
  - “4-H STEAM Experience – Solar Cooking”. June 7, 2022.
- Hutchings, B. J. Hulet, A. Vargas, J. Bywater. “Satisfy Your Sweet Tooth – The Science of Chocolate”. Minidoka County Extension Office, Rupert, Idaho.
- “Satisfy Your Sweet Tooth – The Science of Chocolate Final Presentations”, May 19, 2022.
  - “Enrobing and Emulsions”, May 16, 2022.
  - “Chocolate Molds”, May 12, 2022.
  - “Tempering Chocolate”, May 9, 2022.
  - “The Science of Chocolate”, May 5, 2022.
  - “Kitchen and Food Safety Basics”, May 2, 2022.
- Hutchings, B. J. Hulet, A. Vargas, J. Bywater. “Cooking Under Pressure 4-H STEM”. Minidoka County Extension Office, Rupert, Idaho.
- “Electric Pressure Cooking 4-H STEM Final Presentation”, April 21, 2022.
  - “How to Adjust your Recipe for your Size of Electric Pressure Cooker”, April 18, 2022.
  - “Electric Pressure Cooker Proper Cleaning Techniques” April 14, 2022.
  - “Electric Pressure Cooker Accessories and Terminology” April 11, 2022.
  - “Food and Equipment Safety” April 7, 2022.
  - “MyPlate and Physical Activity Logs – Get to Know the Electric Pressure Cooker” April 4, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater. “Shamrock Shindig”. Minidoka County Extension Office, Rupert, Idaho. March 18, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater. “3.14 Pi Day”. Minidoka County Extension Office, Rupert. March 14, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater. “Be My Valentine – Sugar Cookies”. Acequia Elementary. Acequia, Idaho. February 14, 2022.
- B. Hutchings. “Fondue Fun Night”, Minidoka County Extension Office, Rupert, Idaho. February 11, 2022.
- Hulet, J. A. Vargas, **B. Hutchings**, J. Bywater. “Rupert Elementary Science Fair”. Rupert Elementary School, Rupert, Idaho. February 8, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater, D. Heath. East Minico Power hour, East Minico Junior High, Rupert, Idaho.

- Series including each of the following classes:  
 “St. Patrick’s Day Jeopardy Game”, March 10, 2022.  
 “Shamrock Shindig Chalk Art”. March 3, 2022.  
 “Be My Valentine – Sugar Cookies”, February 3, 2022.  
 “Gingerbread Barn Raising”, December 2, 2021.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater, J. Williams. Boys and Girls Club, Rupert, Idaho.  
 Series including each of the following classes:  
 “Shamrock Shindig”, March 18, 2022.  
 “Be My Valentine – Sugar Cookies”, February 3, 2022.  
 “Gingerbread Barn Raising”, December 2, 2021.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater, J. William. 4-H and Boys & Girls Club Cooking Club, “Cooking 101”, Boys and Girls Club, Rupert, Idaho.  
 Series including each of the following classes:  
 “Cooking 101 Final Presentation”, November 19, 2021.  
 “What is a 4-H Demonstration”, November 12, 2021.  
 “Food Safety and Kitchen Safety”, November 5, 2021.  
 “What’s in the Bottle?”, October 29, 2021.  
 “What’s on Your Plate?”, October 22, 2021.
- Hutchings, B., J. Bywater, J. Hulet, A. Vargas. “Highway to a Healthy Harvest”, Field Trip throughout Minidoka County. March 11, 2022.
- Hutchings, B. “From the Field to the Table”, Acequia Latter Day Saints Church Youth Group. Acequia, Idaho. January 12, 2022.
- Hutchings, B. “Hot Chocolate Bombs”. Acequia Elementary School. Acequia, Idaho. December 21, 2021.
- Hutchings, B. “Hot Chocolate Bombs”. Veterans of Foreign Wars. Burley, Idaho. December 11, 2021.
- Hutchings, B. “Hot Chocolate Bombs”. Minidoka County Extension Office. Rupert, Idaho. December 10, 2021.
- Hutchings, B. “4-H Today – More Than Just Animals – Cooking with Kids”, Eastern Idaho State Fair. Blackfoot, Idaho. September 6, 2021. *Invited Presentation*
- Hulet, J., A. Vargas, **B. Hutchings**, J. Bywater. Minidoka County Fair. 4-H Building, Rupert, Idaho. 4-H Cup Cake Wars. August 3, 2021.
- Hutchings, B., J. Hulet. Minidoka County Fair. 4-H Building, Rupert, Idaho.  
 Series including each of the following classes:  
 “4-H STEAM Experience – S’mores Fun”. August 4, 2021.  
 “4-H STEAM Experience – Sun Dodge Ball”. August 4, 2021.  
 “4-H STEAM Experience – Pinecone and Leaf Art”. August 5, 2021.  
 “4-H STEAM Experience – Flower Pots”. August 6, 2021.  
 “4-H STEAM Experience – Elephant Foam”. August 6, 2021.
- Erickson, L., **B. Hutchings**. “Pirate Loot – Financial Literacy Youth Assemblies”, Minico High School, East Minico Jr. High School, West Minico Jr. High School. April 22, 2021.
- Hutchings, B., K. Scheer, S. Dolecheck, “Cooking Under Pressure – Family Edition”, Hansen Elementary School. April 8, 2021.
- Hulet, J., A. Vargas, **B. Hutchings**. 4-H Cooking Club, “Cooking 101”, Minidoka Extension Office, Rupert, Idaho.  
 Series including each of the following classes:  
 “Cooking 101 Final Presentation”, May 3, 2021.  
 “What is a 4-H Demonstration”, April 26, 2021.  
 “Food Safety and Kitchen Safety”, April 19, 2021.  
 “What’s in the Bottle?”, April 12, 2021.  
 “What’s on Your Plate?”, April 5, 2021.
- Hutchings, B. “Preparing for a career as an Extension educator”, UI CALS Networking Night. ZOOM class. March 2, 2021.
- Hulet, J., A. Vargas, **B. Hutchings**, J. Bywater. Minidoka County Fair. 4-H Building, Rupert, Idaho. 4-H Cup Cake Wars. July 29, 2020.
- Hutchings, B., J. Hulet. Minidoka County Fair. 4-H Building, Rupert, Idaho.



- Series including each of the following classes:
- “4-H STEAM Experience – Cloud Formations”. July 29, 2020.
  - “4-H STEAM Experience – Beads Galore”. July 30, 2020.
  - “4-H STEAM Experience – Ice Cream in a Bag”. July 31, 2020.
- Hulet, J., **B. Hutchings**, A. Vargas. Virtual Sewing Series: COVID-19 Mask Making. (3 Sessions) April 20, April 13, April 6, 2020.
- Hutchings, B., T. Miller, K. Kimball. 4-H Central District Ambassadors Planning Meeting. ZOOM. June 9, February 25, January 30, January 16, January 7, 2020, October 18, 2019.
- Hulet, J., A. Vargas, **B. Hutchings**. 4-H Cooking Club, “Cooking 201”, Minidoka County Extension Office, Rupert, Idaho. Series including each of the following classes:
- “What is a 4-H Demonstration”, March 9, 2020
  - “Cooking with Grains”. March 2, 2020.
  - “Cooking with Ground Beef”. February 24, 2020.
  - “Breakfast Foods”, February 10, 2020.
  - “Kitchen Hazards”, February 3, 2020.
  - “Buying and Preparing Fruits and Vegetables”, January 27, 2020.
  - “Food and Fire Safety in the Kitchen”, January 13, 2020.
- 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 & Watercolor”. 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. Series including each of the following classes:
- “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 County 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", 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. "Rupert 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.

#### Teaching Honors and Awards:

- Idaho Family and Consumer Sciences Educator Association (IFCS) Outstanding Service Award, 2021.
- Eldorado High School Teacher of the Year. Eldorado High School, 2003

#### SCHOLARSHIP ACCOMPLISHMENTS:

Description of personal contributions

\*Corresponding author

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

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

##### Refereed:

##### Journals:

- Hutchings, B.\*, N. Ghimire, L. Hansen, J. Buck, S. Greenway, A. Robertson. "Electric Pressure Cooker Demonstration Results in Quicker, Healthier, Budget Friendly Meals at Home". *Journal of National Extension Association of Family and Consumer Sciences*. 2022. (1,2,3,4,5,6) *Submitted* -
- Hutchings, B.\*, S. Greenway, A. Robertson, J. Buck, B. Morrisroe-Aman, S. Martinez, J. Peutz, A. Burchak, J. Allday. "Cooking Under Pressure Innovative Idea to Promote Cooking at Home". *Journal of National Extension Association of Family and Consumer Sciences*. 2022. (1,2,3,4,5,6) *Submitted* -
- Hanson, L. \*, A. Robertson, S. Greenway, S. Martinez, **B. Hutchings**, J. Buck. "Cooking Under Pressure for Youth". *Journal of National Extension Association of Family and Consumer Sciences*. 2022. (1, 2, 3, 6) *Submitted* -
- Hutchings, B.\*, K. Richel, G. Manker, S. Greenway, L. Erickson, "Prelude to Estate Planning: Helping Older Adults Simplify Their Lives Before Meeting with Professionals". *Journal of Extension*,

Ideas at Work. April, 2020. (2,3,4,5,6)

<https://www.joe.org/joe/2020april/iw6.php>

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. (1,2,3,4,5,6)

[https://www.neafcs.org/assets/documents/journal/2019-jneafcs/2019-JNEAFCS-FINAL-Web.pdf?fbclid=IwAR04fE\\_DYfOXB01nzn0kRQ6ym-dUjuqyFkMjmOITpjrfeh7UpauNug8ajkM](https://www.neafcs.org/assets/documents/journal/2019-jneafcs/2019-JNEAFCS-FINAL-Web.pdf?fbclid=IwAR04fE_DYfOXB01nzn0kRQ6ym-dUjuqyFkMjmOITpjrfeh7UpauNug8ajkM)

Robertson, A\*., S. Greenway, **B. Hutchings**. Cooking Under Pressure: Train-the-Trainer Webinar for Extension Professionals. Journal of National Extension Association of Family and Consumer Science, Best Practices. 2019. (1,2,3,4,5,6)

[https://www.neafcs.org/assets/documents/journal/2019-jneafcs/2019-JNEAFCS-FINAL-Web.pdf?fbclid=IwAR04fE\\_DYfOXB01nzn0kRQ6ym-dUjuqyFkMjmOITpjrfeh7UpauNug8ajkM](https://www.neafcs.org/assets/documents/journal/2019-jneafcs/2019-JNEAFCS-FINAL-Web.pdf?fbclid=IwAR04fE_DYfOXB01nzn0kRQ6ym-dUjuqyFkMjmOITpjrfeh7UpauNug8ajkM)

### Peer Reviewed/Evaluated:

#### Abstracts and Proceedings:

Hansen, L., A. Robertson, S. Greenway, J. Buck, **B. Hutchings**, "Cooking Under Pressure for Youth", National Association of Extension 4-H Professionals National Conference. Virtual Conference. October 21, 2020.

Martinez, S. L. Hansen, S. Greenway, A. Robertson, J. Buck, **B. Hutchings**, "Cooking Under Pressure for Youth", Idaho Out-of-School Network Annual Power Up Summit: EmPower Up Virtual Conference. October 14-15, 2020.

Hansen, L., A. Robertson, S. Greenway, J. Buck, **B. Hutchings**, "Cooking Under Pressure for Youth", National Extension Association of Family and Consumer Sciences. Virtual Conference. September 16, 2020.

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.

### Extension Publications:

#### Refereed (in press):

Hutchings, B., L. Powers-Hammond. Use, Care and Operation of your Pressure Canner, PNW 421. Revised [Online]. 2021. In Press.

Hutchings, B. Simplify Dinnertime: A Guide to Make-Ahead Freezer Meals for Electric Pressure Cooking, BUL 963. 2022. In Press.

Hutchings, B., J. Buck, S. Greenway, L. Hansen, A. Robertson. Guide to Using and Caring for your Electric Programmable Pressure Cooker, PNW 747. 2021. In Press.

**Peer Reviewed (in press):** Remove for Tenure Presentation Purposes but leave here as a place holder for future publications

#### Other:

**University of Idaho Extension Impact Statements:**

Hutchings, B., J. Bywater. "4-H Member Field Trip Provides Fun, Real-Life Nutrition Experiences", University of Idaho Extension, Impact Statement, 2022.

Gillespie, D., **B. Hutchings**, M. Barlow, D. Peavler, R. Davids, J. Thomas, T. Miller, G. Wittman, C. Kinder, C. Vaughan. "Zoom into 4-H; central district bringing 4-H to local families", University of Idaho Extension, Impact Statement, 2020.

Hutchings, B., L. Hansen, J. Buck, S. Greenway, A. Robertson, N. Ghimire, "State-wide trainings prepare Idahoans for the benefits of cooking at home more frequently", University of Idaho Extension, Impact Statement, 2020.

Hansen, L. S. Greenway, A. Robertson, J. Buck, **B. Hutchings**, S. Martinez, "Youth cooking program builds knowledge and instills confidence in participants", University of Idaho Extension, Impact Statement, 2020.

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:****Displays and Posters:**

Morrisroe-Aman, B., J. Amende, G. Manker, S. Martinez, J. Peutz, **B. Hutchings**. 2020 Triumphs, Trials, and Tools: Delivering the National Diabetes Prevention Program. National Extension Association of Family and Consumer Sciences Virtual Annual Session, September 16, 2020.

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.

**Professional Meeting Papers, Workshops:**

Hansen, L., A. Robertson, S. Greenway, J. Buck, **B. Hutchings**, "Cooking Under Pressure for Youth", National Association of Extension 4-H Youth Development Professionals National Conference. Virtual Conference. October 21, 2020.

Morrisroe-Aman, B., J. Amende, G. Manker, **B. Hutchings**, "Diabetes Prevention Program", National Extension Association of Family and Consumer Science National Conference. Virtual Conference. October 16, 2020.

Hansen, L., A. Robertson, S. Greenway, J. Buck, **B. Hutchings**, "Cooking Under Pressure for Youth", National Association of Family and Consumer Science National Conference. Virtual Conference. October 16, 2020.

Martinez, S., L. Hansen, S. Greenway, A. Robertson, J. Buck, **B. Hutchings**. Cooking Under Pressure for Youth. Idaho Out-of-School Network Annual Power Up Summit: EmPower Up Virtual Conference. Boise, Idaho. October 14-15, 2020.

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:**

- Hutchings, B., J. Bywater. Igniting Your Spark – Engaging Youth Audiences: Minidoka Full STEAM Ahead Grant, **\$60,000.00**, 2021.
- Hutchings, B. COVID-19 Federal Technology Grant. Electric Pressure Cooker Video Technology Support, **\$500.00**, 2020.
- 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. Idaho Community Foundation. Implement a County Wide Cooking Club, **\$3,185.90**, 2016.

#### **Internal Funding Awarded:**

- 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. 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.
- Greenway, S., B. Morrisroe-Aman, J. Amende, S. Martinez, J. Peutz, A. Robertson, A. Bingham, L. Erickson, **B. Hutchings**. University of Idaho Innovative Project Award. Family and Consumer Sciences Consumer Videos Editing, **\$5,000.00**, 2018 (no spending authority).
- 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 (no spending authority).
- Hutchings, B. Mildred Haberly Fellowship Award, School of Family and Consumer Sciences, \$450, 2016.

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

- Hutchings, B. Support for Keynote Speaker for Cooking Under Pressure program.  
2021 - \$1,000.00 - Idaho Family and Consumer Sciences Educator Association (IFCS) state conference, Twin Falls, Idaho.
- Hutchings, B. Support for Keynote Speaker for Cooking Under Pressure program.  
2020 - \$4,000.00 - North Dakota Academy of Nutrition and Dietetics (NDAND) and North Dakota Nutrition Council (NDNC) state conference, Fargo, North Dakota.
- Hutchings, B. National Extension Association of Family and Consumer Sciences National Award Scholarship, \$100.00, 2019.
- 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.

### Scholarship Honors and Awards:

- Morrisroe-Aman, B., J. Amende, G. Manker, J. Peutz, **B. Hutchings**, S. Martinez. Epsilon Sigma Phi Distinguished Team Award, **1<sup>st</sup> Place State, 2020.**  
 Hansen, L., A. Robertson, S. Greenway, J. Buck, **B. Hutchings**. 4-H Excellence in Healthy Living Programming Award, **1<sup>st</sup> Place State, 2<sup>nd</sup> Place Region, 2020.**  
 Ellis, S., **B. Hutchings**. National Extension Association of Family and Consumer Sciences – Florida Affiliate (FNEAFCS), Family Health & Wellness Award, **1<sup>st</sup> Place State, 2020.**  
 Hutchings B., A. Robertson, S. Greenway, J. Peutz, J. Buck, B. Morrisroe-Aman, S. Martinez, A. Burchak. National Extension Association of Family and Consumer Sciences (NEAFCS), 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. National Extension Association of Family and Consumer Sciences (NEAFCS), 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.**

### SERVICE:

#### Major Committee Assignments:

##### National:

- National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP)  
 Conference Programs Committee, Co-Chair of Seminars/Research Reports, 2020.  
 National Extension Association of Family and Consumer Science (NEAFCS) Professional  
 Development Committee with a focus on webinars, 2019 – present.  
 National Extension Association of Family and Consumer Science (NEAFCS) Program Development  
 Subcommittee, 2019 – present.

##### State:

- Idaho Extension Association of Family and Consumer Sciences, 2016 – present.  
 Vice-President for Member Resources, 2016 – 2020.  
 Treasure, 2016 – 2020.  
 Idaho Association of Extension 4-H Youth Development Professionals, 2017 – present.  
 Conference Programs Committee, Co-Chair of Seminars/Research Reports, 2020.  
 Conference Moderator, 4 sessions, 2020.  
 Idaho Association of Epsilon Sigma Phi. 2018 - present.  
 Awards and Recognition Committee, 2020 – present.

##### University of Idaho:

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

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

**Extension:**

University of Idaho 4-H Statewide Ambassadors Steering Committee, 2018 - 2020.

**District:**

Central District Promotion and Tenure Committee, 2019 - 2020.  
 Planning Committee, Central District 4-H Volunteer Training Committee, 2019.  
 Central District 4-H Team Committee, 2016 – present.  
 Central District FCS 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:**

Minico High School Future Farmers of America (FFA) Advisory Committee, 2022 – present.  
 East Minico Junior High Advisory Committee, 2021 - 2022.  
 Veterans of Foreign Wars (VFW) Auxiliary Committee, 2021 – present.  
 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:**

American Association of Family and Consumer Sciences, 2021 – present.  
 Epsilon Sigma Phi, 2018 - present.  
 National Association of Extension 4-H Youth Development Professionals, 2017 - present.  
 National Extension Association of Family and Consumer Sciences, 2016 - present.

**Outreach Service:**

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

Hutchings, B., J. Hulet. Minidoka County Fair. 4-H Building, Rupert, Idaho.  
 Series including each of the following classes:  
 “4-H STEAM Experience –Light Up the Sky”. August 5, 2022.  
 “4-H STEAM Experience – Bottle Cap Flowers”. August 4, 2022.  
 “4-H STEAM Experience – Painting Our World”. August 4, 2022.  
 “4-H STEAM Experience – Lightning Bugs”. August 3, 2022.  
 Hutchings, B. J. Hulet. Minidoka County 4-H Fair Displays, Contests and Events, Rupert, Idaho, July-August 2021.  
 Hutchings, B. J. Hulet, A. Vargas, J. Bywater. “Lunch in the Park”. Tuesdays and Wednesdays, Lincoln and Neptune Parks, Rupert, Idaho.  
 “4-H STEAM Experience – Lego Robotics”. July 27, 2022.  
 “4-H STEAM Experience – Snap Circuits”. July 26, 2022.  
 “4-H STEAM Experience – Resin Creations”. July 20, 2022.  
 “4-H STEAM Experience – Fondue Fun”. July 19, 2022.  
 “4-H STEAM Experience – Solar Lights”. July 13, 2022.  
 “4-H STEAM Experience – Ice on a String”. July 12, 2022.  
 “4-H STEAM Experience – Bottle Cap Flowers”. July 6, 2022.  
 “4-H STEAM Experience – Painted Rocks”. July 5, 2022.  
 “4-H STEAM Experience – Lightning Bugs”. June 29, 2022.



- “4-H STEAM Experience – Lego Robotics”. June 28, 2022.
- “4-H STEAM Experience – Snap Circuits”. June 22, 2022.
- “4-H STEAM Experience – Invisible Ink”. June 21, 2022.
- “4-H STEAM Experience – Lady Bugs”. June 15, 2022.
- “4-H STEAM Experience – My Plate”. June 14, 2022.
- “4-H STEAM Experience – The Science of Baking”. June 8, 2022.
- “4-H STEAM Experience – Solar Cooking”. June 7, 2022.
- Hutchings, B. J. Hulet, A. Vargas, J. Bywater. “Satisfy Your Sweet Tooth – The Science of Chocolate”. Minidoka County Extension Office, Rupert, Idaho.
- “Satisfy Your Sweet Tooth – The Science of Chocolate Final Presentations”, May 19, 2022.
- “Enrobing and Emulsions”, May 16, 2022.
- “Chocolate Molds”, May 12, 2022.
- “Tempering Chocolate”, May 9, 2022.
- “The Science of Chocolate”, May 5, 2022.
- “Kitchen and Food Safety Basics”, May 2, 2022.
- Hutchings, B., J. Hulet. “Resin Creations”, Minidoka County Extension Office. Rupert, Idaho. May 13, 2022.
- Hutchings, B. J. Hulet, A. Vargas, J. Bywater. “Cooking Under Pressure 4-H STEM”. Minidoka County Extension Office, Rupert, Idaho.
- “Electric Pressure Cooking 4-H STEM Final Presentation”, April 21, 2022.
- “How to Adjust your Recipe for your Size of Electric Pressure Cooker”, April 18, 2022.
- “Electric Pressure Cooker Proper Cleaning Techniques” April 14, 2022.
- “Electric Pressure Cooker Accessories and Terminology” April 11, 2022.
- “Food and Equipment Safety” April 7, 2022.
- “MyPlate and Physical Activity Logs – Get to Know the Electric Pressure Cooker” April 4, 2022.
- Hutchings, B., J. Hulet. “Lego Robotics”, College of Southern Idaho. Burley, Idaho. April 19, 2022.
- Hutchings, B., J. Hulet. “Snap Circuits”, Heyburn Spring Calvary Church. Heyburn, Idaho. March 17, 2022.
- Hutchings, B., J. Hulet. “Lego Robotics”, Heyburn Spring Calvary Church. Heyburn, Idaho. May 5, April 7, March 17, 2022.
- Hutchings, B., J. Hulet. “Lego Robotics”, Minidoka County Extension Office. Rupert, Idaho. April 29, April 22, April 15, April 5, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater. “Shamrock Shindig”. Minidoka County Extension Office, Rupert, Idaho. March 18, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater. “3.14 Pi Day”. Minidoka County Extension Office, Rupert. March 14, 2022.
- Hutchings, B., J. Hulet. “Lego Robotics”, Heyburn Elementary School – 3<sup>rd</sup> grade. Heyburn, Idaho. March 9, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater. “Be My Valentine – Sugar Cookies”. Acequia Elementary. Acequia, Idaho. February 14, 2022.
- Hutchings, B. “Fondue Fun Night”, Minidoka County Extension Office, Rupert, Idaho. February 11, 2022.
- Hutchings, B., J. Hulet. “Cookies, Candies, Cocoa and Community Service!”, Minidoka County Extension Office. Rupert, Idaho. February 11, 2022.
- Hutchings, B., J. Hulet. “Lego Robotics”, Minidoka County Extension Office. Rupert, Idaho. January 21, January 19, January 14, January 12, January 7, January 5, 2022.
- Hutchings, B., J. Hulet, A. Vargas, J. Bywater, D. Heath. East Minico Power hour, East Minico Junior High, Rupert, Idaho.
- Series including each of the following classes:
- “St. Patrick’s Day Jeopardy Game”, March 10, 2022.
- “Shamrock Shindig Chalk Art”. March 3, 2022.
- “Be My Valentine – Sugar Cookies”, February 3, 2022.
- “Gingerbread Barn Raising”, December 2, 2021.

Hutchings, B., J. Hulet, A. Vargas, J. Bywater, J. Williams. Boys and Girls Club, Rupert, Idaho.

Series including each of the following classes:

“Shamrock Shindig”, March 18, 2022.

“Be My Valentine – Sugar Cookies”, February 3, 2022.

“Gingerbread Barn Raising”, December 2, 2021.

Hutchings, B., J. Hulet, A. Vargas, J. Bywater, J. William. 4-H and Boys & Girls Club Cooking Club, “Cooking 101”, Boys and Girls Club, Rupert, Idaho.

Series including each of the following classes:

“Cooking 101 Final Presentation”, November 19, 2021.

“What is a 4-H Demonstration”, November 12, 2021.

“Food Safety and Kitchen Safety”, November 5, 2021.

“What’s in the Bottle?”, October 29, 2021.

“What’s on Your Plate?”, October 22, 2021.

Hutchings, B. “Cooking Under Pressure – ‘SOUP’tember”, Rupert, Idaho. September 22, 2021.

Hutchings, B. “Cooking Under Pressure – Sweets, Treats, & Good Eats”, Eastern Idaho State Fair.

Blackfoot, Idaho. September 6, 2021. *Invited Presentation*

Hutchings, B. “4-H Today – More Than Just Animals – Cooking with Kids”, Eastern Idaho State Fair.

Blackfoot, Idaho. September 6, 2021. *Invited Presentation*

Hutchings, B., J. Hulet, A. Vargas, J. Bywater. Minidoka County Fair. 4-H Building, Rupert,

Idaho. 4-H Cup Cake Wars. August 3, 2021.

Hutchings, B., J. Hulet. Minidoka County Fair. 4-H Building, Rupert, Idaho.

Series including each of the following classes:

“4-H STEAM Experience – S’mores Fun”. August 4, 2021.

“4-H STEAM Experience – Sun Dodge Ball”. August 4, 2021.

“4-H STEAM Experience – Pinecone and Leaf Art”. August 5, 2021.

“4-H STEAM Experience – Flower Pots”. August 6, 2021.

“4-H STEAM Experience – Elephant Foam”. August 6, 2021.

Hutchings, B. J. Hulet. Minidoka County 4-H Fair Displays, Contests and Events, Rupert, Idaho,

July-August 2021.

Hutchings, B. “Cooking Under Pressure – Idaho State Association of Family and Consumer Science

Secondary Teachers Conference”, Twin Falls, Idaho. June 17, 2021. *Invited Presentation*

Hutchings, B. “Cooking Under Pressure Accessories Class Series – Egg Bite Molds”, Rupert, Idaho.

April 27, 2021.

Hutchings, B. K. Richel. “Cooking Under Pressure”, ZOOM class. March 4, 2021.

Hutchings, B. “Utilize Your Electric Pressure Cooker as a Double Boiler: Make Hot Chocolate

Bombs”, ZOOM class. (2 sessions) December 4, December 5, 2020.

Hutchings, B., J. Hulet, A. Vargas. 4-H Cooking Club, “Cooking 101”, Minidoka Extension Office,

Rupert, Idaho.

Series including each of the following classes:

“Cooking 101 Final Presentation”, May 3, 2021.

“What is a 4-H Demonstration”, April 26, 2021.

“Food Safety and Kitchen Safety”, April 19, 2021.

“What’s in the Bottle?”, April 12, 2021.

“What’s on Your Plate?”, April 5, 2021.

Hutchings, B. “Utilize Your Electric Pressure Cooker as a Double Boiler: Make Hot Chocolate

Bombs”, ZOOM class. (2 sessions) December 4, December 5, 2020.

Hutchings, B., J. Buck. “SOUPtember Electric Pressure-Cooking Virtual Series”,

Nationwide ZOOM class series. Presentation series of 4 classes. The sessions include:

“Pinto Bean Chili”, September 21, 2020.

“Chicken Tortilla Soup”, September 22, 2020.

“Butternut Squash Soup”, September 28, 2020.

“Creamy Tortellini and Roy’s Healthy Ramen”, September 29, 2020.

Hutchings, B., J. Hulet. Minidoka County Fair. 4-H Building, Rupert, Idaho.

Series including each of the following classes:

“4-H STEAM Experience – Homemade Ice Cream in a Bag”. July 31, 2020.

“4-H STEAM Experience – Beads Galore”. July 30, 2020.

“4-H STEAM Experience – Mad Scientist Slime”. July 29, 2020.

- “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. Minidoka County 4-H Fair Displays, Contests and Events, Rupert, Idaho, July-August, 2020.
- Hutchings, B. “Virtual Cooking Social – Meal Preparation Series – Whole Chicken Webinar”, Nationwide ZOOM virtual class. June 17, 2020.
- Hutchings, B., T. Miller, K. Kimball. 4-H Central District Ambassadors Planning Meeting. ZOOM. (6 Sessions) October 18, 2019, January 7, January 16, January 30, February 25, June 9, 2020.
- Hulet, J., A. Vargas, **B. Hutchings**, J. Bywater. Minidoka County 4-H Cooking Club. Minidoka County Extension Office, Rupert, Idaho. (7 Sessions) January 13, January 27, February 3, February 10, February 24, March 2, March 9, 2020.
- Hulet, J., A. Vargas, **B. Hutchings**, J. Bywater. Minidoka County 4-H Cooking Club. Minidoka County Extension Office, Rupert, Idaho. (6 Sessions) October 28, November 4, November 18, November 25, December 2, December 16, 2019.
- Hutchings, B. “Electric Pressure Cooker Freezer Meal Bootcamp”, Minidoka County Extension Office, Rupert, Idaho. September 10, 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., 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 & Watercolor”. June 18, 2019.  
“Kitchen Concoctions – Experiments You Can Eat”. June 6, 2019.  
“Kitchen Concoctions – Experiments You Can Eat”. June 3, 2019.  
“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. “Cooking Under Pressure – Family Edition Class Series.” Publication for Family Cooking Classes.  
 Hutchings, B. “Utilizing Your Electric Pressure Cooker as a Double Boiler.” Publication for Cooking Under Pressure Class.  
 Hutchings, B. “Bread Baking and Jam Making in your Electric Pressure Cooker.” Publication for Cooking Under Pressure Class.  
 Hutchings, B. “Meal Prepping for Beginners with an Electric Pressure-Cooker.” Publication for Virtual Cooking Social Classes.  
 Hutchings, B. “Meal Preparation Series – Whole Chicken.” Publication for Virtual Cooking Social Classes.  
 Hutchings, B. “How to Convert Slow Cooker Recipes to Electric Pressure-Cooking.” Publication for Converting Slow Cooker Recipes to Electric Pressure-Cooking class series.  
 Hutchings, B. “Electric Pressure-Cooking Freezer Meals: Take the PRESSURE OFF your Cooking!” Publication for Freezer Meal Bootcamp Classes.  
 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 1, 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, 2017.  
 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:

- Daily News:** Moscow-Pullman Area Newspaper, Circulation: 5,100.  
 Richel, K. **B. Hutchings**. “UI Extension offering pressure cooking workshops”, October 2, 2019.
- 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: 1,000,000. Electronic Newsletter Circulation: 36,000 subscribers.  
 Hutchings, B. “Thinking About Buying an Instant Pot?”, September 18, 2019 - present.  
<https://www.bestfoodfacts.org/thinking-about-buying-an-instant-pot/>
- Post Register News Website:** Eastern Idaho Area News Website, Digital Circulation: 74,000.  
 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.
- 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.  
[https://www.idahostatejournal.com/community/cooking-under-pressure-instant-pot-cooking-school-to-be-held-friday/article\\_d9039462-4797-5637-999a258cba15365e.html](https://www.idahostatejournal.com/community/cooking-under-pressure-instant-pot-cooking-school-to-be-held-friday/article_d9039462-4797-5637-999a258cba15365e.html)
- University of Idaho Extension Facebook Page:**  
 Hutching, B. “PNW 747 Guide to Using and Caring for Your Electric Programmable Pressure Cooker”, April 12, 2021.
- 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. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=28441>
- University of Idaho Extension Website:** Digital Circulation: 377 Page Hits  
 Hutchings, B. “Cooking Under Pressure”, March 9 – June 19, 2018.
- The University of Idaho Argonaut: For, of and by the students since 1898**

Hutchings, B. Buck, J. “Life Hacks: Soup Anyone?” Things to do this week on the Palouse, September 22, 2020.  
<https://www.uiargonaut.com/2020/09/22/life-hacks-soup-anyone/>

**Magic Valley Times News Website:** Times News – Southern Idaho News Website. Digital Circulation: 390,000.

- Hutchings, B. “Minidoka Extension Office Offers Not Just for Egg Bites Class”, April 5, 2021.  
[https://magicvalley.com/minidoka-extension-office-offers-not-just-for-egg-bites-class/article\\_8e76ffa7-0a06-56c2-9d99-729b593996c9.html](https://magicvalley.com/minidoka-extension-office-offers-not-just-for-egg-bites-class/article_8e76ffa7-0a06-56c2-9d99-729b593996c9.html)
- Hutchings, B. “Minidoka County Extension Educator offers Holiday Class via ZOOM”. November 17, 2020.  
[https://magicvalley.com/community/mini-cassia/news/minidoka-county-extension-educator-offers-holiday-treat-class-via-zoom/article\\_9b2b8b20-14cc-52a7-b0bf-9fab874c7820.html](https://magicvalley.com/community/mini-cassia/news/minidoka-county-extension-educator-offers-holiday-treat-class-via-zoom/article_9b2b8b20-14cc-52a7-b0bf-9fab874c7820.html)
- Hutchings, B. “CSI Mini-Cassia Center offers classes”, February 16, 2020.  
[https://magicvalley.com/news/local/community/csi-mini-cassia-center-offers-classes/article\\_17422654-efe5-508d-9567-e7e80205ad75.html](https://magicvalley.com/news/local/community/csi-mini-cassia-center-offers-classes/article_17422654-efe5-508d-9567-e7e80205ad75.html)
- Hutchings, B. “Rupert Women Recognized for Instant Pot Education Classes”, December 23, 2019. [https://magicvalley.com/community/mini-cassia/news/quick-healthy-meals-minidoka-county-educators-instant-pot-program-explodes-across-the-country/article\\_a036edc0-a8cc-5b26-b61d-2927d1f8e1d1.html](https://magicvalley.com/community/mini-cassia/news/quick-healthy-meals-minidoka-county-educators-instant-pot-program-explodes-across-the-country/article_a036edc0-a8cc-5b26-b61d-2927d1f8e1d1.html)
- Hutchings, B. “Electric pressure cooker class is December 5<sup>th</sup>”, November 25, 2018.  
[https://magicvalley.com/news/local/community/electric-pressure-cooker-class-is-dec-5/article\\_086b2145-11b1-55cf-a7ea-43f0881a5cf5.html](https://magicvalley.com/news/local/community/electric-pressure-cooker-class-is-dec-5/article_086b2145-11b1-55cf-a7ea-43f0881a5cf5.html)
- Hutchings, B. “Event Calendar”, November 22, 2018.  
[https://magicvalley.com/eventcalendar/article\\_95b1b188-2c1e-5aa9-98b2-994c6eda6bb1.html](https://magicvalley.com/eventcalendar/article_95b1b188-2c1e-5aa9-98b2-994c6eda6bb1.html)
- Hutchings, B. “Instant Pot Pressure Cooker Classes are Planned”, January 3, 2018.  
[https://magicvalley.com/news/local/community/instant-pot-pressure-cooker-classes-are-planned/article\\_4178fc61-813e-5b64-8f5e-918497dede6b.html](https://magicvalley.com/news/local/community/instant-pot-pressure-cooker-classes-are-planned/article_4178fc61-813e-5b64-8f5e-918497dede6b.html)
- Hutchings, B. “Instant Pot class taught by Minidoka Extension Educator”, November 4, 2017.  
[https://magicvalley.com/news/local/community/instant-pot-class-taught-by-minidoka-extension-educator/article\\_b51d1ddb-cd67-5d11-aa21-2c1848a4b643.html](https://magicvalley.com/news/local/community/instant-pot-class-taught-by-minidoka-extension-educator/article_b51d1ddb-cd67-5d11-aa21-2c1848a4b643.html)
- Hutchings, B. “Pressure cooker class set for November 16<sup>th</sup>”, October 22, 2017.  
[https://magicvalley.com/news/local/community/pressure-cooker-class-set-for-nov-16/article\\_3238466f-5d58-5754-a57c-41defcc92bc7.html](https://magicvalley.com/news/local/community/pressure-cooker-class-set-for-nov-16/article_3238466f-5d58-5754-a57c-41defcc92bc7.html)
- Hutchings, B. “Children Learn How to Cook with UI Extension Educator”, July 30, 2017.  
[https://magicvalley.com/news/local/community/children-learn-how-to-cook-with-ui-extension-educator/article\\_15c5f7b3-fa88-5da1-9850-5a404dfcc174.html](https://magicvalley.com/news/local/community/children-learn-how-to-cook-with-ui-extension-educator/article_15c5f7b3-fa88-5da1-9850-5a404dfcc174.html)
- Hutchings, B. “Presentation Discusses Inheritance”, May 26, 2017.  
[https://magicvalley.com/presentation-discusses-inheritance/article\\_5f96206a-cb81-5390-b3cc-fc9bc1317311.html](https://magicvalley.com/presentation-discusses-inheritance/article_5f96206a-cb81-5390-b3cc-fc9bc1317311.html)

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

- Hutchings, B. “Minidoka Extension Office Offers Not Just for Egg Bites Class”, April 5, 2021.
- Hutchings, B. “Minidoka County Extension Educator offers Holiday Class via ZOOM”. November 17, 2020.
- Hutchings, B. “CSI Mini-Cassia Center offers classes”, February 16, 2020.
- Hutchings, B. “Rupert Women Recognized for Instant Pot Education Classes”, December 23, 2019.
- Hutchings, B. “Electric pressure cooker class is December 5<sup>th</sup>”, November 25, 2018.
- Hutchings, B. “Event Calendar”, November 22, 2018.
- Hutchings, B. “Tailgating Tips”, August 30, 2018.

- Hutchings, B. "Stretch your food dollars at home", April 5, 2018.
- Hutchings, B. "First Federal awards grants to 14 organizations", August 17, 2018
- 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. "Pressure cooker class set for November 16<sup>th</sup>", October 22, 2017.
- Hutchings, B. "Children Learn How to Cook with UI Extension Educator", July 2, 2017.
- Hutchings, B. "Presentation Discusses Inheritance", May 26, 2017.
- Hutchings, B. "Instant Pot Class Taught by Minidoka Extension Educator", January 3, 2018.
- Hutchings, B. "Presentation Discusses Inheritance" August 2, 2017.
- Hutchings, B. "Be Food Safe During Outdoor Cookouts", May 24, 2017.
- Hutchings, B. "Just One Bite", December 1, 2016.

**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.  
[https://www.idahopress.com/community/life/back-to-school-instant-pot-cooking-class-with-the-press/article\\_0d284b10-7751-518f-a264-cc716f9eec78.html](https://www.idahopress.com/community/life/back-to-school-instant-pot-cooking-class-with-the-press/article_0d284b10-7751-518f-a264-cc716f9eec78.html)
- Hutchings, B., A. Robertson, S. Greenway. "Dinner in an Instant", February 3, 2019.  
[https://www.idahopress.com/community/life/dinner-in-an-instant/article\\_9a923139-9701-510c-9ba6-d36580db63df.html](https://www.idahopress.com/community/life/dinner-in-an-instant/article_9a923139-9701-510c-9ba6-d36580db63df.html)

**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. "Harvesting Vegetables", July 28, 2021.
- Hutchings, B. "Top 10 Tips for Grilling Meat Safely", June 16, 2021.
- Hutchings, B. "Minidoka Extension Office Offers Not Just for Egg Bites Class", April 14, 2021.
- Hutchings, B. "How did Evergreen Trees Become a Symbol for Christmas?", December 9, 2020.
- Hutchings, B. "Make a Plan for Holiday Spending", November 11, 2020.
- Hutchings, B. "The Benefits of Cooking at Home", September 16, 2020.
- Hutchings, B. "Pantry Food Storage", August 12, 2020.
- Hutchings, B. "Drink Water to Avoid Dehydration", July 8, 2020.
- Hutchings, B. "Start Early to Learn about Money", May 13, 2020.
- Hutchings, B. "National Pi Day – March 14<sup>th</sup>", March 11, 2020.
- Hutchings, B. "CSI Mini-Cassia Center offers classes – Dinner in an Instant", February 19, 2020.
- Hutchings, B. "What Does "Healthy" on a Food Package Mean?", January 15, 2020.
- Hutchings, B. "Rupert Women Recognized for Instant Pot Education Classes", January 1, 2020.
- Hutchings, B. "Tips for Healthy Christmas Eating", December 18, 2019.
- Hutchings, B. "7 Ways to Cut Calories from Thanksgiving Meal", November 20, 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. "See RED on Valentine's Day", February 6, 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 an Electric Pressure Cooker...Now What?!?", January 10, 2018.
- Hutchings, B. "Facebook Live Cooking Under Pressure Event Planned", January 10, 2018.
- Hutchings, B. "Instant Pot Pressure Cooking Classes", January 10, 2018.
- Hutchings, B. "Festive Food Traditions", December 6, 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. "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 Year's 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 an Electric Pressure Cooker...Now What?!?", 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. 4-H is Alive and Strong after COVID-19. Minidoka County Fairgrounds. KMVT 11 News, August 5, 2021.
- Hutchings, B. Minidoka County Fair Begins Today. Minidoka County Fairgrounds. KMVT 11 News. July 27, 2020.
- Hutchings, B. Cooking Under Pressure – Freezer Meal Bootcamp Radio Interview. Airs

on 8 of the Lee Radio Family Broadcasting. They include: 103.1 F.M. The Edge, 99.1 F.M. La Perrona, 94.7 F.M. The Buck, 1230 A.M. KBar, 970 A.M. La Patrona, 97.5 F.M. Latinna, 99.9 F.M. Hot 100 FM, 106.1 F.M. KAT Kountry. Interview ran as a Public Service Announcement for 14 days. January 13-January 27, 2020.

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.

#### **Web Pages/Social Media:**

Hutchings, B. Turkey Times. Cooking Under Pressure – A UI Extension Electric Pressure Cooking Community. November 6, 2020.

Hutchings, B. Rice Pudding in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. September 22, 2020.

Hutchings, Becky UI. Lemon Curd in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. September 22, 2020.

Hutchings, B. Swedish Meatballs with Noodles in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. August 5, 2020.

Hutchings, B. Traveling with Food. Cooking Under Pressure – A UI Extension Electric Pressure Cooking Community. July 13, 2020.

Hutchings, B. Hummingbird Feed. Cooking Under Pressure – A UI Extension Electric Pressure Cooking Community. June 25, 2020.

Hutchings, B. Under the Sea: Crab Legs in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. May 12, 2020.

Hutchings, B. Loaded Potato Soup in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. April 28, 2020.

Hutchings, B. Pot-in-Pot Cooking: Meatloaf and Mashed Potatoes. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. February 22, 2020.

Hutchings, B. Salsa Verde Chicken in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. May 11, 2020.

Hutchings, B. Creamy Sloppy Joes Night in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. April 23, 2020.

Hutchings, B. Healthy Zucchini Banana Bread in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. April 13, 2020.

Hutchings, B. Ham and Split Pea Soup. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. April 13, 2020.

Hutchings, B. Recipe Generator Worksheet. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. April 8, 2020.

Hutchings, B. How to Dye Eggs in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. April 1, 2020.

Hutchings, B. Corned Beef and Cabbage in your Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. March 15, 2020.

Hutchings, B. Pop Popcorn in your Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. December 14, 2019.

Hutchings, B. Electric Pressure Cooker Cranberry Sauce. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. November 14, 2019.

Hutchings, B. Electric Pressure Cooker Pumpkin Cheesecake. Cooking Under Pressure –

A UI Extension Electric Pressure-Cooking Community. October 21, 2019.

Hutchings, B. To Can or Not to Can in my Electric Pressure Cooker...NOT and here is why? Cooking Under Pressure – A UI Extension Electric Pressure Cooking Community. September 20, 2019.

Hutchings, B. Apple Bread with Salted Caramel Icing. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. September 16, 2019.

Hutchings, B. Electric Pressure Cooker Chicken Tortilla Soup. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. July 15, 2019.

Hutchings, B. Garlic Parmesan Asparagus. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. June 24, 2019.

Hutchings, B. Iced Coffee in an Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. June 18, 2019.

Hutchings, B. Electric Pressure Cooker Carne Asada Street Tacos. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. May 1, 2019.

Hutchings, B. Make Electric Pressure Cooker Hard-Boiled Eggs. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. February 24, 2019.

Hutchings, B. Elderberry Syrup in your Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. January 24, 2019.

Hutchings, B. Sous Vide Egg Bites. Cooking Under Pressure – A UI Extension Electric Pressure Cooking Community. December 27, 2018.

Hutchings, B. Cook a Whole Pumpkin in Your Electric Pressure Cooker. Cooking Under Pressure – A UI Extension Electric Pressure-Cooking Community. September 13, 2018.

**Judging: fix margins**

Idaho District 4 Family, Community, Career Leaders of America (FCCLA) Competitive Events, Cupcake Wars. College of Southern Idaho, Twin Falls, Idaho. February 15, 2022.

Idaho District 4 Family, Community, Career Leaders of America (FCCLA) Competitive Events, Food Innovations, Nutrition & Wellness, Menu Planning. College of Southern Idaho, Twin Falls, Idaho. February 11, 2020.

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.

**Review Activities:**

Concurrent session proposals, National Association of Extension 4-H Youth Development Professionals, 2020.

Concurrent session and showcase of excellence proposals, National Extension Association of Family and Consumer Sciences, 2018-2019.

Mealtime Inspiration: Cranberry Orange Upside-Down Spice Cake, Video Submission EVS 019, University of Idaho, 2019.

**Community Service:**

Senior Project Mentor: Morgan Hair, Minico High School, 2017.

Mini-Cassia Muscular Dystrophy Association 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:****Teaching:**

None of us is as smart as all of us – Teamwork. University of Idaho – Minidoka County Extension Office. Rupert, Idaho. June 13, 2016.

**Scholarship:**

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

**Outreach:**

Aerospace Career Exploration (ACE) Science Technology Engineering Arts Mathematics (STEAM) Academy. Idaho Division of Aeronautics. Boise, Idaho. June 22-24, 2022.

Veterans of Foreign Wars (VFW) State Conference. Lewiston, Idaho. June 8-12, 2022.

Careers and Technical STEAM Inspired. Virtual Conference. July 27-30, 2021.

University of Idaho Professional Development Trainings. Virtual Presentation Series.

“University of Idaho Branding, Do’s and Don’ts.” Presented by Marnie Spencer, UI Extension Eastern District Director. September 20, 2021.

“Becoming Better after Experiencing the Bitter.” June 16, 2021.

“Grants Do’s and Don’ts.” Presented by Debbie Gray, UI Proposal Development Specialist. February 17, 2021.

“How to Make ZOOMS More Fun and Engaging.” Presented by Jason Thomas, UI Extension Educator – Minidoka County. May 26, 2021.

“You Got Funded: Now What?” Presented by Mireille Chahine, Ph.D. Professor and Extension Dairy Specialist. April 12, 2021.

“The Art of Giving and Receiving Constructive Feedback.” Presented by Sara Kim, PhD, University of Washington Associate Dean for Educational Quality Improvement. November 18, 2020.

“Working with Challenging Volunteers.” Presented by Phil Hoy, Penn State Extension. June 4, 2020.

“Fast Track” Presented by Therese Harris, UI College of Agriculture and Life Sciences Publishing Director. 2020.

“Gold Standard of Customer Relations.” Presented by Steve Hines, UI Extension Educator – Jerome County. 2020.

“Working with Advisory Committees.” Presented by Marnie Spencer, UI Extension Eastern District Director. October 12, 2020.

“Creating and Maintaining an Excellent UI Extension Curriculum Vitae Training.” Presented by Marnie Spencer, UI Extension Eastern District Director and Lyle Hansen, UI Extension Central District Director. October 8, 2020.

“Professionalism” Presented by Barbara Petty, PhD, University of Idaho Associate Dean & Director of UI Extension. 2019

“UI Brand Resources and CALS Communications Resources.” Presented by Amy Calabretta, UI College of Agriculture & Life Sciences Marketing and Communications Manager. 2019.

“How to Handle Difficult Conversations, Managing Stress.” Presented by Laura Smythe, UI Ombuds and CEO of Communication Connections, LLC.

“Qualtrics” Presented by Jason Thomas, UI Extension Educator – Minidoka County. 2019.

“Evaluations – How to Evaluate to Make an Impact.” Presented by Nav Ghimire, UI Extension Associate Director. 2019

4-H Positive Youth Development Academy. Virtual Conference. May 11-13, 2021.

Health and Wellness Priority Extension Team ZOOM meetings. (xx sessions) October 4, June 16, March 10, 2022. December 9, 2021. September 9, 2021.

E-News ZOOM Meetings. (xx sessions) November 7, October 3, September 12, July 11, June 6, May 2, April 4, March 7, February 7, January 3, 2022, December 6, November 1, October 4, September 13, July 12, June 7, May 3, April 5, March 1, February 1, January 4, 2021. October 5, September 14, August 3, June 15, June 1, May 18, May 4, April 20, April 13,

April 6, March 30, March 23, March 2, January 6, 2020. May 6, July 1, August 5, September 9, October 7, 2019.

Central District Extension Faculty meetings. November 9, February 24, 2022. ZOOM meetings.

October 7, 2020. May 13, 2020. April 3, 2020. Twin Falls, Idaho. October 8, 2019. Sun Valley, Idaho. May 14-15, 2019.

Central District Master Food Preservation Group. Twin Falls, Idaho. May 17, Jerome, Idaho. April 19,

Burley, Idaho. March 15, 2022. Rupert, Idaho. October 21, Twin Falls, Idaho. May 11, Burley, Idaho. April 20, ZOOM. March 16, Rupert, Idaho.

Minidoka County 4-H Leader's Association Meeting. Minidoka County Extension Office. Rupert,

Idaho. September 12, July 11, June 13, May 9, April 11, March 14, February 14, January 10, January 10, 2022. September 13, July 12, June 14, May 10, April 12, March 8, February 8, January 11, 2021. September 14, July 13, June 8, ZOOM. May 11, ZOOM. April, 13, March 9, February 10, January 13, 2020. February 16, 2021.

September 9, July 8, June 10, May 13, April 8, March 11, February 11, January 14, 2019. September 10, July 9, June 11, May 14, April 9, March 12, February 12, January 8, 2018. September 11, July 10, June 12, May 8, April 10, March 13, February 13, January 9, 2017. September 12, July 18, June 13, May 9, April 11, 2016.

Minidoka County Extension Office Advisory Committee. Minidoka County Extension Office. Rupert, Idaho. November 29, 2021. November 2, 2020. November 4, 2019. November 5, 2018. November 6, 2017. November 7, 2016.

National Association of Extension 4-H Youth Development Professionals National Session. Virtual Conference. October 19-22, 2020.

Epsilon Sigma Phi National Session. Virtual Conference. October 6-8, 2020.

National Extension Association of Family and Consumer Sciences National Session. Virtual Conference. September 14-17, 2020.

University of Idaho-College of Agriculture and Life Sciences Extension Annual Conference. Virtual Conference. April 13, 2020.

Central District Family and Consumer Sciences Team Meetings. Twin Falls, Idaho, May 29, 2019.

National Extension Association of Family and Consumer Sciences National Session. Hershey, Pennsylvania. September 30-October 3, 2019.

Minidoka County Youth Mental Health First Aid Training. Rupert, Idaho. June 26, 2019.

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 Affect Your Program Success. Rupert, Idaho. April 24, 2019.

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

Central District 4-H Team Meetings. Twin Falls, Idaho. December 8, Xxx, Idaho. November 10,

Shoshone, Idaho. March 17. Jerome, Idaho. February 10. Burley, Idaho. January 13,

2022. Twin Falls, Idaho. December 1, ZOOM. November 15, Fairfield, Idaho.

September 21, ZOOM. May 23, Blaine County, Idaho. April 20, Jerome, Idaho. March

16, Burley, Idaho. February 9, ZOOM. January 13, 2021. Rupert, Idaho. ZOOM.

December 10, ZOOM. November ZOOM. October 20, ZOOM. September 24, ZOOM.

June 1, ZOOM. May 11, ZOOM. April 8, ZOOM. March 23, Shoshone, Idaho. February

4, January 8, 2020. Burley, Idaho. December 6, Jerome, Idaho. April 10, Twin Falls,

Idaho. February 20, Rupert, Idaho. January 23, 2019.

University of Idaho-College of Agriculture and Life Sciences Extension Annual Conference. Idaho Falls, Idaho. March 25-28, 2019.

Central District Family and Consumer Sciences Team Meetings. Twin Falls, Idaho. November 28,

Burley, Idaho. October 20. Twin Falls, Idaho. September 22. ZOOM. September 20,

Rupert, Idaho. May 6, Jerome, Idaho. March 3, Burley, Idaho. February 1, 2022. Twin

Falls, Idaho. December 9. Rupert, Idaho. October 14. Twin Falls, April 1. ZOOM.

January 14, 2021. Twin Falls, Idaho. December 13, 2018. Rupert, Idaho, October 12,

2018. Jerome, Idaho, November 16, 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.

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

Central District Faculty Meetings. Twin Falls, Idaho. October 2, 2018. Albion, Idaho. May 22-23,

2018.

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

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.

University of Idaho-College of Agriculture and Life Sciences Extension Annual Conference. Moscow, Idaho. April 2-6, 2018.

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

Statewide 4-H Training. Boise, Idaho. October 22-24, 2018.

National Extension Association of Family and Consumer Sciences National Session. San Antonio, Texas. September 24-28, 2018.

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

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

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

Central District Faculty Meetings. Twin Falls, Idaho. October 5, 2017. Twin Falls, Idaho. July 20, 2017.

Southern/Central District Family and Consumer Sciences Team Meetings. 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.

Southern/Central District 4-H Team Meetings. Twin Falls, Idaho. December 8, 2017. Gooding, Idaho. March 7, 2017. Burley, Idaho. January 12, 2017.

Statewide 4-H Training. Boise, Idaho. October 23-25, 2017.

University of Idaho-College of Agriculture and Life Sciences Extension Annual Conference. Burley, Idaho. April 3-6, 2017.

Family Economics/Personal Finance Topic Team Meetings. ZOOM conference. February 16, 2017.

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

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

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

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

Southern/Central District Family and Consumer Sciences Team Meetings. Twin Falls, Idaho.

December 20, 2016. Twin Falls, Idaho. June 14, 2016. Twin Falls, Idaho. May 5, 2016.

Southern/Central District 4-H Team Meetings. Twin Falls, Idaho. December 13, 2016. Shoshone, Idaho. April 13, 2016.

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

Smart Choices, Smart Actions Webinar, November 29, 2016.

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 24-27, 2016.

4-H Healthy Living Webinar, September 19, 2016.

National Extension Association of Family and Consumer Sciences National Session. Big Sky, Montana. September 12-16, 2016.

Rural Behavior Health Webinar, August 31, 2016.

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

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

4-H Leadership Training Webinar, June 16, 2016.

University of Idaho-College of Agriculture and Life Sciences Extension Annual Conference. Moscow, Idaho, April 4-7, 2016.

Serve Idaho Annual Conference. Boise, Idaho. March 5-6, 2002, March 1-2, 2001.

### **Administration/Management:**

Hiring, Onboarding, and Supervising Training. Training provided by Idaho Counties Risk Management Program. Jerome, Idaho, June 5, 2019.

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