

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Grace Wittman

DATE: 10/18/2024

RANK OR TITLE: Extension Professor

DEPARTMENT: Central District Extension

OFFICE LOCATION:

Cassia County Extension Office
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DATE OF FIRST EMPLOYMENT AT UI: April 4, 2005

DATE OF TENURE: July 1, 2010

DATE OF PRESENT RANK OR TITLE: July 1, 2018

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.S., 2004, Family and Consumer Sciences, University of Idaho, Idaho

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

Certificates and Licenses:

4-H Thrive Model Instructor, 2023

Poverty Informed Facilitator, 2023

Youth Mental Health First Aid Instructor, 2021

Tops Facilitation Certified Facilitator 2019

Leadership Plenty Certified Instructor, 2009

Tufts University Strong Women™ Program Certified Instructor, 2007

Master Gardener Certificate, 2007

Human Subjects Certificate, 2006

Evolve Leadership Certified Instructor, 2006

Standard Secondary Idaho Professional Teaching Credential, Idaho Board of Education, 2002-2011

Basic Idaho Technology Certificate, Idaho Board of Education, 2002-2011

CPR and First Aid Certified, 2008-2010

EXPERIENCE:

Teaching, Extension and Research Appointments:

Area Extension Educator/Extension Professor, Family and Consumer Sciences, University of Idaho, Cassia County, July 2018-Present.

Area Extension Educator/Assistant Professor, Family and Consumer Sciences, University of Idaho, Cassia County, April 2005-2010.

Graduate Assistantship, Family and Consumer Sciences, University of Idaho, Moscow, Idaho, 2003-2004.

Non-Academic Employment including Armed Forces:

Technology and Military Program Assistant, Idaho 4-H Youth Development, University of Idaho, Moscow Idaho, 2004-2005.

TEACHING ACCOMPLISHMENTS:**Areas of Specialization:**

Food Safety/Nutrition, Youth/Families, Community Development

Courses Taught:

Food Preservation, FCS478, June 2024
Food Preservation, FCS478, January 2024
Food Preservation, FLS478, June 2023
Food Preservation, FLS478, January 2023
Food Preservation, FCS475, June 2022
Food Preservation, FCS475, January 2022
Food Preservation, FCS475, June 2021
Food Preservation, FCS475, January 2021
Food Preservation, FCS475, June 2020
Food Preservation, FCS475, January 2019
Food Preservation, FCS475 June 2019
Food Preservation, FCS 475, June 2018.
Food Preservation, FCS 475, January 2018.
Food Preservation, FCS 475, June 2017.
Food Preservation, FCS 475, January 2017.
Food Preservation, FCS 475, June 2016.
Food Preservation, FCS 475, January 2016.
Food Preservation, FCS 475, June 2015.
Food Preservation, FCS 475, January 2015.
Food Preservation, FCS 475, June 2014.
Survey of FCS Professions, FCS 251, January-May 2004.

Materials Developed:**Workbooks, Manuals:**

Wittman, G. R. Davids, E. Theil. 2016. Cake Decorating Portfolio for documenting cake decorating projects.
Wittman, G. R. Lanting, R. Davids, D. Lowder, K. Monk. E. Thiel. 2015. Clothing Construction Portfolio for documenting 4-H Clothing Construction Projects.
Wittman, G. 2010. Fit and Healthy: Incorporating Exergames and Nutrition, manual for afterschool program.
Wittman, G. 2007. Manual of group activities for UI Gold Standard of Customer Relations Curriculum.
Wittman, G. 2004. 4-HCCS Computer Mysteries. Implementation Guide for 4-H Curriculum: Computer Mysteries, for afterschool computer classes, Graduate Project.

Displays and Posters:

Wittman, G. Food Preservation. Kimberly Research and Extension Center Twilight Tour, Kimberly, Idaho. July 18, 2018.
Wittman, G. Germ City. Cassia Regional Health Fair, Burley, Idaho. May 5, 2017.
Wittman, G. Food Preservation. Kimberly Research and Extension Center Twilight Tour, Kimberly, Idaho. July 20, 2016.
Wittman, G. Healthy Snacking. Burley Health Fair, Burley High School, Burley. Idaho. April 2015.
Wittman, G. R. Lanting. Up for the Challenge. Kimberly Research and Extension Center Twilight Tour, Kimberly, Idaho. July 16, 2014.
Wittman, G. Germ City. Mini-Cassia Healthy Fair, Burley, Idaho. May 4, 2012.
Wittman, G. Using Meat Thermometers. Kimberly Research and Extension Center Twilight Tour, Kimberly, Idaho. July 18, 2012.
Wittman, G. Germ City. Mini-Cassia Health Fair, Burley, Idaho. May 6, 2011.

Displays and Posters: cont.

- Wittman, G. Targeting Food Safety with Food Preservation. Kimberly Research and Extension Center Twilight Tour, Kimberly, Idaho. July 21, 2010.
- Wittman, G. Targeting Food Safety with Food Thermometers. 2008. Kimberly Research & Extension Center Twilight Tour, Kimberly, Idaho. July 24. Raft River Electric Health Fair. Malta, Idaho. March 29.
- Wittman, G. Health & Nutrition. CSI Business and Health Fair, Burley, Idaho. November 12, 2006.
- Benesh, C., and **G. Wittman**, Community Readiness Display, 2004.
- Benesh, C., and **G. Wittman**, Community Readiness Brochure, 2004.
- Wittman, G., Operation Military Kids, Youth Development Institute, Boise, Idaho, 2005.

PowerPoint/Slide Presentations:

- Wittman, G. 2023 Home Food Preservation Series: Spoilage & Preservation
- Wittman, G. 2023 Home Food Preservation Series: Foodborne Illness
- Wittman, G. 2023 Home Food Preservation Series: Canning Basics
- Wittman, G. 2023 Home Food Preservation Series: Acid Canning
- Wittman, G. 2023 Home Food Preservation Series: Low Acid Canning
- Wittman, G. 2023 Home Food Preservation Series: Pickles
- Wittman, G. 2023 Home Food Preservation Series: Preserves
- Wittman, G. 2023 Home Food Preservation Series: Freezing
- Wittman, G. 2023 Home Food Preservation Series: Drying
- Wittman, G. 2022 Preserve Your Harvest: Low Acid foods for Pressure Canning classes
- Wittman, G. 2022 Preserve Your Harvest: Acid foods for Boiling Water Canning classes
- Wittman, G. 2021 Dry Canning for Master Food Safety Advisor Training
- Wittman, G. 2021 Homemade Jerky for Master Food Safety Advisor Training
- Wittman, G. 2020 Zoom into Home Food Preservation: Canning Basics
- Wittman, G. 2020 Zoom into Home Food Preservation: Boiling Water Canning
- Wittman, G. 2020 Zoom into Home Food Preservation: Pressure Canning
- Wittman, G. 2020 Communication: Public Speaking for Leadership NOW! Class
- Wittman, G. 2020 Facilitation for 4-H Statewide Training: Facilitator Training
- Wittman, G. 2020 Bill of Rights for Citizenship Washington Focus Club Meeting
- Wittman, G. 2020 Satisfy your Sweet Tooth for Zoom 4-H meeting
- Wittman, G. 2019 Preserve Your Harvest: Canning Basics for Master Gardeners
- Wittman, G. 2018. Flavored Vinegars for Master Food Safety Advisor Training
- Wittman, G. 2018 Boosting Cooking skills for kids for National Extension Association of Family and Consumer Sciences
- Wittman, G. 2017. 4-H Teen Opportunities for State 4-H Volunteer Forum.
- Wittman, G. 2016. Moving Forward: New Healthy Living Curriculum for State 4-H Volunteer Training.
- Wittman, G. 2016. 4-H Cooking Club for State 4-H Volunteer Training.
- Wittman, G. 2016. Healthy Meals – Healthy You for Mini-Cassia Women’s Seminar.
- Wittman, G. 2015. Healthy Living Mission Mandate for 4-H Staff.
- Wittman, G. 2015. Essential Elements for 4-H Staff.
- Wittman, G. 2014. 4-H Healthy Club Challenge for 4-H groups.
- Wittman, G. 2013. 4-H Healthy Lifestyles: Home Food Preservation, for Galaxy IV Conference.
- Wittman, G. 2012. The Ins and Outs of Canning, for Magic Valley Farmers Market Managers Training.
- Wittman, G. 2012. Important Canning Do’s and Don’ts, for Burley Food Bank.
- Wittman, G. 2009. Causes of Food Borne Illness and Prevention, for Food Preservation Classes.
- Wittman, G. 2009. Canning Basics, for Food Preservation Classes.
- Wittman, G. 2009. Canning Acid Foods, for Food Preservation Classes.
- Wittman, G. 2009. Canning Low Acid Foods, for Food Preservation Classes.
- Wittman, G. 2009. Preparation and Canning of Pickled and Fermented Foods, for Food Preservation Classes.

PowerPoint/Slide Presentations: cont.

- Wittman, G. 2009. Making & Preserving Fruit Spreads, for Food Preservation Classes.
 Wittman, G. 2009. Freezing Food, Storage of Frozen and Refrigerated Foods, for Food Preservation Classes.
 Wittman, G. 2009. Drying Foods, for Food Preservation Classes.
 Wittman, G. 2009. Nutritious Meals on a Budget, Burley Soroptimist Women's Budgeting Class.
 Wittman, G. 2008. A Stronger You for Iris Better Homes Homemaker Group.
 Wittman, G. 2008. Canning Basics for Relief Societies.
 Wittman, G. 2007. Childhood Overweight for Delta Gamma Society International.
 Wittman, G. 2007. Work Ethics for Alternative High School.
 Wittman, G. 2007. Budgeting for Cassia County Alternative High School.
 Wittman, G. 2005. Gardening 101 for SI ESL Class.

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**Food Safety/Nutrition**

- Wittman, G. Master Food Safety Advisor Updates, 2024
 Cottage Food Laws, October 30
 Dry Canning, June 11
 Canning Dairy, May 8
 Cheesemaking, April 17, 2024 (Organized only)
 Civil Rights, March 12
- Wittman, G. Healthy Meals for Busy People, 2024
 Meals for 1 or 2, Albion, Idaho, August 21
 Meals for 1 or 2, Eden, Idaho, July 17
 Meals for 1 or 2, Kimberly, Idaho, June 25
 Meals for 1 or 2, Jerome, Idaho, June 20
- Wittman, G. Preserve @ Home. Online Food Preservation Course, 2024
 Pickling and Fermenting Chat, July 18
 Past Specialty Foods Practices Discussion Board, July 11
 Boiling Water vs. Pressure Canning Chat, February 8
 Pros & Cons of Home Food preservation Discussion Board, February 1
- Wittman, G. Home Food Preservation, Twin Falls, Idaho, 2024
 Hands on Canning Lab, June 15
 Drying & Freezing, June 15
 Pickles & Preserves, June 13 (Organized only)
 Acid & Low Acid Canning, June 11 (Organized only)
 Spoilage, Foodborne Illness & Canning Basics, June 4
- Wittman, G. Nutrition & Cooking Basics, Saint Nicholas Catholic School, Rupert, Idaho, 2024
 Whole Grains, May 17
 Eating the Rainbow, May 10
 MyPlate, May 3
- Wittman, G. The Science of Chocolate, Burley, Idaho, February 1, 2024
 Wittman, G. Canning Dos & Don'ts, Relief Society, Rupert Idaho, September 18, 2023
 Wittman, G., J. Packham, Cheesemaking, Burley, Idaho. September 20, 2023
 Wittman, G. Preserving Jam, Morth Academy. Gooding, Idaho September 29, 2023
 Wittman, G. Healthy Meals for Busy Families, 2023
 Sheet pan meals, Cassia, Idaho. September 20
 Sheet pan meals, Kimberly, Idaho. August 22
 Sheet pan meals, Jerome, Idaho. July 19
 Sheet pan meals, Twin Falls, Idaho. May 18

Food Safety/Nutrition, cont.

- Wittman, G. Preserve @ Home. Online Food Preservation Course, 2023
 Pickling and Fermenting Chat, July 20
 Canning Experience Discussion Board, June 22
 Freezing and Drying Experience Discussion Board, February 23
 Canning Specialty Foods Chat, February 23
- Wittman, G. Home Food Preservation, Burley, Idaho, 2023
 Hands on Canning Lab, May 13
 Freezing & Drying, May 11
 Pickles & Preserves, May 19
 Acid & Low Acid Canning, May 4
 Spoilage, Foodborne Illness & Canning Basics, May 2
- Wittman, G. Master Food Safety Advisor Updates, 2023
 Alternative Heat Sources for Canning, May 24
 How to Volunteer and Civil Rights, Gooding, Idaho, March 29
- Wittman, G., J. Packham. Smoking and Grilling Meats, Burley, Idaho April 18 & 25, 2023
- Wittman, G., G. Manker. Dehydrating Basics. UI Together Zoom Series. March 28, 2023
- Wittman, G. Home Food Preservation. Twin Falls, Idaho, 2023
 Hands on Canning Lab, March 11
 Freezing & Drying, March 9
 Pickles & Preserves, March 7
 Acid & Low Acid Canning, March 2
 Spoilage, Foodborne Illness & Canning Basics, February 28
- Wittman, G. Home Food Preservation: Low Acid Canning. Twin Falls, Idaho. October 26, 2022
- Wittman, G. Healthy Meals for Busy Families. 2022
 Freezer Meals, Jerome, Idaho, October 19
 Freezer Meals, Cassia, Idaho, September 21
 Freezer Meals, Twin Falls, Idaho, April 27
 Freezer Meals, Minidoka, Idaho, March 9
- Wittman, G. Food Preservation Basics. 2022
 Twin Falls Library, October 5
 Bureau of Land Management, Twin Falls, Idaho September 9
- Wittman, G. Preservation with Purpose. 2022
 Boiling Water Canning, Jerome School District, Jerome, Idaho September 28
 Boiling Water Canning, Mary and Martha Food Pantry, September 8
 Dehydration Basics. Jerome School District, Jerome, Idaho June 30
 Dehydration Basics. Jerome School District, Jerome, Idaho June 15
- Packham J., **G. Wittman**. Cheesemaking, Burley, Idaho, September 21, 2022
- Wittman, G. Preserve @ Home. Online Food Preservation Course. 2022
 Canning Specialty Food Chat, July 14
 Pros & Cons of home Food Preservation, Discussion Board, June 16
 Pickling and Fermenting, Chat March 3
 Food Safety Case Study. Discussion Board. January 20
- Wittman G., J. Packham. Smoking and Grilling Meats, Burley, Idaho, May 10 & 17, 2022
- Wittman, G. Master Food Safety Advisor Update, 2022
 Clean Up After a Disaster, Twin Falls, Idaho. May 17
 Freezer Meals, Gooding, Idaho, April 19
 Science of Confections, Burley, Idaho. March 15
- Wittman, G. Home Food Preservation: Acid Canning. Twin Falls, Idaho. March 16, 2022
- Wittman, G. Nutrition and Mental Health, Rupert, Idaho. March 12, 2022
- Wittman, G. Germ City Handwashing Education. Saint Nicholas Catholic School. Rupert, Idaho. December 2, 2022.
- Packham J., **G. Wittman**. Smoking and Grilling Meats, Burley, Idaho, November 2 & 9, 2021
- Wittman, G. Healthy Meals for Busy families. Burley, Idaho, October 18, 2021
- Packham J., **G. Wittman**. Cheesemaking, Burley, Idaho, September 16, 2021

Food Safety/Nutrition, cont.

- Wittman, G. Preservation with Purpose. Jerome, Idaho. 2021
 Dehydration Basics. Jerome School District, September 29
 Dehydration Basics. Mary and Martha Food Pantry, July 20
 Dehydration Basics. Mary and Martha Food Pantry, July 14
- Wittman, G. Preserve @ Home. Online Food Preservation Course. 2021
 Pickling and Fermenting, Chat July 22
 Past Specialty Food Practices, Discussion Board July 8
 Pickling and Fermenting, Chat February 18
 Past Specialty Food Practices, Discussion Board February 11
- Wittman, G. Master Food Safety Advisor Update Trainings, 2021
 Canning Lid Lab, October 26
 Homemade Jerky, April 20
 Dry Canning, February 16
 Safe use of Air fryers, January 19
- Wittman, G. Germ City Handwashing Education. Saint Nicholas Catholic School. Rupert, Idaho. February 5, 2021.
- Wittman, G. Zoom into Home Food Preservation, 2020
 Pressure Canning October 8
 Boiling Water Canning October 6
 Canning Basics October 5
- Packham J., **G. Wittman**. Cheesemaking. Burley, Idaho, September 17, 2020
- Wittman, G. Science of Confections, Burley Idaho November 2020,
 Chocolate Confections Nov. 21
 Sugar Confections Nov. 19
- Wittman, G. Master Food Safety Advisor Updates, 2019
 Freeze Drying, October 29.
 Flavored Butters, Recertification for Food Safety Equipment Checks, May 21
- Wittman, G. Preserve @ Home. Online Food Preservation Course. 2019
 Past Specialty Food Practices, Discussion Board July 15
 Basis of spoilage and canning basics, Chat June 20
 Relationship between spoilage and preservation, June 17
 Past Specialty Food Practices, Discussion Board, February 19
 Boiling water vs. pressure canner, Chat February 7
 Canning acid foods quiz, February 4
- Wittman, G. Cooking Under Pressure Demonstration. Twin Falls Farmers Market. Twin Falls, Idaho. July 13, 2019
- Wittman, G. Cooking with kids. Saint Nicholas Catholic School. Rupert, Idaho. 2019
 My Plate, Make hand pies. May 17
 Food Safety/Kitchen safety, Make pizza and ice cream May 10
 How to read a recipe, how to measure, make bread and smoothies. May 3
- Wittman, G. Preserve Your Harvest – Canning Basics. Master Gardener Class.
 Twin Falls, Idaho May 9, 2019
- Wittman, G. Preserve Your Harvest – Pressure Canning. Burley Idaho. April 18, 2019
- Wittman, G. Preserve Your Harvest – Boiling Water Canning. Burley, Idaho April 16, 2019
- Wittman, G. Nutrition and the Importance of Fruits and Vegetables. Saint Nicholas Catholic School Second Grade. Rupert, Idaho. April 15, 2019
- Wittman, G. Youth – Adult Partnerships. Well Connected Communities Volunteer Program zoom training. February 12, 2019.
- Wittman, G. Germ City Handwashing Education. 2019
 Declo Elementary. Declo, Idaho January 25
 Mountain View Elementary. Burley, Idaho January 22
 Oakley Elementary. Oakley, Idaho. January 18
 John Evans Elementary. Burley, Idaho January 16
 Raft River Elementary. Malta, Idaho January 15
- Wittman, G. Cooking Under Pressure. Burley, Idaho. January 15, 2019
- Packham J., **G. Wittman**. Cheesemaking. Burley, Idaho November 15, 2018

Food Safety/Nutrition, cont.

- Packham J., **G. Wittman**. Cheesemaking. Treasure Valley Master Food Safety Advisor Meeting. Boise, Idaho November 13, 2018
- Wittman, G. Master Food Safety Advisor Updates. 2018 Flavored Vinegars, October 17.
Civil Rights, Recertification for Food Safety Equipment Checks, May 16.
- Wittman, G. Canning Do's and Don'ts. Jerome Relief Society. Jerome, Idaho. Oct. 9, 2018.
- Wittman, G. Canning Demonstration. Twin Falls County Fair. Twin Falls, Idaho. August 31, 2018.
- Wittman, G. Canning Demonstration. Ace Hardware, Burley, Idaho. August 25, 2018.
- Wittman, G. Preserve at Home. Online Food Preservation Course. 2018.
Freezing and Drying Experience Discussion Board. July 13.
Canning Specialty Food Chat. July 12.
Canning Specialty Food Quiz. July 10.
Freezing and Drying Experience Discussion Board. Feb 23.
Canning Specialty Foods Chat. Feb. 8.
Canning Specialty Food Quiz Feb. 5.
- Wittman, G. Germ City Handwashing Education. Saint Nicholas Catholic School. Rupert, Idaho Jan. 15, 2018.
- Wittman, G. Eating a Rainbow. Saint Nicholas Catholic School. Rupert, Idaho. April 11, 2018
- Wittman, G. Germ City Handwashing Education. 2017.
West Minico Middle School. Paul, Idaho. September 19.
Cassia Regional Health Fair. Burley, Idaho. May 5.
St. Nicholas Catholic School. Rupert, Idaho. March 17.
- Wittman, G. Canning Basics. 2017.
Acequia Relief Society. Rupert, Idaho. September 5.
Rupert Relief Society. Rupert, Idaho. August 1.
- Wittman, G. Preserve @ Home. Online Food Preservation Course. 2017.
Canning Specialty Foods Chat. July 13.
Canning Specialty Foods Quiz. July 11.
Pressure Canning Fears, June 30.
Boiling Water VS. Pressure Canning. February 9.
Pressure Canning Fears. February 9.
Pros and Cons of Home Food Presentation. January 26.
- Wittman, G. Master Food Safety Advisor. 2017.
Civil Right, Recertification for Food Safety Equipment Checks. May 17.
- Wittman, G. Kitchen and Food Safety for the Classroom. 4-H Teen Advocate Training, Caldwell R & E Center. Caldwell, Idaho. January 21, 2017.
- Wittman, G. Master Food Safety Advisor Updates. 2016.
Food Safety Equipment Recertification. July 11.
Dietary Requirements. April 11.
Civil Rights. December 14.
- Wittman, G. Germ City Handwashing Education. 2016.
Raft River Elementary, Malta, Idaho. October 21.
Declo Elementary, Burley, Idaho. October 18.
Dworshak Elementary, Burley, Idaho. October 11.
Oakley Elementary, Oakley, Idaho. March 17.
Dworshak Elementary, Burley, Idaho. March 8.
- Wittman, G. Preserve @ Home. Online Food Preservation Course. National Extension Association Family Consumer Sciences National Conference, Montana. September 2016. Invited Presentation.
- Wittman, G. Preserve @ Home. Online Food Preservation Course. 2016.
Freezing and Drying Experience Discussion Board. July 14.
Canning Specialty Foods Real Time Chat. July 14.
Causes & Prevention of Foodborne Illness. Open Discussion. June 9.
Canning Specialty Foods Real Time Chat. February 11.
Canning Experience Discussion Board. January 28.
Basics of Spoilage and Canning Basics Open Discussion. January 21.

- Wittman, G. Canning Do's and Don'ts. Relief Society, Rockland, Idaho. July 13, 2016.
- Wittman, G. Healthy Meals – Healthy You. District Staff Training, June 2, 2016.
- Wittman, G. Kitchen and Food Safety for the Classroom. College Intern Training, Caldwell R & E Center. Caldwell, Idaho. May 17, 2016.
- Wittman, G. Home Food Preservation. Twin Falls, Idaho. 2016.
- Freezing and Storage of Frozen Foods, Drying. May 25.
- Pickles and Fermented Foods, Making & Preserving Spreads. May 23.
- Hands on Canning Lab. May 21.
- Canning High Acids and Low Acids. May 18.
- Causes of Foodborne Illness and Preservation, Canning Basics. May 16.
- Wittman, G. Home Food Preservation. Burley, Idaho. 2016.
- Hands on Canning Lab. April 23.
- Freezing and Storage of Frozen Foods, Drying. April 20.
- Pickles and Fermented Foods, Making & Preserving Spreads. April 18.
- Canning High Acids and Low Acids. April 13.
- Causes of Foodborne Illness and Preservation, Canning Basics. April 11.
- Wittman, G. Healthy Meals – Healthy You. Mini-Cassia Women's Seminar, Burley, Idaho. April 28, 2106.
- Additional Classes taught Food Safety/Nutrition from 2005-2015: 357

Youth/Families

- Wittman, G. The Science of Sugar, Burley, Idaho 2024
- Sensory Tasting, July 22
- Gelatin & It's Uses, July 15
- Non-Crystalline vs. Crystalline, July 8
- Maillard Reactions, June 17
- Elevation Adjustment & Thermometer Test, June 10
- All Things Sugar, June 3
- Wittman, G. Leadership NOW!, Meeting Facilitation, McCall, Idaho, May 3-4, 2024
- Wittman, G. Leadership NOW!, Zoom Series, 2024
- Personality! It's Role in Leadership, March 14 (Organized only)
- Program Planning Around SPARK! February 15
- Wittman, G. Thriving Indicators Training, Boise, Idaho, April 30 – May 1, 2024
- Wittman, G. Introduction to Thrive Indicators, 4-H Statewide Training, Boise, Idaho, May 6, 2024
- Wittman, G. 4-H Thrive Model Training. 2023
- Make Up Class, Boise, Idaho, November 6, 2023
- Northern District 4-H Personnel. October 5
- Eastern District 4-H Personnel. October 3
- Southern District 4-H Personnel. September 25
- Central District 4-H Personnel. September 19
- Wittman, G. Leadership Now: State 4-H Teen Association Convention. Moscow, Idaho. June 27, 2023
- Wittman, G. Satisfy Your Sweet Tooth. UI Together Zoom Series. February 14, 2023
- Wittman, G. Cooking Basics, Declo Jr. High. January 10, 17 & 24, 2023
- Wittman, G. Team building. State 4-H Teen Officers. Donnelly, Idaho. November 12, 2022
- Wittman, G. Satisfy Your Sweet Tooth: The Science of Chocolate. Burley, Idaho. 2022
- Copy a Product. February 11
- Emulsions. February 4
- Chocolate Molds. January 21
- Tempering Chocolate. January 14
- Types of Chocolate. January 7

Youth/Families: cont.

- Wittman, G. Satisfy Your Sweet Tooth: The Science of Sugar. Burley Idaho. 2021
 Duplicate an Item. December 17
 Gelatin. December 10
 Malliard Reactions. December 3
 Non-Crystalline vs. Crystalline. November 19
 Elevation Adjustment: Thermometers. November 19
 How sugar is made and what it is used for. November 5
- Wittman, G. Youth Adult Partnerships. Leadership Now' Advanced Leadership Development. October 27, 2021
- Wittman, G. Satisfy Your Sweet Tooth: The Science of Confections. Burley Idaho. 2021
 Research & Development: Copy a Product. July 28
 Jellies & Gummies. July 21
 Crystalline vs. Non-Crystalline Confections. July 14
 Malliard Reactions. June 28
 Safety with Hot Syrups & Density of Sugar. June 14
- Wittman, G. 4-H Cooking 201. Burley, Idaho. 2021
 Completion of Record Books. July 16
 4-H Demonstrations and Desserts. July 9
 Milk Types and Cooking with Milk. July 2
 How to cook, cut and mix foods. June 18
 Food safety, fire safety & Buying, cooking and eating fruits and vegetables. June 4
- Wittman, G. 4-H Cooking 401. Burley, Idaho. 2021
 Completion of Record Books. July 16
 Pastries & Give Demonstrations. July 9
 Celebration Dinner & Whole Grains. July 2
 Fruits and Vegetables. June 18
 Cooking with spices and herbs. June 4
- Wittman, G. Experience the Treasures of 4-H and Cloverbuds. Burley, Idaho. 2021
 The Importance of Fruits and Vegetables. June 17
 Food Safety and Handwashing. June 10
- Wittman, G. 4-H @ Home Zoom Meetings. 2021
 Program Evaluation. June 14
 Welcome to 4-H @ Home. March 29
- Wittman, G. Cooking Basics. Saint Nicholas Catholic School. Rupert, Idaho. April 30, 2021
- Wittman, G. Cooking Basics. SPARK Afterschool. Declo, Idaho. 2021
 How to Measure. January 25
 How to Read a Recipe. January 11
 Food Safety/Kitchen Safety. January 4
- Wittman, G. The Wave of Idaho 4-H. Facilitated Discussion
 Boise, ID October 19, 2020 Invited Presentation
- Wittman, G. Facilitation Training. Zoom Presentation
 October 12, 2020. Invited Presentation
- Wittman, G. Leadership Now! 4-H Advanced Leadership Development. Zoom class. 2020
 Communication & Public Speaking. November 2
 Professionalism. September 28
 Youth Adult Partnerships June 15
- Wittman, G. Citizenship Washington Focus. Burley, Idaho 2020
 Year 3 Expectations. September 9
 Bill of Rights. July 14
 The Functioning of Our National Government. May 12

Youth/Families: cont.

- Wittman, G. Satisfy Your Sweet Tooth. Burley Idaho 2020
 Layering & Spinning Confections. November 20
 How is Chocolate made. November 13
 History of Confections. October 30
 Crystalline vs. Non-Crystalline Confections. October 23
 Structure of Sugar. October 16
 Sugar Saturation, Scientific Method. October 9
- Wittman, G. Candy School. Burley, Idaho 2019
 Caramelizing Sugar. October 30
 What are the stages of candy. October 23
 What is Hard Crack. October 16
 What is Candy Chemistry. October 9
- Wittman, G. Candy Camp. Twin Falls, Idaho. 2019
 How Chocolate is made and formed. July 30
 The importance of thermometers when making soft chews. July 29
 The science of hard candy. July 28
 Food Safety/ Kitchen safety. Candy Science terms. July 27
- Wittman, G. 4-H Cooking 201. Burley, Idaho. 2019
 Demonstrations and funny cake. July 25
 Milk types, cooking with milk. May 25
 Ground beef and Bacon Experiment. May 23
 Nutrition Labels, types of Grains. May 17
 Food Safety/Fire Safety. May 10
- Wittman, G. Citizenship Washington Focus Club. Burley, Idaho. 2019
 Local Concerns and Issues. July 18
 Citizenship, Democracy and Government. May 2
- Wittman, G. 4-H Inspire kids to Do SPARK Afterschool. Burley, Idaho 2019
 Seed Science. May 19
 Create Belonging. May 5
 Crafting Butterflies. April 23
 Fizzy Foam Fun. April 2
- Wittman, G. Cooking 301. Burley Idaho. 2018-2019
 Demonstrations; Soft Pretzels. March 22
 Basic Rolls. February 21
 Flour Experiment and Party planning. February 7
 Kneading Experiment. January 24
 Cheese and Yeast Experiment. January 10
 Outdoor Cooking. December 7
 Food Safety: Fruits and Vegetables. November 30
 Breakfast Grains. November 9
- Wittman, G. 4-H Curriculum Overview. District 4-H Leader Training. Kimberly, Idaho.
 March 9, 2019
- Wittman, G. Cooking 101. SPARK Afterschool. Declo, Idaho 2018.
 My Plate. October 30
 How to Measure. October 23
 Food Safety/Kitchen Safety. October 16
 How to read a recipe. October 9
- Wittman, G. State 4-H Officer Advanced Leadership Training 2018.
 Job Descriptions. October 7
 Building a Mission Statement. October 7
 Teamwork. October 6

Youth/Families: cont.

- Wittman, G. Cooking 201. 4-H Cooking Club. Burley, Idaho 2018.
 Demonstration and Completing your record book. June 18, 2018
 How to prepare a demonstration. June 11
 Types of milk, cooking with milk. June 4
 Protein food groups, bacon experiment. May 18
 Types of grains, rice experiment. May 11
 Buying, eating; Cooking fruits; Vegetables. April 20
 Food safety and fire safety. April 13
- Wittman, G. Food and Kitchen Safety. 4-H Healthy living teen advocates. Caldwell, Idaho
 March 24, 2018
- Wittman, G. Principles of design. SPARK Afterschool. Declo, Idaho. 2018
 Texture and form. March 20
 Complimentary color. March 13
 Color basics. March 6
 Shape. February 27
- Wittman, G. & D. Gillespie. 4-H Home Food Preservation Curriculum. National 4-H Curriculum
 Webinar. March 14, 2018. Invited Presentation
- Wittman, G. Cooking 301. 4-H Cooking Club. Burley, Idaho. 2017-2018
 Organized Only: Demonstrations & Class party. March 30
 Breakfast Grains. March 9
 Bread dough continued. March 2
 Yeast breads, experiment with flour. February 23
 Cakes, butter experiment. January 26
 Party planning, cheese experiment. January 12
 Outdoor cooking. December 15
 Food Safety, slow cookers & fruits & vegies. December 1
- Wittman, G. Food and kitchen safety. 4-H Healthy living teen advocates. Caldwell, Idaho.
 December 9, 2017
- Wittman, G. Cooking 101. SPARK Afterschool. Burley, Idaho 2017
 How to basics. December 13
 Food safety. November 29
 Measuring basics. November 15
 My plate. November 8
 Kitchen safety. November 1
- Wittman, G. 4-H Cooking Club. Cooking 101. Burley, Idaho. 2017.
 Demonstrations and Completing your Record Book. July 17.
 Prepare Demonstrations. July 10.
 Cooking "How To" Basics, Mealtime Basics. June 26.
 Measuring Basics and Experiment. June 19.
 Food Safety/Kitchen Safety, What's In the Bottle. June 12.
 What's on Your Plate? June 5.
- Wittman, G. 4-H Cooking Club. Cake Decorating. Burley, Idaho. 2017.
 Demonstrations and Completing your Record Book. August 2.
 Prepare Demonstrations. July 27.
 Icing the Cake Techniques, Piping Transfer. July 20.
 Learn Drop, Leaf and Specialty Tips. July 13.
- Wittman, G. How to use the 4-H Portfolio Curriculum Roadshow. 2017
 Northern District 4-H Staff, Coeur D'Alene, Idaho. October 11.
 Southern District 4-H Staff, Caldwell, Idaho. September 28.
 Central District 4-H Staff, Twin Falls, Idaho. September 27.
 Eastern District 4-H Staff, Idaho Falls, Idaho. September 26.

Youth/Families: cont.

- Wittman, G. Cooking 101. Teen Parenting Class. Cassia High School. 2016-2017 School Year.
 Iron Chef Competition. May 10.
 Contest Planning. April 27.
 Preparing Meats. April 19.
 Breakfast of Champions. March 15.
 Homemade Pizza vs. Frozen. March 1.
 The Basic White Sauce. February 8.
 Holiday Appetizer. December 20.
 The Art of Vegetables. November 30.
 Squash and Pumpkins. November 2.
 Salsa Varieties. October 19.
 Basics of Measuring. October 5.
- Wittman, G. 4-H Cooking Club. Cooking 201. Burley, Idaho. 2017.
 Record Books, Service Learning. May 31.
 Demonstrations, Cooking Desserts. May 3.
 Prepare Demonstrations, Cooking Desserts. April 26.
 Milk Types, Cooking with Milk, Experiment with Meal Planning. April 19.
 Ground Beef and Bacon Experiment, Basics of Meal Planning. March 29.
 Types of Grains, Rice Experiment. March 8.
 Nutrition Labels, Fruits and Vegetables, Microwave Experiment. February 1.
 Food Safety/Fire Safety, How to Cut, Mix, Cook Food. January 18.
- Wittman, G. Financial Education. Declo Junior High School, Declo, Idaho. 2016.
 Who Wants to be a Millionaire? November 8.
 Teens Credit Card. October 25.
 Welcome to the Real-World Part 2. October 1.
 Welcome to the Real-World Part 1. October 4.
- Wittman, G. Cooking 101. Teen Parenting Class, Cassia High School, Burley, Idaho. 2015-2016
 School Year.
 Basics of Measuring. October 5.
 Iron Chef Cookoff. May 11.
 Preparing Cookoff. April 27.
 Smart Shopping. February 19.
 Mealtime Basics. January 27.
 Explore My Plate. January 13.
 Holiday Specialties. December 9.
 Kitchen Safety Basics. December 2.
 Food Safety Basics. November 18.
 Basics of Measuring. November 4.
- Wittman, G. 4-H Cooking Club. Boiling Water Canning, Burley, Idaho. 2016.
 Demonstrations. Labeling. August 1.
 Steps to Boiling Water Canning. July 25.
 Altitude Adjustment and Low Acids vs. High Acids. July 18.
 Why Can Foods. Canning Tools. July 11.
- Wittman, G. Experiencing the Treasures of 4-H. Burley, Idaho. 2016.
 Record Books. July 26.
 Sew Far, Sew Good cont. July 19.
 Sew Far, Sew Good. July 12.
 Puppets with Pizzazz. July 5.
 Life Cycle of a Flower. June 21.
- Wittman, G. Teen Conference Adult Chaperone Training. Online Zoom Training.
 June 20, 2016.

Youth/Families: cont.

- Wittman, G. 4-H Cooking Club. Cake Decorating Level 1. Burley, Idaho. 2016.
 Demonstrations, Decorating Cupcakes. May 16.
 Borders, Printing, Roses. May 9.
 Piping Transfer. May 2.
 Baking Cake & Torting. April 25.
 Drop Flower, Leaf & Specialty Tips. April 18.
 Star, Round, Petal Techniques. April 11.
- Wittman, G. 4-H Cooking Club. Cooking 101. Burley, Idaho. 2016.
 Fair Requirements. March 14.
 Give Demonstrations & Baked Apples. March 7.
 How to Give a Demonstration. February 22.
 Mealtime Basics. February 8.
 Cooking "How To" Basics. January 25.
 Measuring Basics. January 11.
 Food Safety and Kitchen Safety. December 7.
 What's in that Bottle? November 16.
 What's on Your Plate? November 2.
- Wittman, G. 4-H Food Smart Families. Declo Junior High School. Declo, Idaho. 2015-2016
 School Year.
 Breakfast on the Go. February 2.
 Make Half Your Grains Whole. January 19.
 Choose Low-fat Drinks. January 12.
 Read It Before You Eat It. January 5.
 Color Your Plate. December 18.
 Handwashing. December 1.
- Wittman, G. Food and Kitchen Safety. 4-H Healthy Living Teen Advocate Training. Caldwell,
 Idaho. January 23, 2016.
- Wittman, G. Foods and Nutrition Program. Declo Elementary Afterschool Program. Declo,
 Idaho. 2015-2016 School Year.
 Think Your Drink. January 18.
 Healthy Snacking. January 4.
 Eat A Rainbow. December 14.
 Handwashing. November 23.

Additional Classes taught in Youth/Families from 2005-2015: 172

Community Development

- Wittman, G. Board meeting Facilitation. Mini-Cassia Chamber of Commerce,
 Rupert, Idaho. November 3, 2022
- Wittman, G. Mental Health First Aid. 2022
 District 4-H Professionals. Burley, Idaho. May 5
 State 4-H AmeriCorps Staff. Moscow, Idaho. March 1
- Wittman, G., How to Work with Difficult People. Central District Faculty Meeting, Rupert, Idaho.
 May 19, 2021.
- Wittman, G., L. Hansen. UI Gold Standard. Minidoka Memorial Hospital, Rupert, Idaho.
 October 27, 2010.
- Wittman, G. Futures Game. Burley City Officials, Burley, Idaho. March 23, 2010.
- Wittman, G., S. Hines. UI Gold Standard. Lincoln County Extension, January 27, 2010.
- Wittman, G. Launching the Vision. Albion Horizons, Albion, Idaho. May 14, 2009.
- Wittman, G. Leadership Plenty. 2009.
 Albion Horizons, Albion, Idaho. April 4.
 Albion Horizons, Albion, Idaho. February 21.
- Wittman, G. Community Development. Ag. Ed 181 Introduction to Extension
 Education, Moscow, Idaho. November 29, 2007. Invited Presentation.
- Wittman, G., S. Hines. Customer Relations. Student Leadership Class, Twin Falls, Idaho.
 November 15, 2007.

Community Development cont.

- Wittman, G., S. Hines. UI Gold Standard Train the Trainer Workshop. 2007.
Department of Labor, Twin Falls, Idaho. September 20.
Arbor, Twin Falls, Idaho. July 20.
- Wittman, G., S. Hines. UI Gold Standard. 2007.
South Idaho Tourism, Twin Falls, Idaho. September 2.
Challis City Hall, Challis, Idaho. June 8.
Burley High School, Burley, Idaho. May 21.
South Idaho Tourism, Twin Falls, Idaho. April 30.
Twin Falls High School, April 30.
District III Administrative Assistants Meeting, Twin Falls, Idaho. April 25.
Arco Community Members, Arco, Idaho. April 16.
Miracle Hot Springs, Hagerman, Idaho. April 3.
- Wittman, G., S. Hines. UI Gold Standard. 2006.
Deseret Industries, Twin Falls, Idaho. October 20.
Magic Valley Regional Medical Center, Twin Falls, Idaho. August 24.
Shilo Inn, Twin Falls, Idaho. May 10.
Jerome Best Western, Jerome, Idaho. May 10.
Burley Best Western, Burley, Idaho. May 9.
Buhl High School, Buhl, Idaho. May 3.
Burley Best Western, Burley, Idaho. January 10.
Additional Classes taught in Community Development from 2005-2015: 25

Honors and Awards:

- Wittman, G. 2024 Mildred Haberly Fellowship Award, **\$1852.50**
- Wittman, G. 2023 Mildred Haberly Fellowship Award. **\$2420.00**
- Wittman, G. 2022 Extension Director Travel Award, Madison Wisconsin. **\$500.00**
- Wittman, G. 2022 District Director Project Award, Healthy Meals for Busy Families. **\$3000.00**
- Wittman, G. 2018 Presidents registration award for National Extension Association of Family and Consumer Sciences. **\$450.00**
- Wittman, G. 2018 Idaho Joint Council of Extension Professional Scholarship. **\$200.00**
- Wittman, G. 2018 Mildred Haberly Fellowship Award. **\$1458.00**
- Wittman, G. 2017 Extension Director Travel Award, Washington, D.C. **\$500.00**
- Wittman, G. 2017 National Extension Association of Family and Consumer Sciences PILD (Public Issues Leadership Development) Award. **\$200.00**
- Wittman, G. 2016. Mildred Haberly Fellowship Award. **\$450.00.**
- Wittman, G. 2015. Mildred Haberly Fellowship Award. **\$500.00.**
- Wittman, G. 2015. Extension Director Travel Award, Atlanta, Georgia. **\$500.00.**
- Wittman, G. 2015. Extension Director Travel Award, Portland, Oregon. **\$500.00.**
- Wittman, G. 2013. Mildred Haberly Fellowship Award. **\$1000.00.**
- Wittman, G. 2013. National Association Extension 4-H Agents Officer Scholarship, Pittsburgh, Pennsylvania. **\$100.00.**
- Wittman, G. National Association Extension 4-H Agents Annual Meeting, Extension Director Travel Award, Orlando, Florida. **\$500.00**, October 19-24, 2012.
- Wittman, G. Epsilon Sigma Phi Scholarship. **\$71.43.** 2010.
- Abo, B., D. Dalgetty, B. Healy, S. McCurdy, J. Peutz, **G. Wittman**, A. Woodbury. 2009. Mildred Haberly Fellowship Award. **\$3000.00.**
- Johnson, S., J. Peutz, **G. Wittman**, A. Liddil, S. McCurdy. 2008. Mildred Haberly Fellowship Award. **\$3000.00.**
- Wittman, G. Galaxy III Conference, Extension Director Travel Award, Indianapolis, Indiana. **\$395.00.** September 15-19, 2008.
- Wittman, G., R. Lanting. 2007. Mildred Haberly Endowment Award. **\$1042.54.**
- Wittman, G. EVOLVE Leadership Training, Extension Director Travel Award, Jackson, Wyoming. **\$250.00**, October 17-19, 2006.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Refereed:****Journal:**

- Morrison-Amen, B., L. Sant, S. Johnson, J. Buck, J.H. Kim, **G. Wittman**. 2021. H2O to Go – Staying Hydrated Safely. A Reusable water Bottle Safety Project. Journal of National Extension Association Family Consumer Sciences. Accepted Available at: <https://neafcs.memberclicks.net/assets/documents/journal/2021-jneafcs/H2O%20to%20Go.pdf>
- Greenway, S., K. McFarland, **G. Wittman**, J. Buck, J. Kim, 2021. Validating handwashing Lesson effectiveness: Innovative products bring Scientific research to extension educators. Journal of Human Sciences and Extension, October 2021
- Silkwood, G., **G. Wittman**, B. Luckey. 2019. Idaho 4-H Teen Conference engages students in going on to higher education. Journal of Extension (JOE), Volume 57, Number 3, Ideas at work 3IAW3 https://joe.org/joe/2019june/pdf/JOE_v57_3iw3.pdf
- Buck, J. S. Greenway, K. Hoffman, **G. Wittman**, & J. H. Kim. 2018. Educators teach effective handwashing with a simplified method. Journal of Extension (JOE), volume 56, Number 6, Ideas at work 6IAW2. <http://www.joe.org/joe/2018october/iw2.php>
- Abo, B., J. Bevan, S. Greenway, B. Healy, S. McCurdy, J. Peutz and **G. Wittman**. 2014. Acidification of Garlic and Herbs for Consumer Preparation of Infused Oils. Food Protection Trends, Volume 34, Number 4, p. 247-257.
- Cummins, M., Petty, B., L. Hansen, Hoffman, **G. Wittman**, C. Falen, C. Cheney, J. Packham. 2012. Expanding the Reach of Extension to Underserved Audiences through Study Circles in Rural Idaho. Journal of Extension (JOE), Volume 50, Number 4, Ideas at Work IAW2. <http://www.joe.org/joe/2012august/iw2.php>
- Raidl, M., **G. Wittman**, M. Spencer, L. Sant, M. Lockard, J. Peutz. 2010. Steps to a New You: A health-centered program that helps adults change eating habits, physical activity habits, and body image perceptions. The Forum for Family and Consumer Issues (FFCI), 15 (2) ISSN 15405273.
- Petty, B., L. Hansen, K. Hoffman, **G. Wittman**, C. Falen, C. Cheney, M. Cummins and J. Packham. 2010. Family and Consumer Sciences Educators Partner with Rural Communities to Expand the Reach of Extension. Journal of National Extension Association of Family and Consumer Sciences (JNEAFCS), Volume 5, 2010. Pg. 32-37. <http://www.neafcs.org/assets/Journal/NEAFCS-2010-Journal.pdf>.

Extension Publications:**Bulletins/Pacific Northwest (PNW) Publications:**

- Morrison-Amen, B., L. Sant, S. Johnson, J. Buck, J.H. Kim, **G. Wittman**. 2020. H2O to Go – Staying Hydrated Safely Bul971
- Abo, B., J. Bevan, S. Greenway, B. Healy, S. McCurdy, J. Peutz, **G. Wittman**. 2014. Making Garlic-and Herb Infused Oils At Home. PNW 664.
- McCurdy, S., J. Peutz, **G. Wittman**. 2009. Storing Food For Safety and Quality. PNW 612.

Curricula:

- Wittman, G., T. Andeson, S. Dolecheck, J. Buck, L. Foist, 2024
Satisfy Your Sweet Tooth: The Science of Sugar, 4-H Project Curriculum, EOS023
- Buck, J., L. Foist, G. Wittman, T. Andeson, S. Dolecheck, 2023
Satisfy Your Sweet Tooth: The Science of Chocolate, 4-H Project Curriculum, EOS022
- Kim, J., J. Buck, L. Dye, A. Greenway, K. Hoffman, K. Johnson, J. Peutz, A. Robertson, L. Sant, **G. Wittman**. 2019. Ready Set Food Safe: A Food Service Food Safety Curriculum for High Schools. 4th Edition. University of Idaho
- Wittman, G., R. Lanting, D. Gillespie. 2013. 4-H Food Preservation: Boiling Water Canning Manual. PNW 652.
- Wittman, G., R. Lanting, F. Gillespie. 2013. 4-H Food Preservation: Pressure Canning Manual. PNW 653.

Curricula cont.:

- Gillespie, D., **G. Wittman**, R. Lanting. 2013. 4-H Food Preservation: Freezing Manual. PNW 650.
- Lanting, R., **G. Wittman**, D. Gillespie, D. 2013. 4-H Food Preservation: Drying Manual. PNW 651.
- Howe, S., S. Traver, **G. Wittman**, S. Hines. 2013. University of Idaho Gold Standard in Customer Relations.
- McCurdy, S., C. Hampton, S. Johnson, K. Jensen, J. Peutz, B. Abo, **G. Wittman**, L. Sant, L. Dye. 2011. Ready Set Food Safe, 3rd Edition.

Exhibit Product:

- McCurdy, S., **G. Wittman**, C. Hampton, S. Johnson, J. Peutz, and L. Sant. 2007. "Targeting Food Safety: Posters and Supporting Exhibit Materials on Four Consumer Food Safety Topics." Developed April 2006 to March 2007 for University of Idaho Extension.

Peer Reviewed/Evaluated:**Extension Publications:****Journals:**

- Wittman, G. 2010. Video Gaming Increases Physical Activity. Journal of Extension [on-line], 48(2) Article 2T0T6. Available at: <http://www.joe.org/joe/2010april/tt6.php>
- McCurdy, S., S. Johnson, C. Hampton, J. Peutz, L. Sant, **G. Wittman**. 2010. Ready-to-Go Exhibits Expand Consumer Food Safety Knowledge and Action. Journal of Extension [on-line], 48 (5)5TOT10. Available at: <http://www.joe.org/joe/2010october/tt10.php>

Professional Meeting Abstracts and Proceedings:

- Wittman, G., J. Buck, T. Anderson, S. Dolecheck, L. Foist, 2024 Food Science with a Sweet Twist, National Association Extension 4-H Youth Development Professionals Conference, Boise, Idaho
- Manker, G., S.G. Lee, G. Wittman, 2024 Healthy Meals for Busy People, National Extension Association Family and Consumer Sciences Annual Conference, Tucson, Arizona
- Silkwood, G., **G. Wittman**, N. Betts. 2022 Providing Intentional Leadership Education for 4-H Teens in Idaho. National association Extension 4-H Youth Development Professional Conference. Madison, Wisconsin
- Toomey, M., T. Peutz, J. Amende, S. Greenway, **G. Wittman**. 2019 Launching Well-Connected communities with teen health advocates. National Health Outreach Conference. Fort Worth, Texas
- Greenway, S. J. Peutz, J. Amende, M. Toomey, **G. Wittman**. 2019. Creating Well-Connected communities through youth-adult partnerships. Pacific Northwest 4-H Conference 2019. Bend, Oregon.
- Manker, G., B. Hutchings, **G. Wittman**. 2019. Boosting Cooking Skills for kids. Pacific Northwest4-H Conference 2019. Bend, Oregon
- Buck, J. S. Greenway, K. Hoffman, **G. Wittman**, & J. H. Kim. 2019. Innovative handwashing technique. Consumer Food Safety Education Conference. Orlando, Florida.
- Wittman, G. B. Hutchings, G. Manker. 2018 Boosting cooking skills for youth. National Extension Association of Family and Consumer Sciences Conference. San Antonio, Texas.
- Thiel, E., J. Lindstrom, B. Luckey, B. Kay, M. Toomey, **G. Wittman**, G. Silkwood, D. Gillespie, T. Wilson, S. Nash, T. Ewers. 2016. Curriculum Prioritization. National Association Extension 4-H Agents Conference. New Orleans, Louisiana.
- Wittman, G., M. Toomey, L. Vega, J. Peutz, G. Silkwood, S. Johnson, S. Greenway. 2015. Expanding the Reach of 4-H Health and Nutrition Programs. National Association Extension 4-H Agents Conference. Portland, Oregon.
- Wittman, G., M. Toomey, G. Silkwood, J. Peutz, R. Lanting, S. Johnson, S. Greenway. 2015. 4-H Food Smart Families. National Association of Extension 4-H Agents Conference. Portland, Oregon.

Professional Meeting Abstracts and Proceedings: cont.

- Greenway, S., K. Splan, M. Toomey, J. Peutz, **G. Wittman**, R. Lanting. 2015. 4-H Food Smart Families Program: Implementation in Two States Diverse Settings. Epsilon Sigma Phi National Conference. Coeur d'Alene, Idaho.
- Toomey, M., J. Peutz, **G. Wittman**, L. Vega. 2015. Teen Advocates Impacting Idaho's Health. National Health Outreach Conference. Atlanta, Georgia.
- Toomey, M. J. Peutz, **G. Wittman**, B. Arran, R. Lanting, S. Johnson, S. Greenway. 2015. Connecting Internally to Build Healthy Youth. National Health Outreach Conference. Atlanta, Georgia.
- Gillespie, D., **G. Wittman**, R. Lanting. 2014. 4-H Home Food Preservation Curriculum. 4-H Virtual Professional Development Conference.
- Wittman, G., B. Abo, M. Toomey. 2014. Idaho 4-H Healthy Club Challenge. 4-H Virtual Professional Development Conference.
- Cummins, M., R. Davids, M. Toomey, **G. Wittman**. 2014. Healthy Living for Challenged Youth. Regional 4-H Youth Development Professionals Conference. Boise, Idaho.
- Wittman, G., D. Gillespie, R. Lanting. 2014. Preserving with Kids – New 4-H Food Preservation Curriculum. Regional 4-H Youth Development Professionals Conference. Boise, Idaho.
- Wittman, G. D. Gillespie, R. Lanting. 2013. 4-H Healthy Lifestyles: Home Food Preservation. Joint Council of Extension Professionals Galaxy IV Conference. Pittsburgh, Pennsylvania.
- Cummins, M., M. Toomey, **G. Wittman**, E. Ewers, R. Davids, J. Packham. 2013. Healthy Living for Challenged Youth. Joint Council of Extension Professionals Galaxy IV Conference. Pittsburgh, Pennsylvania.
- Hansen, L., **G. Wittman**, S. Hines. 2013. UI Gold Standard of Customer Relations. Joint Council of Extension Professionals Galaxy IV Conference. Pittsburgh, Pennsylvania.
- Wittman, G., D. Gillespie, R. Lanting. 2012. 4-H Healthy Lifestyles: Home Food Preservation Curriculum Series. National Association of Extension 4-H Agents Conference. Orlando, Florida.
- Hansen, L., K. Tift, **G. Wittman**. 2012. Building Leaders in Rural Communities. National Association of Community Development Extension Professionals Conference. Park City, Utah.
- Wittman, G., D. Gillespie, R. Lanting. 2012. 4-H Healthy Lifestyles: Home Food Preservation Curriculum Series. National Extension Association on Family Consumer Sciences Conference. Columbus, Ohio. Accepted, Not Presented.
- Wittman, G., R. Lanting, D. Gillespie. 2011. 4-H Healthy Lifestyles: Home Food Preservation Curriculum Series. Idaho State 4-H Leaders Forum, Boise, Idaho.
- Wittman, G., B. Petty, L. Hansen. 2010. Idaho Horizons: Building a Better Future for Rural Idahoans. Epsilon Sigma Phi Annual Conference. Jackson Hole, Wyoming.
- Petty, B., L. Hansen, **G. Wittman**, K. Hoffman. 2010. Extension Educators Use Partnerships to Expand the Research of Extension. National Extension Association of Family and Consumer Sciences Annual Conference. Portland, Maine.
- Wittman, G., V. Gilbert, M. Knott, M. Toomey. 2010. Exergames: A New Look at Physical Fitness. Children Youth and Families At-Risk Conference. San Francisco, California.
- Hoffman, K., **G. Wittman**. 2010. Study Circles: A Tool to Increase Participation. Children Youth and Families At-Risk Conference. San Francisco, California.
- Wittman, G., V. Gilbert, M. Toomey. 2010. Exergames Increases Physical Activity. Children Youth and Families At-Risk Conference. San Francisco, California.
- Wittman, G., V. Gilbert, M. Toomey. 2010. Introducing Exergames into Your Afterschool Program. National Afterschool Association Annual Conference. Washington D.C.
- Wittman, G. 2010. 4-H Afterschool Shows Impact on Life Skills. University of Idaho Extension Annual Conference. Burley, Idaho.
- McCurdy, S., S. Johnson, J. Peutz, C. Hampton, **G. Wittman**, L. Sant. 2009. Interactive Food Safety Exhibits for Consumer Venues Food. National Extension Association of Family and Consumer Sciences Conference Proceedings. Birmingham, Alabama.
- Wittman, G. 2009. Exergames Increases Physical Activity. Epsilon Sigma Phi National Conference. Fargo, North Dakota.

Professional Meeting Abstracts and Proceedings: cont.

- Wittman, G., M. Toomey. 2009. 4-H Afterschool Shows Impact on Life Skills. Children, Youth and Families At-Risk National Conference. Baltimore, Maryland.
- Wittman, G., M. Knott. 2009. Teamwork Strategies for Any Organization. Children, Youth and Families At-Risk National Conference. Baltimore, Maryland.
- Wittman, G. 2009. Exergames Improves Physical Activity. University of Idaho Extension Annual Conference. Moscow, Idaho.
- Wittman, G., M. Knott. 2009. Winning Not Whining: Effective Teamwork Strategies for any Organization. University of Idaho Extension Annual Conference. Moscow, Idaho.
- McCurdy, S., C. Hampton, S. Johnson, J. Peutz, L. Sant, **G. Wittman**. 2008. Interactive Food Safety Exhibits for Consumer Venues. Galaxy III Conference. Indianapolis, Indiana.
- Wittman, G., M. Spencer, L. Sant, M. Raidl. 2008. Steps to a New You Improves Eating Habits. University of Idaho Extension Annual Conference. Moscow, Idaho.
- Wittman, G. M. Knott. 2008. Teamwork in Leaders Councils – Winning Not Whining. Western Regional Leaders Forum. Boise, Idaho.
- Abo, B., B. Bromley-Brody, **G. Wittman**. 2008. Customer Relations. Western Regional Leaders Forum. Boise, Idaho.
- McCurdy, S., C. Hampton, S. Johnson, J. Peutz, L. Sant, **G. Wittman**. 2007. Targeting Food Safety with Thermometers Poster Abstract. University of Idaho Annual Extension Conference. Moscow, Idaho.
- Wittman, G. 2007. Germ City Attacks Cassia County. University of Idaho Extension Annual Conference. Moscow, Idaho.

Refereed/Adjudicated (in press or submitted):**Peer Reviewed (in press or submitted):**

- Wittman, G., S Dolcheck, J. Buck, L. Foist, 2021. Satisfy Your Sweet Tooth: The Science of Confections 4-H Food Science Curriculum. Submitted
- J. Buck, L. Foist, **G. Wittman**, S. Dolcheck, 2021. Satisfy Your Sweet Tooth: The Science of Chocolate 4-H Food Science Curriculum. Submitted
- Greenway, S., A. Robertson, J. Peutz, **G. Wittman**, 2020. Storing Food for Safety and Quality, PNW612. Submitted

Other:**University of Idaho Extension Impact Statements:**

- Wittman, G., G. Silkwood, N. Ennis, 2024, 4-H's Leadership NOW! Expands leadership development for Idaho teens. Impact Statement.
- Lee, S.G., **G. Wittman**, G. Manker. 2023. Healthy Meals for Busy Families Reduces Spending at the Drive Thru. Impact Statement.
- Knutz, M., S. Smith, C. Clarich, T. Tverdy, k. Boice, **G. Wittman**, N. Hampton. 2022 Idaho 4-H State Teen Association Convention (STAC) to promote youth thriving. Impact Statement.
- Buck, J., S. Johnson, J. Kim, B. Morrison-Aman, L. Sant, **G. Wittman**. 2021. Reusable water bottle education results in behavior change. Impact Statement
- Gillespie, D., S. Dolecheck, N. Dalton, C. Johnson, D. Scott, **G. Wittman**, E. Jefferies, S. Codr, T. Ewers, B. Settlege, J. Schmidt. 2020. 2020 Idaho 4-H State Teen Association Convention; a virtual and vibrant change. Impact Statement
- Gillespie, D., B. Hutchings, M. Barlow, D. Peaveler, R. Davids, J. Thomas, T. Miller, **G. Wittman**, C. Kinder, C. Vaughn. 2020. Zoom into 4-H, Central District bringing 4-H to local families. Impact Statement
- Wittman, G., B. Hutching, G. Manker. 2019. Cooking Skills for youth can have lifelong health impacts. University of Idaho Extension. Impact Statement
- Gillespie, D.R., N. Dalton, S. Dolecheck, C. Johnson, S. Wilson, G. Silkwood, L. Vega, K. Hoffman, **G. Wittman**, D. Scott, R. Hutchings. 2018. Leadership Now! 4-H provides leadership opportunities when youth need them. University of Idaho Extension. Impact Statement.

University of Idaho Extension Impact Statements: cont.

- Jefferies, E., D.R. Gillespie, T. Ewers, M. Toomey, S. Nash, J. Wilson, **G. Wittman**, G. Silkwood, K. Loftus. 2018. Quality curriculum counts. University of Idaho Extension. Impact Statement.
- Sant, L., J. Peutz, **G. Wittman**, J. Buck, S. Greenway, A. Zander, G. Hyde, N. Kershaw, P. Case, S. Withee. 2017. Preserve @ Home Increases Good Preservation Knowledge and Behavior. University of Idaho Extension. Impact Statement.
- Wittman, G., M. Toomey, L. Vega, J. Buck, G. Silkwood, S. Johnson, 2016. 4-H Healthy Living. Teen Advocates Teach Nutrition Education classes. University of Idaho Extension. Impact Statement.
- Toomey, F., **G. Wittman**, M. Cummins, R. Davids. 2016. Healthy Living for Challenged Youth. University of Idaho Extension. Impact Statement.
- Luckey, B.P., G. Silkwood, **G. Wittman**. 2016. Idaho 4-H Teen Conference Encourages Teens to “Go On” After High School. University of Idaho Extension. Impact Statement.
- Greenway, S., M. Toomey, J. Peutz, **G. Wittman**, R. Lanting. 2016. 4-H Food Smart Families Program: Implementation in Two States’ Diverse Setting. University of Idaho Extension. Impact Statement.
- Raidl, M., M. Spencer, L. Sant, J. Buck, B. Abo, J. Peutz, K.I. Jensen, **G. Wittman**, K. Hoffman, S. Greenway, S. Martinez, R. Lanting, S. Johnson, M. Lockard, P. McCawley. 2015. Idaho Extension Health and Nutrition Programs Can Decrease Health Care Costs. University of Idaho Extension. Impact Statement.
- Theil, E., Silkwood, K. Hoffman, **G. Wittman**. 2014. 4-H Teen Conference Building Community Engagement and Youth Leadership. University of Idaho Extension. Impact Statement.
- Lockard, M., B. Abo, R. Lanting, D. Gillespie, L. Sant, K. Jensen, M. Spencer, **G. Wittman**, J. Peutz, L. Hansen, and L. Erickson 2014. “Healthy Habits” expands Extension’s Outreach to new audiences. University of Idaho Extension. Impact Statement.
- Wittman, G., R. Lanting, D. Gillespie. 2012. Home Food Preservation Series Increase Consumer Knowledge. University of Idaho Extension. Impact Statement.
- Hoffman, K., A. Liddil, **G. Wittman**, L. Sant, L. Dye, M. Spencer, R. Lanting, K. Richel. 2012. Extension offers education during food safety equipment calibration clinics. University of Idaho Extension. Impact Statement.
- Wittman, G., T. Ewers, M. Toomey. 2009. 4-H Afterschool Shows Impact on Life Skills. University of Idaho Extension. Impact Statement.
- Wittman, G. 2008. Exergames Increases Physical Activity. University of Idaho Extension. Impact Statement.
- McCurdy, S., S. Johnson, C. Hampton, J. Peutz, L. Sant, **G. Wittman**. 2008. Ready-to-Go Exhibits Expand Consumer Food Safety Knowledge and Action. University of Idaho Extension. Impact Statement.
- Spencer, M., L. Sant, **G. Wittman**, M. Raidl. 2008. Steps to a New You Improves Size Acceptance/Body Image. University of Idaho Extension. Impact Statement.
- Sant, L., **G. Wittman**, M. Spencer, M. Raidl. 2008. Steps to a New You Improves Physical Activity Habits. University of Idaho Extension. Impact Statement.
- Wittman, G., M. Spencer, L. Sant, M. Raidl. 2007. Steps to a New You Improves Eating Habits. University of Idaho Extension. Impact Statement.
- Wittman, G. 2006. Germ City Attacks Cassia County, University of Idaho Extension. Impact Statement.
- Davids, R., **G. Wittman**, R. Garrard. 2006. Cassia County Embraces Its Hispanic Population. University of Idaho Extension. Impact Statement.
- Wittman, G., S. Hines, 2006. Extension Provides Training Opportunities for Small Business Owners and Employees. University of Idaho Extension. Impact Statement.
- Howe, S., S. Traver, S. Hines., B. Bromley-Brody, **G. Wittman**. 2006. University of Idaho Gold Standard of Customer Relations. University of Idaho Extension. Impact Statement.

Scholarly Presentations and Other Creative Activities:**Slide Sets/Power Point:**

- Wittman, G., R. Lanting. 2012. Food Safety at Farmers Markets.
- Hines, S., **G. Wittman**. 2007. University of Idaho Gold Standard of Customer Relations for high school workshops on employment skills.
- Hines, S., **G. Wittman**. 2006. University of Idaho Gold Standard of Customer Relations for Local business employee training workshops.

Web Pages:

- McCurdy, S., **G. Wittman**, C. Hampton, S. Johnson, J. Peutz and L. Sant. 2007. Food Safety Exhibits. www.agls.uidaho.edu/foodsafety.

Displays and Posters:

- Wittman, G., J. Buck, T. Anderson, S. Dolecheck, L. Foist, 2024 Food Science with a Sweet Twist, National Association Extension 4-H Youth Development Professionals Conference, Boise, Idaho
- Wittman, G., J. Buck, T. Anderson. 2023 Satisfy Your Sweet Tooth: The Science of Sugar and Chocolate. Pacific Northwest 4-H Conference. Boise, Idaho
- Silkwood, G., **G. Wittman**, N. Betts. 2022. Providing Intentional Leadership Education for 4-H Teens in Idaho National Association Extension 4-H Youth Development Professionals Conference. Madison, Wisconsin.
- Buck, J. H.K. Jang, L. Sant, S. Johnson, B. Morrison-Amen, **G. Wittman**. 2020. Effect of Cleaning Education on Microbiological Quality of Reusable Water bottles. Idaho and Washington Academy of Nutrition and Dietetics Conference, Spokane, Washington
- Buck, J. S. Greenway, K. Hoffman, **G. Wittman**, & J. H. Kim. 2019. Innovative handwashing technique. Consumer Food Safety Education Conference. Orlando, Florida.
- Buck, J. S. Greenway, K. Hoffman, **G. Wittman**, & J. H. Kim. 2018. Educators teach effective handwashing with a simplified method. Western Regional 4-H Institute. Fort Collins, Colorado.
- Thiel, E., J. Lindstrom, B. Luckey, B. Kay, M. Toomey, **G. Wittman**, G. Silkwood, D. Gillespie, T. Wilson, S. Nash, T. Ewers. 2016. Curriculum Prioritization. National Association Extension 4-H Agents Conference. New Orleans, Louisiana.
- Wittman, G., M. Toomey, L. Vega, J. Peutz, G. Silkwood, S. Johnson, S. Greenway. 2015. Expanding the Reach of 4-H Health and Nutrition Programs. National Association of Extension 4-H Agents Conference. Portland, Oregon.
- Greenway, S., K. Splance, M. Toomey, J. Peutz, **G. Wittman**, R. Lanting. 2015. 4-H Food Smart Families Program: Implementation in Two States Diverse Settings. Epsilon Sigma Phi National Conference. Coeur d'Alene, Idaho.
- Toomey, M., J. Peutz, **G. Wittman**, L. Vega. 2015. Teen Advocates Impacting Idaho's Health. National Health Outreach Conference. Atlanta, Georgia.
- Cummins, M., M. Toomey, **G. Wittman**, E. Ewers, R. Davids, J. Packham. 2013. Healthy Living for Challenged Youth. Joint Council of Extension Professionals Galaxy IV Conference. Pittsburgh, Pennsylvania.
- Hansen, L., **G. Wittman**, S. Hines. 2013. UI Gold Standard of Customer Relations. Joint Council of Extension Professionals Galaxy IV Conference. Pittsburgh, Pennsylvania.
- Wittman, G., D. Gillespie, R. Lanting. 2012. 4-H Healthy Lifestyles: Home Food Preservation Curriculum Series. National Association of Extension 4-H Agents. Orlando, Florida.
- Wittman, G., B. Petty, L. Hansen. 2010. Idaho Horizons: Building a Better Future for Rural Idahoans. Epsilon Sigma Phi, Jackson, Wyoming.
- Wittman, G. 2010. Exergames Increases Physical Activity. Children Youth and Families at Risk National Conference. San Francisco, California.
- Wittman, G. 2010. 4-H Afterschool Shows Impact on Life Skills. University of Idaho Extension Annual Conference, Burley, Idaho.

Displays and Posters: cont.

- Wittman, G. 2009. Exergames Increases Physical Activity. Epsilon Sigma Phi National Conference. Fargo, North Dakota.
- Wittman, G., M. Toomey. 2009. 4-H Afterschool Shows Impact on Life Skills. Children, Youth and Families at Risk National Conference. Baltimore, Maryland.
- Wittman, G. 2009. Exergames Increases Physical Activity. University of Idaho Extension Annual Conference, Moscow, Idaho.
- McCurdy, S., C. Hampton, S. Johnson, J. Peutz, L. Sant, **G. Wittman**. 2008. Interactive Food Safety Exhibits for Consumer Venues. Galaxy III Conference. Indianapolis, Indiana.
- Wittman, G., M. Spencer, L. Sant, M. Raidl. 2008. Steps to a New You Improves Eating Habits. University of Idaho Extension Annual Conference. Boise, Idaho.
- Wittman, G. 2007. Germ City Attacks Cassia County. University of Idaho Extension Annual Conference. Moscow, Idaho.
- McCurdy, S., C. Hampton, S. Johnson, J. Peutz, L. Sant, **G. Wittman**. 2007. Food Safety Targeting Food Thermometers. University of Idaho Extension Annual Conference, Moscow, Idaho.
- Wittman, G., S. Howe, S. Traver, S. Hines. 2006. UI Gold Standard in Customer Relations Shows Statewide Impact. Idaho Legislative Poster Session, Boise, Idaho.

Professional Meeting Papers, Workshops:

- Rodriguez, M., J Baker-Tingey, S. Chviliek, M. Hewser, V. Parent, E. Turner, **G. Wittman**, 2024. Thrive Model Activities Tool for Adult Volunteer. National Association Extension 4-H Youth Development Professionals Conference, Boise, Idaho
- Manker, G., S.G. Lee, **G. Wittman**, 2024 Healthy Meals for Busy People, National Extension Association Family and Consumer Sciences Annual Conference, Tucson, Arizona
- Wittman, G., G. Silkwood, N. Ennis, T. Tracy. 2023. Leadership Now! Advanced Leadership Development. Pacific Northwest 4-H Conference. Boise, Idaho
- Toomey, M., T. Peutz, J. Amende, S. Greenway, **G. Wittman**. 2019 Launching Well-Connected communities with teen health advocates. National Health Outreach Conference. Fort Worth, Texas
- Greenway, S. J. Peutz, J. Amende, M. Toomey, **G. Wittman**. 2019. Creating Well-Connected communities through youth-adult partnerships. Pacific Northwest 4-H Conference 2019. Bend, Oregon.
- Manker, G., B. Hutchings, **G. Wittman**. 2019. Boosting Cooking Skills for kids. Pacific Northwest 4-H Conference 2019. Bend, Oregon
- Wittman, G. B. Hutchings, G. Manker. 2018 Boosting cooking skills for youth. National Extension Association of Family and Consumer Sciences Conference. San Antonio, Texas.
- Wittman, G. 2016. Moving Forward: New Healthy Living Curriculum. State 4-H Volunteer Forum. Twin Falls, Idaho.
- Wittman, G., R. Davids. 2016. 4-H Cooking Club. State 4-H Volunteer Forum. Twin Falls, Idaho.
- Sant, L. J. Peutz, A. Zander, **G. Wittman**, J. Buck, S. Greenway, K. Kershaw. 2016. Preserve @ Home. National Extension Association of Family and Consumer Sciences Conference. Big Sky, Montana. Invited Presentation.
- Wittman, G., M. Toomey, G. Silkwood, J. Peutz, R. Lanting, S. Johnson, S. Greenway. 2015. 4-H Food Smart Families. National Association of Extension 4-H Agents Conference. Portland, Oregon.
- Toomey, M., J. Peutz, **G. Wittman**, L. Vega. 2015. Teen Advocates Impacting Idaho's Health. National Health Outreach Conference. Atlanta, Georgia.
- Toomey, M. J. Peutz, **G. Wittman**, B. Arran, R. Lanting, S. Johnson, S. Greenway. 2015. Connecting Internally to Build Healthy Youth. National Health Outreach Conference. Atlanta, Georgia.
- Cummins, M., R. Davids, M. Toomey, **G. Wittman**. 2014. Healthy Living for Challenged Youth. Regional 4-H Youth Development Professionals Conference, Boise, Idaho.

Professional Meeting Papers, Workshops cont.

- Wittman, G., D. Gillespie, R. Lanting. 2014. Preserving with Kids – New 4-H Food Preservation Curriculum. Regional 4-H Youth Development Professionals Conference.

Boise, Idaho.

- Wittman, G., B. Abo, M. Toomey. Idaho 4-H Healthy Club Challenge. 4-H Virtual Professional Development Conference. January 30, 2014.
- Wittman, G., D. Gillespie, R. Lanting. 4-H Home Food Preservation Curriculum. 4-H Virtual Professional Development Conference. January 28, 2014.
- Raidl, M., R. Lanting, M. Spencer, L. Sant, M. Lockard, J. Peutz, and **G. Wittman**, Effectiveness of a Six-week Strength Training and Nutrition Program, Lexington, Kentucky, 2014. Invited Presentation.
- Wittman, G., D. Gillespie, R. Lanting. 4-H Healthy Lifestyles: Home Food Preservation. Joint Council of Extension Professionals Galaxy IV Conference. Pittsburg, Pennsylvania. September 18, 2013.
- Hansen, L., K. Tifft, **G. Wittman**. Building Leaders in Rural Communities. National Association of Community Development Extension Professional. Park City, Utah. May 21, 2012.
- Hoffman, K., **G. Wittman**. Study Circles: A Tool to Increase Participation. Children Youth and Families At-Risk Conference, San Francisco, California. May 7, 2010.
- Wittman, G., V. Gilbert, M. Knott, M. Toomey. Exergames: A New Look at Physical Fitness. Children Youth and Families At-Risk Conference, San Francisco, California. May 5, 2010.
- Wittman, G., V. Gilbert, M. Toomey. Introducing Exergames into Your Afterschool Program. National Afterschool Association Annual Conference. Washington D.C. April 20, 2010.
- Wittman, G., M. Knott. Teamwork Strategies for Any Organization. Children, Youth and Families At-Risk National Conference. Baltimore, Maryland. May 20, 2009.
- Wittman, G., M. Knott. Winning Not Whining: Effective Teamwork Strategies for any Organization. University of Idaho Extension Annual Conference. Moscow, Idaho. March 12, 2009. Conference. Indianapolis, Indiana. September 16, 2008.
- Wittman, G., M. Knott. Teamwork in Leaders Councils – Winning Not Whining. Western Regional Leaders Forum. Boise, Idaho. March 7, 2008.
- Abo, B., B. Bromley-Brody, **G. Wittman**. Customer Relations. Western Regional Leaders Forum. Boise, Idaho. March 7, 2008.

Grants and Contracts Awarded:

- Wittman G., S. G., Lee, G. Manker. Healthy Meals for Busy People. University of Idaho Innovative Project Award. 2024 **\$2700**
- Silkwood. G., G. Wittman, N. Ennis, Leadership NOW! University of Idaho Innovative Project Award. 2024. **\$4770**
- Lee, S.G., **G. Wittman**, G. Manker. Healthy Meals for Busy Families. University of Idaho Innovative Project Award. 2023 **\$2500**
- Wittman, G., T. Miller, J. Bywater, M. Barlow, R. Davids. 4-H @ Home STEAM Projects. University of Idaho Innovative Project Award, 2021, **\$5000**.
- Buck, J.H., J.H. Kim, L. Sant, S. Johnson, B. Morrisoe-Aman, and **G. Wittman**. Effect of Cleansing Education on Microbiological Quality of Reusable Water Bottles. University of Idaho Innovative Project Award, 2018-2019, **\$5239**.
- Hoffman, H., J. Buck, J. Kim, S. Greenway, **G. Wittman**. Statewide Evaluation of Handwashing Teaching Effectiveness, University of Idaho Extension Topic Team Grant, January 2016 – January 2017, **\$5,650.00**.
- Toomey, M., J. Peutz, **G. Wittman**, S. Johnson, R. Lanting, and J. Buck. 4-H Food Smart Families, National 4-H Council and ConAgra Foundation, March 2015-May 2016, **\$135,000. (Spending Authority for \$1000)**
- Toomey, M., J. Peutz, **G. Wittman**, L. Vega, N. Shelstad, and D. Gillespie. 4-H Healthy Living: Youth Voice Youth Choice, National 4-H Council and Walmart Foundation Grant, 2014-2015, **\$65,000. (Spending Authority for \$1000.00)**.
- Toomey, M., J. Peutz, and **G. Wittman**, S. Johnson, R. Lanting and J. Buck. National 4-H Council and ConAgra Sponsored Idaho 4-H Food Smart Families Grant. Feb. 2014-Nov. 2014. **\$166,000. (Spending Authority for \$2,240.00)**.

Grants and Contracts Awarded: cont.

- Toomey, M., M. Cummins, R. Davids, **G. Wittman**, J. Packham. Healthy Living with Challenged

- Youth, Blue Cross of Idaho Foundation Childhood Obesity Prevention Initiative Grant, 2013, **\$6,530.00.**
- Wittman, G., J. Packham, R. Davids. Critical Issues Grant. Experiencing the Treasures of 4-H. 2013, **\$2,300.00.**
- Davids, R., **G. Wittman**, J. Packham. 4-H Participation Fee. Expanding the Reach of Cassia County 4-H. 2013, **\$900.00.**
- Toomey, M., M. Cummins, L. Ellis, R. Davids, **G. Wittman**, J. Packham. Healthy Living with Challenged Youth, Blue Cross of Idaho Foundation Childhood Obesity Prevention Initiative Grant, 2012, **\$19,805.00.**
- Toomey, M., A. Nauman, T. Ewers, **G. Wittman**, L. Laumatia. Idaho Sustainable Community Project USDA CREES, 2011/2012, **\$140,000.00 (Principal Investigator for \$41,641.00).**
- Wittman, G. D. Gillespie, R. Lanting. Topic Team Grant. Idaho 4-H Food Preservation Curriculum. 2011, **\$2,200.00.**
- Toomey, M., A. Nauman, T. Ewers, **G. Wittman**, L. Laumatia. Idaho Sustainable Community Project, USDA CSREES, 2010/2011, **\$140,000.00 (Principal Investigator for \$45,541).**
- Wittman, G., B. Abo, S. McCurdy, D. Delgetty, B. Healy, J. Peutz, A. Woodbury. Critical Issues Grant. Preparation of Vegetables and Herbs Stored in Oil. 2010, **\$2450.00.**
- Wittman, G., B. Abo, S. McCurdy, D. Delgetty, B. Healy, J. Peutz, A. Woodbury. Critical Issues Grant. Preparation of Vegetables and Herbs Stored in Oil. 2009, **\$3000.00.**
- Toomey, M., A. Nauman, T. Ewers, **G. Wittman**, L. Laumatia. Idaho Sustainable Community Project, USDA CSREES, 2009/2010, **\$140,000.00 (Principal Investigator for \$46,398).**
- Toomey, M., A. Nauman, T. Ewers, **G. Wittman**, L. Laumatia. Idaho Sustainable Community Project, USDA CSREES, 2008/2009, **\$134,000.00 (Principal Investigator for \$45,796).**
- Wittman, G., R. Garrard, V. Gilbert, K. Johnson. Critical Issues Grant. White Pine 4-H Afterschool Program – Physical Activity Requirement, 2008, **\$1837.00.**
- Toomey, M., A. Nauman, T. Ewers, **G. Wittman**, L. Laumatia. Idaho Sustainable Community Project, USDA CSREES, 2007/2008, **\$100,000.00 (Principal Investigator for \$32,037).**
- Wittman, G., R. Davids, and R. Garrard. Critical Issues Grant, Cassia County 4-H Afterschool Program, 2007, **\$2,700.00.**
- Davids, R., **G. Wittman**. Idaho 4-H Endowment Board Grant, 2006, **\$350.00.**
- Wittman, G., L. Hansen, D.R. Gillespie, R. Lanting, District III Family and Consumer Science Marketing Project, 2006, **\$400.00.**
- Howe, S., S. Traver, S. Hines, **G. Wittman**, B. Eborn, K. Tiff. Extension Community Development Funds, Curriculum Development, UI Gold Standard of Customer Relations, 2006, **\$3,000.**
- Hines, S., **G. Wittman**. Cooperative Extension Rural Community Project Grant, Funds to support business leader training in Custer County, 2006, **\$1,350.**
- Benesh, C., **G. Wittman**. Operation Military Kids, Idaho 4-H Youth Development for 2005, **\$50,000.**

Scholarship Honors and Awards:

- Wittman, G. Meritorious Service Award. National Association Extension 4-H Youth Development Professionals. 2024
- Wittman, G. Meritorious Service Award. Idaho Association Extension 4-H Youth Development Professionals. 2024
- Lee, S.G., **G. Wittman**, G. Manker, B. Hutchings. Family Health & Wellness Award. Western Region 3rd Place. National Extension Association Family Consumer Sciences. 2023

Scholarship Honors and Awards: cont.

- Gillespie. D.R., S. Dolecheck, **G. Wittman**, N. Dalton, C. Johnson, G. Silkwood, S. Wilson,

- S. Codr, & E. Jefferies. Beyond Youth Leadership member recognition award. Western Region and National Award. National Association of Extension 4-H Agents (NAE4HA). 2018
- Wittman, G., M. Toomey, S. Johnson, J. Peutz, R. Lanting, J. Buck, D. Gillespie, S. Greenway, L. Vega, B. Morrison-Aman, A. Roe. 4-H Food Smart Families. Excellence in Healthy Living Programming Award. Western Region and National Award. National Association Extension 4-H Agents. (NAE4HA) 2017.
- Wittman, G., M. Toomey, S. Johnson, J. Peutz, R. Lanting, J. Buck, D. Gillespie, S. Greenway, L. Vega, B. Morrison-Aman, A. Roe. 4-H Food Smart Families. Florence Hall Award Western Region first winner. National Extension Association of Family and Consumer Sciences (NEAFCS) 2017.
- Toomey, M., S. Johnson, J. Peutz, R. Lanting, J. Buck, D. Gillespie, **G. Wittman**, S. Greenway, L. Vega. 4-H "Food Smart Families". University of Idaho Extension Diversity Award. 2016.
- Wittman, G. Distinguished Service Award. National Extension Association Family and Consumer Sciences. 2016.
- Wittman, G. Distinguished Service Award. Idaho Affiliate of National Extension Association Family and Consumer Sciences. 2016.
- Sant, L., J. Peutz, A. Zander, **G. Wittman**, J. Buck, S. Greenway, K. Kershaw.; "Preserve @ Home," Food Safety Award, Idaho. Western Region and National Award. National Extension Association of Family and Consumer Sciences (NEAFCS). 2016.
- Wittman, G. Distinguished Service Award. National Association of Extension 4-H Agents. 2015.
- Wittman, G. Distinguished Service Award. Idaho Association of Extension 4-H Professionals. 2015.
- Baca, J., J. Bunnell, L. Hecimovich, J. Glowacki, E. Larsen, V. Parent. S. WanderWey, G. Varella, **G. Wittman**. Communicator Award for Promotional Packet. New Mexico. Association of Extension 4-H Agents. 2015.
- Wittman, G., R. Lanting, D. Gillespie, D. Noel, S. Jackson. National Association of Extension 4-H Agents Educational Piece Award – Team – Western Region and State, 4-H Home Food Preservation Curriculum. 2014.
- Luckey, B.P, **G. Wittman**, Shaklee, A. Nauman, S. Traver, K. Tiff, A. Liddil, L. Laumatia, C. Hampton, L. Hansen, M. Chahine, National Association of Extension 4-H Agents Excellence in Teamwork Award-Western Region and State, Idaho's Journey for Diversity and Human Rights. 2013.
- Wittman, G. First Timer Scholarship, National Association of Extension 4-H Agents. 2011.
- Wittman, G. Achievement in Service Award, National Association of Extension 4-H Agents. 2011
- Wittman, G. Achievement in Service Award, Idaho Association of Extension 4-H Professionals. 2011.
- Wittman, G. First Timer Scholarship, Idaho Association of Extension 4-H Professionals. 2011.
- Wittman, G. Early Career Award, Epsilon Sigma Phi. 2010.
- Lanting, R., **G. Wittman**, D. Gillespie. "Mom (Dad) and Me Home Food Preservation Workshop," Distinguished Team Recognition Award, State and Regional Award, Epsilon Sigma Phi. 2010.
- Wittman, G. "Video Gaming Increases Physical Activity," Program Excellence Through Research Award, State and Regional Award, National Extension Association of Family and Consumer Science. 2010.
- Wittman, G. Epsilon Sigma Phi Poster Presentation Award. 2009.
- McCurdy, S., S. Johnson, C. Hampton, J. Peutz, L. Sant, **G. Wittman**. "Interactive Food Safety Exhibits for Consumer Venues," Food Safety Award, Idaho, Western Region and National Award. National Extension Association of Family and Consumer Sciences (NEAFCS). 2009.

Scholarship Honors and Awards: cont.

Wittman, G. and White Pine 4-H Afterschool Staff. Promotional Piece, Team Award. Idaho

- Association of Extension 4-H Agents, 2009.
- Wittman, G. "Video Gaming Increases Physical Activity" Denise Miller 4-H Innovator Specialty Award. Idaho Association of Extension 4-H Agents, 2009.
- Lockard, M., M. Spencer, R. Lanting, J. Stimpson, B. Petty, M. Raidl, L. Dye, J. Peutz, S. Woffinden, **G. Wittman**. Team Recognition - Strong Women Project State Award. Epsilon Sigma Phi. 2009.
- Lockard, M., J. Peutz, B. Petty, M. Spencer, S. Woffinden, C. Hampton, L. Sant, L. Dye, R. Lanting, D. Poulsen, J. Stimpson, M. Raidl, **G. Wittman**, Distinguished Team Epsilon Sigma Phi Theta Chapter. 2008.
- Hines, S., **G. Wittman**. Innovative Program Award. "Customer Relations" Idaho Association Of Natural Resources and Community Development Extension Professionals. 2007.
- Bischoff, M., B. Healy, L. Hansen, K. Tiff, B. Petty, M. Lockard, A. Liddil, C. Hampton, J. Stimpson, S. Woffinden, R. Lanting, L. Erickson, M. Spencer, D. Gillespie, **G. Wittman**. "Long Term Care Workshops" Florence Hall Idaho, Western Region and National Award. National Extension Association of Family and Consumer Sciences. 2007.

SERVICE:

Major Committee Assignments:

National:

School-Age Planning Committee, Children, Youth and Families At Risk National Conference, 2009-2011.

Regional:

Western Region 4-H Thriving Model Champion, 2021-2023
Western 4-H Institute Planning Committee, 2013-2019

University of Idaho:

College:

Health, Nutrition and Wellness Priority Extension Theme, 2019-Present
Community Youth Development 4-H Priority Extension Theme 2019-Present
Co-Leader - Present
College of Agriculture & Life Sciences Promotion and Tenure Committee, 2020-2022
4-H Statewide Training Planning Committee, 2020
4-H Ambassador Planning Committee, 2016-2017.
4-H Teen Conference Planning Team, 2012-2016.
Additional College Committees from 2005-2015: 15

District/Departmental:

Faculty Meeting Planning Committee 2018-Present
Vaughn Mentor Committee, 2019-2022
Guan Lee Mentor Committee, 2018-2022
Amen Mentor Committee, 2017-2022
Dalton Mentor Committee, 2017-2022
Toomey Mentor Committee, 2017-2020
Central District Director Search Committee, 2017.
Minidoka County Family Consumer Sciences/4-H Extension Educator Search Committee. 2015-2016.
Jerome County Family and Consumer Sciences Extension Educator Search Committee. 2015-2016.
Additional District/Departmental Committees from 2005-2015:2

County/Local:

Mini-Cassia Child Protection Team, 2005-present.

South Central Idaho Action for Healthy Kids, 2010-2019.
 Ex-officio Member: Cassia County Fairboard, 2005-2016.
 Cassia County 4-H Curriculum Team, 2011.
 Cassia County 4-H Foods and Nutrition Projects Superintendent, 2011.

State:

Pacific Northwest 4-H Professional Conference Planning Committee 2022-2023
 Marketing Chair
 Idaho Healthy Eating Active Living (HEAL), 2016-present.

Community Service:

Minico High School Booster Club Member 2021-Present
 St. Nicholas School Volunteer Librarian. 2020
 St. Nicholas School Parent Teacher Club, Treasurer. 2016-2019.
 Elevate Gymnastics Parent Boost Board. 2015-2018.
 University of Idaho College of Agricultural and Life Sciences Alumni and Friends Board of
 Directors, 2007-2018.
 President, 2015-2017.
 Vice President, 2013-2015.

Professional and Scholarly Organizations:

National Extension Association of Family and Consumer Sciences 2005-present.
 National Extension Association of Family and Consumer Sciences (NEAFCS), Judge for
 Awards in Environmental Education and Marketing, 2009.
 National Extension Association of Family and Consumer Sciences (NEAFCS), Judge for
 Awards in Marketing and Educational Technology, 2008.
 National Extension Association of Family and Consumer Sciences (NEAFCS),
 Professional Development Committee, 2006-2010.
 Idaho Affiliate National Association of Family and Consumer Sciences 2005-present.
 Past President 2020-2021
 President 2018-2019.
 President Elect 2017-2018.
 Vice President 2015-2016.
 Vice President Professional Development 2006-2008.
 National Association Extension 4-H Youth Development Professionals (NAE4-HA) 2006-present.
 National Association of Extension 4-H Agents (NAE4HA), Healthy Living Program
 Taskforce, 2013-present.
 Idaho Association Extension 4-H Professionals (IAE4-HP)
 Past President 2018-2019.
 President 2017-2018.
 President Elect 2016-2017.
 Idaho Association Extension 4-H Professionals (IAE4-HP)
 Vice President 2015-2016.
 Treasurer 2011-2014.
 District III Representative 2006-2008.
 Epsilon Sigma Phi 2008-present.
 Epsilon Sigma Phi, Scholarship, Grants and Recognition Committee. 2015-2016.
 Epsilon Sigma Phi (ESP), Public Issues Committee, 2010-2012.
 Idaho Association of Natural Resources and Community
 Development Extension Professionals
 (IANCDEP) 2007-2011.
 Southern District Representative 2010.
 Secretary 2009-2011.
 District III Representative 2007-2009.

Outreach Service:

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

- Wittman, G. The Science of Sugar, Burley, Idaho 2024
 Sensory Tasting, July 22
 Gelatin & It's Uses, July 15
 Non-Crystalline vs. Crystalline, July 8
 Maillard Reactions, June 17
 Elevation Adjustment & Thermometer Test, June 10
 All Things Sugar, June 3
- Wittman, G. Leadership NOW!, Meeting Facilitation, McCall, Idaho, May 3-4, 2024
- Wittman, G. Leadership NOW!, Zoom Series, 2024
 Personality! It's Role in Leadership, March 14 (Organized only)
 Program Planning Around SPARK! February 15
- Wittman, G. Thriving Indicators Training, Boise, Idaho, April 30 – May 1, 2024
- Wittman, G. Introduction to Thrive Indicators, 4-H Statewide Training, Boise, Idaho, May 6, 2024
- Wittman, G. Master Food Safety Advisor Updates, 2024
 Cottage Food Laws, October 30
 Dry Canning, June 11
 Canning Dairy, May 8
 Cheesemaking, April 17, 2024 (Organized only)
 Civil Rights, March 12
- Wittman, G. Healthy Meals for Busy People, 2024
 Meals for 1 or 2, Albion, Idaho, August 21
 Meals for 1 or 2, Eden, Idaho, July 17
 Meals for 1 or 2, Kimberly, Idaho, June 25
 Meals for 1 or 2, Jerome, Idaho, June 20
- Wittman, G. Home Food Preservation, Twin Falls, Idaho, 2024
 Hands on Canning Lab, June 15
 Drying & Freezing, June 15
 Pickles & Preserves, June 13 (Organized only)
 Acid & Low Acid Canning, June 11 (Organized only)
 Spoilage, Foodborne Illness & Canning Basics, June 4
- Wittman, G. Nutrition & Cooking Basics, Saint Nicholas Catholic School, Rupert, Idaho, 2024
 Whole Grains, May 17
 Eating the Rainbow, May 10
 MyPlate, May 3
- Wittman, G. The Science of Chocolate, Burley, Idaho, February 1, 2024
- Wittman, G. Master Food Safety Advisor Update, 2023
 Freeze Drying, October 23
 Alternative Heat Sources May 24
 Homemade Extracts, April 29
 How to Volunteer & Civil Rights March 29
- Wittman, G. 4-H Thrive Model Training, 2023
 Northern District 4-H Personnel, October 5
 Eastern District 4-H Personnel, October 3
 Southern District 4-H Personnel, September 25
 Central District 4-H Personnel, September 19

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. Healthy Meals for Busy Families, 2023
 Sheet pan meals, Cassia, Idaho, September 20
 Sheet pan meals, Kimberly, Idaho, August 22
 Sheet pan meals, Jerome, Idaho, July 19
 Sheet pan meals, Twin Falls, Idaho, May 18
- Wittman, G. Leadership Now: State 4-H Teen Association Convention.
 Moscow, Idaho, June 27, 2023
- Wittman, G. Home Food Preservation, Burley, Idaho, 2023

- Hands on Canning Lab, May 13
- Freezing & Drying, May 11
- Pickles & Preserves, May 19
- Acid & Low Acid Canning, May 4
- Spoilage, Foodborne Illness & Canning Basics, May 2
- Wittman, G., J. Packham. Smoking and Grilling Meats, Burley, Idaho April 18 & 25, 2023
- Wittman, G. Home Food Preservation. Twin Falls, Idaho, 2023
 - Hands on Canning Lab, March 11
 - Freezing & Drying, March 9
 - Pickles & Preserves, March 7
 - Acid & Low Acid Canning, March 2
 - Spoilage, Foodborne Illness & Canning Basics, February 28
- Wittman, G. Team building. State 4-H Teen Officers. Donnelly, Idaho. November 12, 2022
- Wittman, G. Healthy Meals for Busy Families. 2022
 - Freezer Meals, Jerome, Idaho, October 19
 - Freezer Meals, Cassia, Idaho, September 21
 - Freezer Meals, Twin Falls, Idaho, April 27
 - Freezer Meals, Minidoka, Idaho, March 9
- Wittman, G. Preservation with Purpose. 2022
 - Boiling Water Canning, Jerome School District, Jerome, Idaho September 28
 - Boiling Water Canning, Mary and Martha Food Pantry, September 8
 - Dehydration Basics. Jerome School District, Jerome, Idaho June 30
 - Dehydration Basics. Jerome School District, Jerome, Idaho June 15
- Wittman, G. Leadership Now! 4-H Advanced Leadership Development. 2022
 - Event Planning. November 30
 - Effective Communication. June 23
 - Color Code Personality, Assessment. March 30
 - Leadership Book Club. February 16
- Wittman, G. Master Food Safety Advisor Update, 2022
 - Clean Up After a Disaster, Twin Falls, Idaho. May 17
 - Freezer Meals, Gooding, Idaho, April 19
 - Science of Confections, Burley, Idaho. March 15
 - Fermentation. Zoom February 15
- Packham J., **G. Wittman**. Smoking and Grilling Meats, Burley, Idaho, May 10 & 17, 2022
- Wittman, G. Mental Health First Aid. District 4-H Professionals. Burley, Idaho. May 5, 2022
- Wittman, G. Satisfy Your Sweet Tooth: The Science of Chocolate. Burley, Idaho. 2022
 - Copy a Product. February 11
 - Emulsions. February 4
 - Enrobing. January 28
 - Chocolate Molds. January 21
 - Tempering Chocolate. January 14
 - Types of Chocolate. January 7

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. Satisfy Your Sweet Tooth: The Science of Sugar. Burley Idaho. 2021
 - Duplicate an Item. December 17
 - Gelatin. December 10
 - Malliard Reactions. December 3
 - Non-Crystalline vs. Crystalline. November 19
 - Elevation Adjustment: Thermometers. November 19
 - How sugar is made and what it is used for. November 5
- Packham J., **G. Wittman**. Smoking and Grilling Meats, Burley, Idaho, November 2 & 9, 2021

- Wittman, G. Satisfy Your Sweet Tooth: The Science of Confections. Burley Idaho. 2021
 Research & Development: Copy a Product. July 28
 Jellies & Gummies. July 21
 Crystalline vs. Non-Crystalline Confections. July 14
 Maillard Reactions. June 28
 Candy History & Elevation Adjustment June 21
 Safety with Hot Syrups & Density of Sugar. June 14
- Wittman, G. 4-H Cooking 201. Burley, Idaho. 2021
 Completion of Record Books. July 16
 4-H Demonstrations and Desserts. July 9
 Milk Types and Cooking with Milk. July 2
 How to cook, cut and mix foods. June 18
 Ground Beef & Bacon Experiment June 11
 Food safety, fire safety & Buying, cooking and eating fruits and vegetables. June 4
- Wittman, G. 4-H Cooking 401. Burley, Idaho. 2021
 Completion of Record Books. July 16
 Pastries & Give Demonstrations. July 9
 Celebration Dinner & Whole Grains. July 2
 Fruits and Vegetables. June 18
 Desserts/Candy Making June 11
 Cooking with spices and herbs. June 4
- Wittman, G. Experience the Treasures of 4-H and Cloverbuds. Burley, Idaho. 2021
 The Importance of Fruits and Vegetables. June 17
 Food Safety and Handwashing. June 10
- Wittman, G. 4-H @ Home Zoom Meetings. 2021
 Program Evaluation. June 14
 Welcome to 4-H @ Home. March 29
- Wittman, G. Cooking Basics. Saint Nicholas Catholic School. Rupert, Idaho. April 30, 2021
- Wittman, G. Cooking Basics. SPARK Afterschool. Declo, Idaho. 2021
 How to Measure. January 25
 How to Read a Recipe. January 11
 Food Safety/Kitchen Safety. January 4
- Wittman, G. Master Food Safety Advisor Update Trainings, 2021
 Sour Dough, May 11
 Homemade Jerky, April 20
 Sous Vide Cooking, March 16
 Dry Canning, February 16
 Safe use of Air fryers, January 19
- Wittman, G. Germ City Handwashing Education. Saint Nicholas Catholic School. Rupert, Idaho.
 February 5, 2021.
- Wittman, G. Leadership Now! 4-H Advanced Leadership Development. Zoom class. 2021
 Youth Adult Partnerships, October 27
 Marketing, September 28
 How to run a meeting and Parliamentary Procedure March 18
 Leadership Book Club January 26

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. Zoom into Home Food Preservation, 2020
 Pressure Canning October 8
 Boiling Water Canning October 6
 Canning Basics October 5
- Wittman, G. Science of Confections, Burley Idaho November 2020,
 Chocolate Confections Nov. 21
 Sugar Confections Nov. 19
- Wittman, G. Leadership Now! 4-H Advanced Leadership Development. Zoom class. 2020

- Communication & Public Speaking November 2
- Professionalism. September 28
- Leadership Styles July 21
- Youth Adult Partnerships June 15
- Wittman, G. Citizenship Washington Focus. Burley, Idaho 2020-2021
 - Our Rights & Responsibilities March 10
 - History of Our Nation's Capital January 14
 - Our Democracy November 12
 - Year 3 Expectations. September 9
 - Bill of Rights. July 14
 - The Functioning of Our National Government. May 12
- Wittman, G. Satisfy Your Sweet Tooth. Burley Idaho 2020
 - Layering & Spinning Confections. November 20
 - How is Chocolate made. November 13
 - History of Confections. October 30
 - Crystalline vs. Non-Crystalline Confections. October 23
 - Structure of Sugar. October 16
 - Sugar Saturation, Scientific Method. October 9
- Wittman, G. Master Food Safety Advisor Updates, 2019
 - Freeze Drying, October 29.
 - Millenkamp Dairy Tour, July 16.
 - Flavored Butter, Recertification for Food Safety Equipment checks, May 21.
 - Mystery Box Cook Off, March 19.
- Wittman, G. Candy Camp. Twin Falls, Idaho. 2019
 - How Chocolate is made and formed. July 30
 - The importance of thermometers when making soft chews. July 29
 - The science of hard candy. July 28
 - Food Safety/ Kitchen safety. Candy Science terms. July 27
- Wittman, G. 4-H Cooking 201. Burley, Idaho. 2019
 - Demonstrations and funny cake. July 25
 - Milk types, cooking with milk. May 25
 - Ground beef and Bacon Experiment. May 23
 - Nutrition Labels, types of Grains. May 17
 - Food Safety/Fire Safety. May 10
- Wittman, G. Citizenship Washington Focus Club. Burley, Idaho. 2019
 - Beginning of American History. Sept.10
 - Local Concerns and Issues. July 18
 - Citizenship, Democracy and Government. May 2

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. 4-H Inspire kids to Do SPARK Afterschool. Burley, Idaho 2019
 - Seed Science. May 19
 - Create Belonging. May 5
 - Crafting Butterflies. April 23
 - Fizzy Foam Fun. April 2
- Wittman, G. Cooking 301. Burley Idaho. 2018-2019
 - Demonstrations; Soft Pretzels. March 22
 - Basic Rolls. February 21

- Flour Experiment and Party planning. February 7
 Kneading Experiment. January 24
 Cheese and Yeast Experiment. January 10
 Outdoor Cooking. December 7
 Food Safety: Fruits and Vegetables. November 30
 Breakfast Grains. November 9
- Wittman, G. Cooking with kids. Saint Nicholas Catholic School. Rupert, Idaho. 2019
 My Plate, Make hand pies. May 17
 Food Safety/Kitchen safety, Make pizza and ice cream May 10
 How to read a recipe, how to measure, make bread and smoothies. May 3
- Wittman, G. Preserve Your Harvest – Pressure Canning. Burley Idaho. April 18, 2019
 Wittman, G. Preserve Your Harvest – Boiling Water Canning. Burley, Idaho April 16, 2019
- Wittman, G. Germ City Handwashing Education. 2019
 Declo Elementary. Declo, Idaho January 25
 Mountain View Elementary. Burley, Idaho January 22
 Oakley Elementary. Oakley, Idaho. January 18
 John Evans Elementary. Burley, Idaho January 16
 Raft River Elementary. Malta, Idaho January 15
- Wittman, G. Cooking Under Pressure. Burley, Idaho. January 15, 2019
 Wittman, G., J. Packham. Cheesemaking. Burley, Idaho November 15, 2018
 Wittman, G. Master Food Safety Advisor Updates, 2018.
 Flavored Vinegars, October 17
 Ballard Cheese Tour July 18
 Civil Rights, Recertification for Food Safety Equipment Checks, May 16
 Cheese Making March 21
- Wittman, G. State 4-H officer Advanced Leadership Training, 2018
 Job Description October 7
 Building a Mission Statement October 7
 Teamwork October 6
- Wittman, G. Millenkamp (Jersey Girls) Dairy Tour. Declo, ID July 19, 2018
 Wittman, G. Cooking 201. 4-H Cooking Club. Burley, Idaho 2018.
 Demonstration and Completing your record book. June 18, 2018
 How to prepare a demonstration. June 11
 Types of milk, cooking with milk. June 4
 Protein food groups, bacon experiment. May 18
 Types of grains, rice experiment. May 11
 Buying, eating; Cooking fruits; Vegetables. April 20
 Food safety and fire safety. April 13
- Wittman, G. Cooking 301. 4-H Cooking Club. Burley, Idaho. 2017-2018
 Organized Only: Demonstrations & Class party. March 30
 Breakfast Grains. March 9
 Bread dough continued. March 2
 Yeast breads, experiment with flour. February 23
 Cakes, butter experiment. January 26
 Party planning, cheese experiment. January 12
 Outdoor cooking. December 15
 Food Safety, slow cookers & fruits & vegies. December 1

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. Master Food Preserver. 2017.
 How to Build a Hoop House. October 18.
 Glanbia Plant Tour. July 19.
 How to Use and Insta Pot. June 21.
 Civil Right, Recertification for Food Safety Equipment Checks. May 17.
- Wittman, G. Germ City Handwashing Education. 2017.
 West Minico Middle School. Paul, Idaho. September 19.
 Cassia Regional Health Fair. Burley, Idaho. May 5.

- St. Nicholas Catholic School. Rupert, Idaho. March 17.
- Wittman, G. Canning Basics. 2017.
 Acequia Relief Society. Rupert, Idaho. September 5.
 Rupert Relief Society. Rupert, Idaho. August 1.
- Wittman, G. 4-H Cooking Club. Cake Decorating. Burley, Idaho. 2017.
 Demonstrations and Completing your Record Book. August 2.
 Prepare Demonstrations. July 27.
 Icing the Cake Techniques, Piping Transfer. July 20.
 Learn Drop, Leaf and Specialty Tips. July 13.
 How to Bake a Cake. June 22.
- Wittman, G. 4-H Cooking Club. Cooking 101. Burley, Idaho. 2017.
 Demonstrations and Completing your Record Book. July 17.
 Prepare Demonstrations. July 10.
 Cooking "How To" Basics, Mealtime Basics. June 26.
 Measuring Basics and Experiment. June 19.
 Food Safety/Kitchen Safety, What's In the Bottle. June 12.
 What's on Your Plate? June 5.
- Wittman, G. Preserve @ Home. Online Food Preservation Course. 2017.
 Canning Specialty Foods Chat. July 13.
 Canning Specialty Foods Quiz. July 11.
 Pressure Canning Fears, June 30.
 Boiling Water VS. Pressure Canning. February 9.
 Pressure Canning Fears. February 9.
 Pros and Cons of Home Food Presentation. January 26.
- Wittman, G. Cooking 101. Teen Parenting Class. Cassia High School. 2016-17 School Year.
 Iron Chef Competition. May 10.
 Contest Planning. April 27.
 Preparing Meats. April 19.
 Breakfast of Champions. March 15.
 Homemade Pizza vs. Frozen. March 1.
 The Basic White Sauce. February 8.
 Holiday Appetizer. December 20.
 The Art of Vegetables. November 30.
 Squash and Pumpkins. November 2.
 Salsa Varieties. October 19.
 Basics of Measuring. October 5.
- Wittman, G. 4-H Cooking Club. Cooking 201. Burley, Idaho. 2017.
 Demonstrations. May 3.
 Prepare Demonstrations, Cooking Desserts. April 26.
 Milk Types, Cooking with Milk, Experiment with Meal Planning. April 19.
 Ground Beef and Bacon Experiment, Basics of Meal Planning. March 29.
 Types of Grains, Rice Experiment. March 8.
 Nutrition Labels, Fruits and Vegetables, Microwave Experiment. February 1.
 Food Safety/Fire Safety, How to Cut, Mix, Cook Food. January 18.
- Wittman, G. Kitchen and Food Safety for the Classroom. 4-H Teen Advocate Training,
 Caldwell R & E Center. Caldwell, Idaho. January 21, 2017.

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. Financial Education. Declo Junior High School, Declo, Idaho. 2016.
 Who Wants to be a Millionaire? November 8.
 Teens Credit Card. October 25.
 Welcome to the Real World Part 2. October 4.
 Welcome to the Real World Part 1. October 1.
- Wittman, G. Cooking 101. Teen Parenting Class, Cassia High School, Burley, Idaho. 2015-16
 School Year.
 Iron Chef Cookoff. May 11.

- Preparing Cookoff. April 27.
- Smart Shopping. February 19.
- Mealtime Basics. January 27.
- Explore My Plate. January 13.
- Holiday Specialties. December 9.
- Wittman, G. Master Food Preserver Updates. 2016.
 - Fermentation. October 31.
 - Food Safety Equipment Recertification. July 11.
 - Dietary Requirements. April 11. Civil Rights. December 14.
- Wittman, G. Germ City Handwashing Education, 2016.
 - Raft River Elementary, Malta, Idaho. October 21.
 - Declo Elementary, Burley, Idaho. October 18.
 - Dworshak Elementary, Burley, Idaho. October 11.
 - Oakley Elementary, Oakley, Idaho. March 17.
 - Dworshak Elementary, Burley, Idaho. March 8.
- Wittman, G. Cooking 101. Teen Parenting Class, Cassia High School. 2015-16 School Year.
 - Salsa Varieties. October 19.
 - Basics of Measuring. October 5.
 - Iron Chef Cookoff. May 11.
 - Preparing Cookoff. April 27.
 - Smart Shopping. October 19.
 - Mealtime Basics. January 27.
 - Explore My Plate. January 13.
 - Holiday Specialties. December 9.
 - Kitchen Safety Basics. December 2.
 - Food Safety Basics. November 18.
 - Basics of Measuring. November 4.
- Wittman, G. 4-H Cooking Club. Boiling Water Canning, Burley, Idaho. 2016.
 - Demonstrations. Labeling. August 1.
 - Steps to Boiling Water Canning. July 25.
 - Altitude Adjustment and Low Acids vs. High Acids. July 18.
 - Why Can Foods. Canning Tools. July 11.
- Wittman, G. Experiencing the Treasures of 4-H. Burley, Idaho. 2016.
 - Record Books. July 26.
 - Sew Far, Sew Good Cont. July 19.
 - Sew Far, Sew Good. July 12.
 - Puppets with Pizzazz. July 5.
 - Life Cycle of a Flower. June 21.
- Wittman, G. Home Food Preservation. Twin Falls, Idaho. 2016
 - Freezing and Storage of Frozen Foods, Drying. May 25
 - Pickles and Fermented Foods, Making & Preserving Spreads. May 23.
 - Hands on Canning Lab. May 21.
 - Canning High Acids and Low Acids. May 18.
 - Causes of Foodborne Illness and Preservation, Canning Basics. May 16.

Classes, Workshops, Seminars, Share Fairs and Tours Organized: cont.

- Wittman, G. 4-H Cooking Club. Cake Decorating Level 1. Burley, Idaho. 2016.
 - Demonstrations, Decorating Cupcakes. May 16.
 - Borders, Printing, Roses. May 9.
 - Piping Transfer. May 2.
 - Baking Cake & Torting. April 25.
 - Drop Flower, Leaf & Specialty Tips. April 18.
 - Star, Round, Petal Techniques. April 11.

- Wittman, G. Home Food Preservation. Burley, Idaho. 2016
 Hands on Canning Lab. April 23.
 Freezing and Storage of Frozen Foods, Drying. April 20.
 Pickles and Fermented Foods, Making & Preserving Spreads. April 18.
 Canning High Acids and Low Acids. April 13.
 Causes of Foodborne Illness and Preservation, Canning Basics. April 11.
- Wittman, G. 4-H Cooking Club. *Cooking 101*. Burley, Idaho. 2016.
 Fair Requirements. March 14.
 Give Demonstrations & Baked Apples. March 7.
 How to Give a Demonstration. February 22.
 Mealtime Basics. February 8.
 Cooking “How To” Basics. January 25.
 Measuring Basics. January 11.
 What’s in that Bottle? November 16.
 What’s on Your Plate? November 2.
- Additional Classes, Workshops, Seminars, Share Fairs and Tours organized from
 2005-2015: 417

Miscellaneous Extension Publications: from 2005-2015: 33

Extension Focus: from 2005-2015: 25

Popular Press: Articles from 2005-2015: 11

Interview Articles:

- “Its prime tomato time in South-Central Idaho: Savoring summer with canning,” Times News,
 September 2018.
 “How To Preserve: UI Extension Offers Help,” Times News, May 2016.
 Additional Interview articles form 2005-2015: 15

Media Presentations:

- KBAR 1230 Zeb at the Ranch. Food Preservation December 1, 2022
 KBAR 1230 Zeb at the Ranch. Food Preservation September 23, 2021
 KBAR 1230 Zeb at the Ranch. Food Preservation Concerns. February 9, 2021
 KBAR 1230 Zeb at the Ranch. Canning Do’s & Don’ts. October 8, 2020
 Additional Media Presentations from 2005-2015: 16

Judging:

- Twin Falls County 4-H Cooking Projects, 2024
 Lemhi County Fair Home Preserved Foods, 2024
 Cassia County 4-H/FFA Dairy Project Presentations, 2024
 Lemhi County Fair Home Preserved Foods, 2021
 Cassia County 4-H Dairy Project Presentations, 2020
 Lemhi County Fair Home Preserved Foods, 2019
 Lemhi County Fair Home Preserved Foods, 2018
 Custer County Fair 4-H Interviews. 2017.
 Custer County Fair 4-H Interviews. 2016.
 Lemhi County Fair Home Preserved Foods, 2016.
 Lincoln County Fair Miscellaneous Projects. July 2016
 Additional Judging from 2005-2015: 16

PROFESSIONAL DEVELOPMENT:

Teaching:

- Modernizing Home Food Preservation Conference, Portland, Oregon. February 29-March 2, 2024
 4-H Thrive Model National Champion Gathering and Leadership Intensive. Rock Eagle 4-H Camp,
 Georgia. January 22-26, 2024
 Poverty Informed Facilitator Training. June 20-23, 2023
 4-H Thrive Model Curriculum Training. June 2023

Youth Mental Health First Aid Training. Zoom Training. May 4-6, 2021
 Idaho 4-H Statewide Training, Boise, Idaho October 18-22, 2020
 Western Regional 4-H Institute, Fort Collins, Colorado February 5-9, 2018.
 Diabetes Prevention Training. Boise, Idaho. March 24-25, 2017.
 Additional Teaching from 2005-2015: 9

Scholarship:

National Association of Extension 4-H Youth Development Professionals, Boise, Idaho.
 October 14-18, 2024
 National Extension Association of Family Consumer Sciences. Tucson, Arizona,
 September 16-19, 2024
 National Extension Association Family Consumer Sciences. Providence, Rhode Island.
 September 11-14, 2023.
 Pacific Northwest 4-H Conference. Boise, Idaho April 3-5, 2023
 National Association Extension 4-H Youth Development Professional, Madison Wisconsin.
 October 10-13, 2022.
 4-H Positive Youth Development Academy. Zoom Conference. May 10-12, 2022
 National Association Extension 4-H Youth Development Professionals, Memphis, Tennessee.
 Nov. 15-18, 2022.
 National Extension Association of Family Consumer Sciences. Zoom Conference.
 November 2-5, 2021
 4-H Positive Youth Development Academy. Zoom Conference. May 11-13, 2021
 National Association of Extension 4-H Professionals Zoom Conference. October 20-22, 2020
 National Extension Association of Family Consumer Sciences. Zoom Conference.
 September 14-17, 2020
 National Association of Extension 4-H Agents, White Sulphur Springs, West Virginia,
 November 4-7, 2019
 National Association Extension 4-H Agents, White Sulfur Springs, West Virginia.
 November 3-7, 2019.
 National Extension Association of Family and Consumer Sciences, San Antonio, Texas.
 September 24-28, 2018.
 Public Issues Leadership Development Conference, Washington, D.C. April 4-6, 2017.
 National Extension Association of Family and Consumer Sciences, Big Sky, Montana.
 September 12-15, 2016.
 Additional Scholarships from 2005-2015: 25

Outreach:

University of Idaho Extension Annual Conference. Moscow, Idaho. April 8-11, 2024
 Idaho 4-H State Teen Association Convention. Moscow, Idaho. June 26-29, 2023.
 University of Idaho Extension Annual Conference. Sun Valley, Idaho. April 10-13, 2023.
 Idaho 4-H State Teen Association Convention. Moscow, Idaho. June 20-23, 2022.
 University of Idaho Extension Annual Conference. Moscow, Idaho. April 11-15, 2022.
 National 4-H Conference. Zoom Conference. March 19-24, 2022.
 Idaho 4-H State Teen Association Convention. Moscow, Idaho. June 21-24, 2021
 National 4-H Conference. Zoom Conference. April 10-15, 2021
 Idaho 4-H State Teen Association Convention. Zoom Conference, June 22-25, 2020
 Idaho Statewide 4-H Training. Boise, Idaho. October 21-23, 2019.
 Idaho 4-H State Teen Association Convention. Moscow, Idaho June 22-27, 2019

Outreach: cont.

National 4-H Conference, Washington, D.C. April 8-11, 2019
 University of Idaho Extension Annual Conference, Idaho Falls, Idaho. March 25-28, 2019
 Idaho 4-H Ambassador Summit, McCall, Idaho. November 16-18, 2018
 Idaho 4-H State Teen Association Convention, Moscow, Idaho. May 24-28, 2018
 University of Idaho Extension Annual Conference, Moscow, Idaho. April 2-6, 2018.
 Idaho 4-H Ambassador Summit, McCall, Idaho November 17-19, 2017
 Western Regional 4-H Institute Planning Meeting, Fort Collins, Colorado. February 22-24, 2017.

Idaho 4-H Teen Conference, Moscow, Idaho. June 27-30, 2016.
Collaborating for Health Conference, Boise, Idaho. May 24-25, 2016.
University of Idaho Extension Annual Conference, Moscow, Idaho. April 4-7, 2016.
Additional Outreach from 2005-2015: 28

Administration/Management:

Supervisor Training, Academic Impressions Online Course, July 2024
County Chair Training. Twin Falls, Idaho. June 17-18, 2024
Cispus Institute. Zoom Training. February 22-26, 2021.
Western Extension Leadership Development Training. Zoom Training. September 21-24, 2020
Western Extension Leadership Development Training. Bend, Oregon. March 11-14, 2019
Community Development Intensive: Facilitation Methods Workshop. Twin Falls, Idaho.
September 24-27, 2019.
Additional Administration/Management from 2005-2015: 6