

CURRICULUM VITAE
University of Idaho

NAME: Grace Wittman

DATE: 5/05/2017

RANK OR TITLE: Associate Professor

DEPARTMENT: Southern District Extension

OFFICE LOCATION AND CAMPUS ZIP:

Cassia County Extension Office

1459 Overland Avenue Room 4

Burley, ID 83318

WEB: <http://extension.ag.uidaho.edu/cassia>

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DATE OF FIRST EMPLOYMENT AT UI: April 4, 2005

DATE OF TENURE: Tenured

DATE OF PRESENT RANK OR TITLE: July 1, 2011

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:

Leadership Plenty Certified Instructor, 2009-Present

Tufts University Strong Women™ Program Certified Instructor, 2007-Present

Master Gardener Certificate, 2007-Present

Human Subjects Certificate, 2006-Present

Evolve Leadership Certified Instructor, 2006-Present

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:

Extension Educator/Associate Professor, Family and Consumer Sciences, University of Idaho, Cassia County, July 2011-Present.

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

TEACHING ACCOMPLISHMENTS:**Courses Taught:**

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. *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.
 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. 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.
- 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 Preserver*. 2017.
Civil Right, Recertification for Food Safety Equipment Checks. May 17.
- Wittman, G. *Germ City Handwashing Education*. Saint Nicholas Catholic School, Rupert, Idaho. March 17, 2017.
- Wittman, G. *Preserve @ Home*. Online Food Preservation Course. 2017.
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 Preserver 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.
- Wittman, G. *Healthy Snacking*. Juvenile Probation, Burley, Idaho. November 9, 2015.
- Wittman, G. *Germ City Handwashing Education*. Burley Jr. High School, Burley, Idaho. October 8, 2015.
- Wittman, G. *Preserve @ Home*. Online Home Food Preservation Course 2015.
Canning Specialty Foods Real Time Chat. July 23.
Freezing and Drying Food Open Discussion. July 20.
Past Specialty Foods Practices Discussion Board. July 17.
Foodborne Illness Real Time Chat. June 25.
Basics of Spoilage and Canning Basics Open Discussion. June 22.
Critical Errors in Pressure Canning, Real Time Chat. February. 12.
Canning Experience Discussion Board. January 26.
Basics of Spoilage and Canning Basics Open Discussion. January 19.
- Wittman, G. *Master Food Safety Advisor Updates*. 2015.
Updated Food Safety Information. September 21.
Community Supported Agriculture. June 22.
Clear gel vs. Ultra gel. March 5.
- Wittman, G. *Home Food Preservation*. Twin Falls, Idaho. 2015.
Hands on Canning Lab. May 30.
Freezing and Storage of Frozen Foods, Drying. May 28.
Pickles and Fermented Foods, Making and Preserving Spreads. May 26.
Causes of Foodborne Illness and Prevention, Canning Basics. May 19.
- Wittman, G. *Kitchen and Food Safety for the Classroom*. College Intern Training, Caldwell R & E Center, Caldwell, Idaho. May 19, 2015.
- Wittman, G. *Healthy Snacking*. Juvenile Probation, Burley, Idaho. May 11, 2015.
- Wittman, G., J. Packham. *Cheesemaking*. Ketchum Botanical Gardens, Ketchum, Idaho. February 19, 2015.
- Wittman, G. *Germ City Handwashing Education*. 2014-2015 School Year.
Almo Elementary, Almo, Idaho. January 23.
Raft River Elementary, Malta, Idaho. January 23.
Oakley Elementary, Oakley, Idaho. January 22.
Mountain View Elementary, Burley, Idaho. January 13 & 15.

- Wittman, G. *Germ City Handwashing Education*. 2014-2015 School Year cont.
Albion Elementary, Albion, Idaho. December 11.
Declo Elementary, Declo, Idaho. December 9.
Saint Nicholas Catholic School, Rupert, Idaho. November 24.
- Wittman, G. *Food and Kitchen Safety*. West Minico Middle School, Paul, Idaho.
December 2, 2014.
- Wittman, G. *Cook Once Eat For a Week*. Burley, Idaho. November 13, 2014.
- Wittman, G., R. Lanting. *Preserve @ Home*. Hailey Sustainability Center, Hailey, Idaho.
October 21, 2014.
- Wittman, G. *Re-Think Your Drink*. Juvenile Probation, Burley, Idaho. October 20, 2014.
- Wittman, G. *Pressure Canning*. Burley, Idaho. September 23, 2014.
- Wittman, G. *Food Safety and Foodborne Illness*. West Minico Family and Consumer Sciences
Class, Paul, Idaho. September 10, 2014.
- Wittman, G. *Master Food Safety Advisor Updates*. 2014.
Civil Rights Training. December 15.
Salsa. September 3.
Reusable Canning Lids. March 5.
- Wittman, G. *Preserve @ Home*. Online Home Food Preservation Course. 2014.
Pickling and Fermenting Real Time Chat. July 31, 2014.
Past Canning Specialty Foods Practices Discussion Board. July 10, 2014.
Boiling Water Canner vs. Pressure Canner Real Time Chat. July 3, 2014.
Pros & Cons of Home Food Preservation Discussion Board. June 19, 2014.
- Wittman, G. *Canning Do's and Don'ts*. Relief Society, Burley, Idaho. July 8, 2014.
- Wittman, G. *Healthy Habits: An online 8-week Challenge for Fitness and Health*. 2014.
Maintaining Lifelong Habits. March 3.
A Healthy Approach to Fitness. February 24.
News on Nutrition. February 17.
Healthy Eating. February 10.
Healthy Weight. February 3.
Making Peace with Food. January 27.
Learning to Accept Yourself. January 20.
The Truth about Diets. January 13.
- Wittman, G. *Home Food Preservation Series*. Twin Falls, Idaho. 2014.
Hands on Canning Lab. March 1.
Causes of Foodborne Illness and Prevention, Canning Basics. February 28.
- Wittman, G. *Home Food Preservation Series*. Burley, Idaho. 2014.
Hands on Canning Lab. April 12.
Freezing and Storage of Frozen Foods, Drying. April 9.
Pickles and Fermented Foods, Making Preserves and Spreads. April 7.
Canning High Acid and Low Acid Foods. April 2.
Causes of Foodborne Illness and Prevention, Canning Basics. March 31.
- Wittman, G. *Master Food Safety Advisor Updates*. 2013.
Civil Rights Training. December 5.
Low Temperature Pasteurization Lab. September 4.
Food Safety Equipment Recertification. June 5.
Publications Review and Writing. March 6.
- Wittman, G. *The Art of Preserving Salsa*. Cassia High School Seniors, Burley, Idaho.
September 26, 2013.
- Wittman, G. *Canning Do's and Don'ts*. Relief Society, Oakley, Idaho. July 23, 2013.
- Wittman, G. *Canning Do's and Don'ts*. Relief Society, Rupert, Idaho. July 17, 2013.
- Wittman, G. *Home Food Preservation Series*. Jerome, Idaho. 2013.
Hands on Canning Lab. June 29.
Freezing and Storage of Frozen Foods, Drying. June 27.
Pickles and Fermented Foods, Making Preserves and Spreads. June 25.
Causes of Foodborne Illness and Prevention, Canning Basics. June 18.
- Wittman, G. *Germ City Handwashing Education*. 4-H State Teen Conference, Moscow, Idaho.
June 12, 2013.

- Wittman, G. *Think Your Drink*. 4-H State Teen Conference, Moscow, Idaho. June 12, 2013.
- Wittman, G. *Germ City Handwashing Education*. Cub Scout Pack Meeting, Burley, Idaho. May 28, 2013.
- Wittman, G. *Canning Do's and Don'ts*. Relief Society, Burley, Idaho. May 14, 2013.
- Wittman, G. *Home Food Preservation Series*. Shoshone, Idaho. 2013.
- Hands On Canning Lab. May 4.
 - Freezing and Storage of Frozen Foods, Drying. May 1.
 - Pickles and Fermented Foods, Making Preserves and Spreads. April 30.
 - Causes of Foodborne Illness and Prevention, Canning Basics. April 23.
- Wittman, G. *The Art of Preserving Jam*. Cassia High School Seniors, Burley, Idaho. March 19, 2013.
- Wittman, G. *Canning Do's and Don'ts*. Teacher Sorority, Burley, Idaho. March 19, 2013.
- Wittman, G. *Home Food Preservation Series*. Rupert, Idaho. 2013.
- Hands on Canning Lab. March 16.
 - Freezing and Storage of Frozen Foods, Drying. March 14.
 - Pickles and Fermented Foods, Making Preserves and Spreads. March 12.
 - Canning High Acid and Low Acid Foods. March 7.
 - Causes of Foodborne Illness and Prevention, Canning Basics. March 5.
- Wittman, G. *Sugars*. Iris Better Homes Women's Group, Burley, Idaho. January 23, 2013.
- Wittman, G. *Strong Women*. Cassia County Extension Office, Burley, Idaho. 2012.
- Wrap Up and Post Surveys. February 21.
 - Fiber. February 19.
 - Visualize Your Portions. February 14.
 - Meats and Beans Group. February 11.
 - Heart Health. February 7.
 - Fats. February 5.
 - Sugars. January 31.
 - Milk Group. January 29.
 - Food Safety. January 24.
 - My Pyramid.gov. January 22.
 - Water: Staying Hydrated. January 17.
 - Introduction to Weights. January 15.
- Wittman, G. *Home Food Preservation Series*. Twin Falls, Idaho. 2013.
- Hands on Canning Lab. November 10.
 - Causes of Foodborne Illness and Prevention, Canning Basics. November 5.
- Wittman, G. *Master Food Safety Advisor Updates*. 2012.
- Civil Rights Training. December 5.
 - Homemade Pectin. Burley, Idaho, September 5.
 - Food Safety Equipment Testing Recertification. Twin Falls, Idaho. March 7.
- Wittman, G. *Germ City Handwashing Education*. White Pine 4-H Afterschool Program, Burley, Idaho. January 17, 2012.
- Wittman, G. *Strong Women*. Cassia County Extension Office, Burley, Idaho. 2012.
- Wrap Up and Post Surveys. March 15.
 - Fiber. March 13.
 - Visualize Your Portions. March 8.
 - Oil. March 6.
 - Fruit Group. March 1.
 - Vegetables Group. February 28.
 - Grain Group. February 23.
 - Milk Group. February 21.
 - Meat and Beans Group. February 16.
 - My Pyramid.gov. February 14.
 - Water: Staying Hydrated. February 9.
 - Introduction to Weights. February 7.
 - Wrap Up and Post Surveys. November 1.
 - Fiber. October 30.
 - Visualize Your Portions. October 25.

- Wittman, G. *Strong Women*. Cassia County Extension Office, Burley, Idaho. 2012 cont.
Oil. October 23.
Fruit Group. October 18.
Vegetables Group. October 16.
Grain Group. October 11.
Milk Group. October 9.
Meat and Beans Group. October 4.
My Pyramid.gov. October 2.
Water: Staying Hydrated. September 27.
Introduction to Weights. September 25.
- Wittman, G. *The Art of Preserving Salsa*. Cassia High School Seniors, Burley, Idaho. September 25, 2012.
- Wittman, G. *Canning Basics and Demonstration*. Rudy's Cooks Paradise, Twin Falls, Idaho. September 24, 2012.
- Wittman, G. *Canning Do's and Don'ts*. Burley Food Bank, Burley, Idaho. September 18, 2012.
- Wittman, G. *Canning Do's and Don'ts*. Blaine County Employees, Hailey, Idaho. September 13, 2012.
- Wittman, G. *Genetically Modified Foods*. Extension Nutrition Program Advisors Training, Twin Falls, Idaho. August 16, 2012.
- Wittman, G. *Home Food Preservation Series*. Burley, Idaho. 2012.
Hands on Canning Lab. June 16.
Freezing and Storage of Frozen Foods. Drying. June 14.
Pickles and Fermented Foods, Making Preserves and Spreads. June 12.
Canning Acid Foods, Canning Low-Acid Foods. June 7.
Causes of Foodborne Illness and Prevention, Canning Basics. June 5.
Wittman, G. Home Food Preservation Series. Gooding, Idaho. 2012.
Hands On Canning Lab. May 12.
Freezing and Storage of Frozen Foods. Drying, May 10.
Pickles and Fermented Foods, Making Preserves and Spreads. May 8.
Causes of Foodborne Illness and Prevention, Canning Basics. May 1.
- Wittman, G., R. Lanting. *Food Safety at Farmers Markets*. May, 2012. Invited Presentation.
- Wittman, G. *"Mom (Dad) and Me" Home Food Preservation*. Spring Break Classes, Burley, Idaho. March 27, 2012.
- Wittman, G. *Think Your Drink*. Cassia High School Seniors, Burley, Idaho. March 20, 2012.
- Wittman, G. *Home Food Preservation Series*. Twin Falls, Idaho. 2012.
Causes of Foodborne Illness and Prevention, Canning Basics. March 14.
Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. March 21.
Drying, Hands-on Canning Lab. March 24.
- Wittman, G. *The Art of Preserving Jam*. Cassia High School Seniors, Burley, Idaho. February 28, 2012.
- Wittman, G. *Healthy Foods Demonstration*. Women's Health Expo. Burley, Idaho. April 28, 2011.
- Wittman, G. *Introduction to Strong Women*. Mini-Cassia Visually Impaired, Burley, Idaho. April 22, 2011.
- Wittman, G. *Home Food Preservation Series*. Jerome, Idaho. 2011.
Causes of Food Borne Illness and Prevention, Canning Basics. April 19.
Canning Acid Foods, Canning Low Acid Foods. April 21.
Freezing and Storage of Frozen Foods and Drying. April 28.
Hands on Canning Lab. April 30.
- Wittman, G. *Canning Basics*. 2011.
Twin Falls Food Service. April 12.
Bureau Reclamation. September 9.
- Wittman, G. *Introduction to New 4-H Home Food Preservation Curriculum*. March 23, 2011.

- Wittman, G. *Home Food Preservation Series*. Burley, Idaho. 2011.
Hands on Canning Lab. March 19.
Freezing and Storage of Frozen Foods and Drying. March 17.
Canning Acid Foods, Canning Low Acid Foods. March 10.
Causes of Food Borne Illness and Prevention, Canning Basics. March 8.
- Wittman, G. *Master Food Preserver Updates*. 2011.
Civil Rights Training. Burley, Idaho. December 5.
Food Safety Equipment Recertification. Jerome, Idaho. May 25.
Plastics and Food Contact Containers & Criteria for Evaluating Canning Recipes. Twin Falls, Idaho. January 5.
- Wittman, G. *Home Food Preservation Series*. Hailey, Idaho. 2011.
Hands on Canning Lab. January 22.
Freezing and Storage of Frozen Foods and Drying. January 20.
Pickles and Fermented Foods, Making Preserves and Spreads. January 18.
Canning Acid Foods, Canning Low Acid Foods. January 13.
Causes of Food Borne Illness and Prevention, Canning Basics. January 11.
- Wittman, G. *Canning Basics*. Relief Society, Raft River, Idaho. September 7, 2010.
- Wittman, G. *Home Food Preservation Series*. Shoshone, Idaho. 2010.
Hands on Canning Lab. October 2.
Pickles and Fermented Foods, Making Preserves and Spreads. September 21.
Causes of Food Borne Illness and Prevention, Canning Basics. September 7.
- Wittman, G. *Canning Basics*. Twin Falls Vegetable Stand, Twin Falls, Idaho. August, 10, 2010.
- Wittman, G. Food Safety Update. Extension Nutrition Program In-Service. Twin Falls, Idaho. July 13, 2010.
- Wittman, G. *Home Food Preservation Workshop*. Twin Falls, Idaho. 2010.
Hands on Canning Lab. July 10.
Freezing and Storage of Frozen Foods, Drying. July 8.
Pickles and Fermented Foods, Making Preserves and Spreads. July 1.
Canning Acid Foods, Canning Low-Acid Foods. June 24.
Causes of Food Borne Illness and Prevention, Canning Basics. June 17.
- Wittman, G. *Home Food Preservation Workshop*. Albion, Idaho. 2010.
Causes of Food Borne Illness and Prevention, Canning Basics. May 20.
Canning Acid Foods, Canning Low-Acid Foods. May 27.
Pickles and Fermented Foods, Making Preserves and Spreads. June 3.
Freezing and Storage of Frozen Foods & Drying. June 10.
Hands on Canning Lab. June 12.
- Wittman, G. *Meal Time in Less Time*. Albion, Idaho. 2010.
Healthy Meals in Less Time & Supermarket Savvy. May 18.
Meal Planning in Less Time & Shopping Essentials. May 11.
- Wittman, G. *Canning Basics*. View Relief Society, Burley, Idaho. April 27, 2010.
- Wittman, G. *Master Food Preserver Updates*, 2010.
Civil Rights and Diversity. Burley, Idaho. December 8.
Storing Your Garden's Harvest. Twin Falls, Idaho. June 2.
Specialists Update. Twin Falls, Idaho. April 23.
Emergency Preparedness. Burley, Idaho. January 6.
- Wittman, G. *Emergency Preparedness*. Relief Society, Burley, Idaho. November 5, 2009.
- Wittman, G. *Introduction to Strong Women*. Delta Kappa Gamma Society International Gamma Chapter, Paul, Idaho. December 12, 2009.
- Wittman, G. *Introduction to Strong Women*. School Lunch Professionals, Burley, Idaho. October 21, 2009.
- Wittman, G. *Germ City Handwashing Education*. 2009.
White Pine Intermediate School, Burley, Idaho. October 26-30.
Minidoka County Fair, Rupert, Idaho. July 29 & 31.
- Wittman, G., R. Lanting, G. Gillespie. *Mom (Dad) and Me Food Preservation*. 2009.
Blaine County Extension, Hailey, Idaho. July 23.
Twin Falls County Extension, Twin Falls, Idaho. July 20.
Minidoka County Extension, Rupert, Idaho. July 10.

- Wittman, G. *Canning Basics*. Relief Society, Burley, Idaho. June 16.
- Wittman, G. *Master Food Preserver Updates*. 2009.
- Civil Rights and Diversity. December 7.
 - Food Safety Update on Food Safety Publications. Twin Falls, Idaho. September 28.
 - Canning from the New Ball Complete Guide to Home Canning. Twin Falls, Idaho. April 6.
- Wittman, G. *Home Food Preservation Workshops*. 2009.
- Twin Falls County Extension Office, Twin Falls, Idaho.
 - Causes of Food Borne Illness and Prevention, Canning Basics. June 1.
 - Canning Acid Foods, Canning Low-Acid Foods. June 8.
 - Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. June 15.
 - Hands on Canning Lab, Drying Foods. June 20.
 - Cassia County Extension Office, Burley, Idaho.
 - Causes of Food Borne Illness and Prevention, Canning Basics. April 22.
 - Canning Acid Foods, Canning Low-Acid Foods. April 29.
 - Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. May 6.
 - Hands on Canning Lab, Drying Foods. May 16.
 - Causes of Food Borne Illness and Prevention, Canning Basics. March 18.
 - Canning Acid Foods, Canning Low-Acid Foods. March 25.
 - Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. April 1.
 - Hands on Canning Lab, Drying Foods. April 11.
- Wittman, G. *Strong Women*. 2009.
- Minidoka County Extension Office, Rupert, Idaho.
 - Weight Control and Increase Your Nutrition Vocabulary. May 28.
 - Be Your Bones Best Friend. May 26.
 - Choose Fiber Rich Foods. May 21.
 - Choose Fats Wisely. May 19.
 - Choose Low Fat Proteins. May 14.
 - Go For Low-Fat Milk, Yogurt, and Cheese. May 12.
 - Choose a Variety of Fruits. May 7.
 - Go For a Variety of Vegetables. May 5.
 - Choose Whole Grains. April 30.
 - My Pyramid.gov. April 28.
 - Cassia County Extension Office, Burley, Idaho.
 - Increase Your Nutrition Vocabulary. February 19.
 - Weight Control. February 17.
 - Choose Fiber Rich Foods. February 10.
 - Be Your Bones Best Friend. February 12.
 - Choose Fats Wisely. February 5.
 - Choose Low Fat Proteins. February 3.
 - Go For Low-Fat Milk, Yogurt, and Cheese. January 29.
 - Go For a Variety of Vegetables. January 22.
 - Choose a Variety of Fruits. January 27.
 - Choose Whole Grains. January 20.
 - My Pyramid.gov. January 15.
 - Introduction to Weights. January 13.
- Wittman, G. *Nutrition and My Pyramid*. White Pine 4-H Afterschool Program, Burley, Idaho. March 5, 2009.
- Wittman, G. *Nutritious Meals on a Budget*. Burley Soroptimist, Burley, Idaho. March 2, 2009.
- Wittman, G. *Canning Basics*. 2008.
- Relief Society, Burley, Idaho. September 9.
 - Twin Falls Master Gardener Group, Twin Falls, Idaho. August 19.
 - Relief Society, Paul, Idaho. August 14.
 - Starr Church Relief Society, Burley, Idaho. April 4.

- Wittman, G. *Master Food Preserver Updates*. 2008.
Canning Jams and Jellies. Burley, Idaho. June 5.
Drying Foods. Twin Falls, Idaho. April 10.
Canning Dried Beans. Twin Falls, Idaho. January 14.
UI Volunteerism and Contracts. Burley, Idaho. December 16.
- Wittman, G. *Food Safety for Seniors*. Burley Senior Center, Burley, Idaho. October 23, 2008.
- Wittman, G. *Canning Promotion Demonstration*. Twin Falls Farmers Market, Twin Falls, Idaho. August 9, 2008.
- Wittman, G. *Strong Women*. 2008.
Minidoka County Extension Office, Rupert, Idaho.
Increase Your Nutrition Vocabulary. June 19.
Weight Control. June 17.
Be Your Bones Best Friend. June 12.
Choose Fiber Rich Foods. June 10.
Choose Fats Wisely. June 5.
Choose Low Fat Proteins. June 3.
Go For Low-Fat Milk, Yogurt, and Cheese. May 29.
Choose a Variety of Fruits. May 27.
Go For a Variety of Vegetables. May 22.
Choose Whole Grains. May 20.
My Pyramid.gov. May 15.
Introduction to Weights. May 13.
- Cassia County Extension Office, Burley, Idaho.
Increase Your Nutrition Vocabulary. February 14.
Weight Control. February 9.
Be Your Bones Best Friend. February 7.
Choose Fiber Rich Foods. January 31.
Choose Fats Wisely. January 29.
Choose Low Fat Proteins. January 24.
Go For Low-Fat Milk, Yogurt, and Cheese. January 22.
Go For a Variety of Vegetables. January 15.
Choose a Variety of Fruits. January 17.
Choose Whole Grains. January 10.
My Pyramid.gov. January 8.
- Wittman, G. *Introduction to Strong Women*. Iris Better Homes Homemaker Group, Burley, Idaho. January 23.
- Wittman, G. *Got Calcium*. White Pine Intermediate School, Burley, Idaho. April 14, 2008.
- Wittman, G. *Steps to a New You*. Cassia County Extension Office, Burley, Idaho. 2008.
Human Beauty. March 27.
A Healthy Body and Mind. March 20.
Celebration Event. March 19.
Step It Up. March 13.
Healthful and Pleasurable Eating. March 6.
Let's Get Moving. February 20.
Hunger, Emotions and Eating. February 27.
- Wittman, G. *Germ City Handwashing Education*. 2007.
Horizon Elementary School, Jerome, Idaho. November 2, 9, 16 and 30.
Minidoka County School Share Fair, Rupert, Idaho. September 12.
Spring Fling, Rupert, Idaho. March 19.
- Wittman, G. *Strong Women*. Twin Falls County Extension, Twin Falls, Idaho. 2007.
Weight Control and Increase Your Nutrition Vocabulary. November 15.
Be Your Bones Best Friend. November 8.
Choose Fats Wisely and Choose Fiber Rich Foods. November 1.
Go For Low-Fat Milk, Yogurt, and Cheese and Choose Low Fat Proteins. October 25.
Choose Whole Grains and Go For a Variety of Vegetables. October 18.
Introduction to Weights & My Pyramid.gov. October 16.

- Wittman, G. *Food Safety for Occasional Quantity Cooks*. Women's Group, Paul, Idaho. October 25, 2007.
- Wittman, G. *Master Food Preserver Updates*. 2007.
Publication Update. October 1.
Preparing for Fair. July 2.
Issues of the Year. April 2.
Volunteerism and the University of Idaho. January 8.
- Wittman, G. *Food Preservation Demonstration Lab*. Cassia County Extension, Burley, Idaho. September 11, 2007.
- Wittman, G. *Health & Nutrition*. McCain's Health & Nutrition Fair, Burley, Idaho. June 5-6, 2007.
- Wittman, G. *Get Physically and Mentally Fit*. Women's Group, Paul, Idaho. May 17, 2007.
- Wittman, G. *Meal Time in Less Time*. Cassia County Extension, Burley, Idaho. 2007.
Healthy Meals in Less Time and Supermarket Savvy. April 26.
Meal Planning in Less Time and Shopping Essentials. April 25.
- Wittman, G. *Steps to A New You*. Cassia County Extension Office, Burley, Idaho. 2007.
Celebration Event. March 14.
Human Beauty. February 21.
A Healthy Body and Mind. February 14.
Step It Up. February 7.
Healthful and Pleasurable Eating. January 31.
Hunger, Emotions and Eating. January 22.
Let's Get Moving. January 17.
- Wittman, G. *Get Physically and Mentally Fit*. School Lunch Professionals, Rupert, Idaho. January 17, 2007.
- Wittman, G. *Canning Seafood*. Challis/Mackey Community, Mackey, Idaho. March 23, 2007.
- Wittman, G. *Obesity and Children*. Delta Kappa Gamma Society International Gamma Chapter, Burley, Idaho. January 13, 2007.
- Wittman, G. *Germ City Handwashing Education*. 2006.
West Minico Junior High School, Paul, Idaho. November 21.
Big Valley Elementary, Rupert, Idaho. May 15.
White Pine Elementary, Burley, Idaho. April 24-28.
- Wittman, G. *Steps To a New You*. 2006.
Cassia County Extension Office, Burley, Idaho.
Human Beauty. December 20.
A Healthy Body & Mind. November 29.
Step It Up. November 22.
Healthful and Pleasurable Eating. November 15.
Hunger, Emotions and Eating. November 8.
Let's Get Moving. November 1.
Human Beauty and Celebration. August 30.
Cassia County Extension Office, Burley, Idaho.
Step It Up. August 2.
Hunger, Emotions and Eating. July 19.
Let's Get Moving. July 5.
West Minico Middle School Teachers, Paul, Idaho.
Celebration Event. November 28.
Human Beauty. November 7.
A Healthy Body and Mind. October 31.
Step It Up. October 24.
Healthful and Pleasurable Eating. October 17.
Hunger, Emotions and Eating. October 10.
Let's Get Moving. October 3.
- Wittman, G. *Master Food Preserver Updates*. 2006.
Aligning Materials. September 11.
Needs of Master Food Preservers/Food Safety Advisors. May 15.

- Wittman, G. *Germ City Handwashing Education*. 2006.
 Hunger, Emotions and Eating. October 10.
 Jerome County Fair, Jerome, Idaho. August 3.
 Minidoka County Fair, Rupert, Idaho. August 2.
 White Pine Elementary, Burley, Idaho. April 24-28.
 Family Fair, Rupert, Idaho. April 22.
- Wittman, G. *Ready Set Food Safe Training*. Twin Falls, Idaho. June 26, 2006.
- Wittman, G. *Weight Loss and Fad Diets*. Burley City Employees, Burley, Idaho. June 14, 2006.
- Wittman, G. *Meal Time in Less Time*. 2006.
 McCain's Health & Nutrition Fair, Burley, Idaho. June 13.
 Cassia County Extension Office, Burley, Idaho.
 Preparing Healthy Meals in Less Time. June 19.
 Shopping to Save Time and Money. June 12.
 Planning Quick, Healthy Meals. June 5.
- Wittman, G. *Nutrition and Our Changing Lives*. Cassia Vocational Rehabilitation, Burley, Idaho.
 February 9, 2006.
- Wittman, G. *Ready Set Food Safe*. Burley High School Family and Consumer Science Class,
 Burley, Idaho. 2005.
 Hot Tips: Cooking, Hot Holding, and Reheating. Chill Out: The Importance of
 Cold Temperatures in Food Safety and HACCP. September 9.
 Clean: Do You Want to Eliminate a Million...Bacteria? Keep it Straight, Don't
 Cross-contaminate. September 8.
 Food Flow: Keeping Food Safe from Gate to Plate. September 7.
 What are Some Important Foodborne Pathogens? September 6.
 What are the Hazards to Safe Food? September 3.
 Why is Food Safety Important? Where Do the Rules Come From? September 2.
- Wittman, G. *Food Safety at a Glance*. Mini-Cassia Achievement Day, Burley, Idaho.
 June 11, 2005.
- Wittman, G. *Dutch Oven Cooking*. Mini-Cassia Achievement Day, Burley, Idaho.
 June 11, 2005.
- Wittman, G. *Gardening 101*. American Association of Retired People Monthly Meeting, Burley,
 Idaho. May 19, 2005.
- Wittman, G. *Gardening 101*. English as a Second Language at College of Southern Idaho.
 Burley, Idaho. April 13, 2005.

Youth/Families

- 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.
Meal Time 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.
- 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.
- Wittman, G. R. Davids, D. Lowder. *4-H Family Consumer Sciences Curriculum Update*. Idaho State 4-H Volunteer Forum. Boise, Idaho. November 7, 2015.
- Wittman, G. *Experiencing the Treasures of 4-H*. Lil Ones and Lorraine's Day Care. Burley, Idaho. 2015
Measuring Basics. July 27.
Great Globbs of Gluten. June 30.
- Wittman, G. *To Buy or To Make-Shopping Lesson*. District III 4-H Camp, South Central 4-H Camp. Ketchum, Idaho. June 16, 2015.
- Wittman, G. *4-H Food Smart Families Recipe Training*. 4-H Healthy Living Teen Advocates. 4-H Teen Conference. Moscow, Idaho. June 10, 2015.
- Wittman, G. *4-H Food Smart Families*. Saint Nicholas Catholic School. Rupert, Idaho. 2015.
Power Up Your Day. May 21.
Healthier Food Fast. May 14.
Make Half Your Grains Whole. April 30.
Eat a Rainbow. April 16.
Think Your Drink. April 9.
- Wittman, G. *Healthy Money Habits*. A 10 week online Healthy Money Habits Challenge. 2015.
Later In Life Planning. May 4.
Kids and Money. April 27.
Home Ownership. April 20.
Investing for the Future. April 17.
Becoming Debt Free. April 6.
Budgeting. March 30.
Preparing for Financial Emergencies. March 23.
Charity. March 16.
Education and Income. March 9.
Goal Setting and Communication. March 2.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2014-2015 School Year.
Iron Chef Competition. May 13.
Preparation for Iron Chef. April 29.
Portion Size. April 15.
Eating Out. March 18.
Grainy Brain. March 4.
Bite-Size Cooking for Little Ones. February 25.
Picking Protein, February 11.
Re-Think Your Drink. January 28.
Break It Up – Breakfast First! January 14.
Holiday Cheer. December 17.
Healthy Snacking. December 3.
Eating Rainbows, MyPlate. November 19.
Handwashing and Measuring Ingredients. November 5.
- Wittman, G. *Healthy Living*. 4-H Spring Break Mini Class. Cassia County Extension Office. Burley, Idaho. March 23, 2015.
- Wittman, G., J. Baca. *Life Skills Model*. Western Region 4-H Institute. Salt Lake City, Utah. February 5, 2015. Invited Presentation.
- Wittman, G. *Healthy Living Mission Mandate*. Western Region 4-H Institute. Salt Lake City, Utah. February 3, 2015. Invited Presentation.
- Wittman, G., G. Varella. *Essential Elements*. Western Region 4-H Institute. Salt Lake City, Utah. February 3, 2015. Invited Presentation.
- Wittman, G. *Up For the Challenge Curriculum Review*. District III 4-H Team. Twin Falls, Idaho. December 16, 2014.

- Wittman, G. *Experiencing the Treasures of 4-H*. Lil Ones Daycare. Burley, Idaho. 2014.
 Completing your Record Book. August 4.
 Making My Plant Sombrero. July 28.
 We Do Robotics. July 14.
 We Do Robotics. June 30.
 Wind Energy. June 16.
 MyPlate, Eating Rainbows and Hand Washing. June 2.
- Wittman, G. *Up for the Challenge*. Lorraine's Daycare. Burley, Idaho. 2014.
 Completing your Record Book. August 4.
 Developing Exhibits for the Fair. July 28.
 Label Lingo and Healthy Snacking. July 14.
 Breakfast First. June 30.
 Think Your Drink: Low fat vs. Fat Free Dairy, Energy Drinks. June 16.
 MyPlate, Eating Rainbows and Hand Washing. June 2.
- Wittman, G. *Up for the Challenge Label Reading*. District III 4-H Camp, South Central 4-H Camp. June 17, 2014.
- Wittman, G. *4-H Healthy Living Teen Advocate Training*. 4-H Teen Conference. Moscow, Idaho June 10-11, 2014.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2013-2014 School Year.
 Iron Chef Competition. May 14.
 Preparation for Iron Chef Competition. April 30.
 Mystery Meals. April 2.
 Kid Friendly Meals Part 2. March 19.
 Kid Friendly Meals Part 1. March 5.
 Family Meals. February 19.
 Super Bowl Tasties. February 5.
 Holiday Fun Part 2. December 18.
 Holiday Fun Part 1. December 11.
 Comfort Foods. November 20.
 The Basic White Sauce. November 6.
 Decorating Cakes. October 23.
 Baking Cakes. October 16.
- Wittman, G., R. Lanting, D. Gillespie. *4-H Home Food Preservation Curriculum*. Statewide Hands-on Training. Pocatello, Idaho. April 29, 2014.
- Wittman, G. *State and National 4-H Opportunities for Teens*. Cassia County 4-H Teens. Burley, Idaho. February 20, 2014.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2012-2013 School Year.
 Iron Chef Competition. May 15.
 Preparation for Iron Chef Competition. May 8.
 Shopping Field Trip. May 1.
 Shopping Savvy. April 3.
 Cooking with Fruit. March 20.
 Cooking with Meats. March 13.
 Cooking to MyPlate. February 20.
 Preparing Baby and Toddler Food. February 6.
 Holiday Baking. December 19.
 All About the Egg. December 12.
 Pasta & Rice. November 28.
 Cooking with Vegetables. November 7.
 Reading a Recipe. October 24.
 Learn How to Measure. October 10.
- Wittman, G., R. Davids. *The History of Dairy*. Cassia County 4th Grade Idaho History Day, Burley, Idaho. September 12, 2013.
- Wittman, G. *Experiencing the Treasures of 4-H*. Burley, Idaho. 2013.
 Visual Arts. July 15.
 Chemistry in the Kitchen. June 3.
 WeDo Robotics. June 1 & 24.

- Wittman, G. *Step It Up*. District III 4-H Camp, South Central 4-H Camp. June 17, 2013.
- Wittman, G. *4-H Pressure Canning Lab*. Cassia County Extension Office, Burley, Idaho. March 28-29, 2013.
- Wittman, G. *4-H Home Food Preservation Curriculum Demonstration*. Cassia County 4-H Leaders Council. Burley, Idaho. January 15, 2013.
- Wittman, G. *Exploring the Treasures of 4-H*. Burley, Idaho. 2012.
Dutch Oven Cooking. July 30.
Palette of Fun. July 8.
- Wittman, G. *Wind Energy*. District III 4-H Camp, South Central 4-H Camp. June 18, 2012.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2011-2012 School Year.
Iron Chef Competition. May 16.
Preparation for Iron Chef Competition. May 2.
Crock Pot Cooking. April 17.
Shopping Savvy. March 21.
Cooking Meats. March 7.
Cooking to My Plate. February 15.
Preparing Baby and Toddler Food. February 1.
Holiday Baking. December 15.
- Wittman, G. *Fun with Fondant*. 4-H Culinary Arts Club, Burley, Idaho. November 19, 2011.
All About the Eggs. December 7.
Cooking Pasta and Rice. November 15.
All About Vegetables. November 2.
Reading a Recipe. October 19.
Learn How to Measure. October 12.
- Wittman, G. *Character Education*. White Pine 4-H Afterschool, Burley, Idaho. 2011.
The Citizenship Connection. March 13.
The Caring Connection. March 6.
The Fairness Connection. February 28.
The Responsibility Connection. February 21.
The Respect Connection. February 14.
The Trust Connection. February 1.
- Wittman, G. *Introduction to 4-H. Parent Advisory Committee Meeting*, Malta, Idaho. February 11, 2011.
- Wittman, G. *Science Fun in the Park*, Food Fun and Fit in the Park. Burley, Idaho. July 22, 2010.
- Wittman, G. *Fit & Healthy*. White Pine 4-H Afterschool Programs. Burley, Idaho. 2010.
Move It! Keep Your Health in Balance. February 18.
Meal Planning. February 11.
Reading a Nutrition Label. February 4.
Calcium. January 28.
Sugar and Energy Drinks. January 21.
Portion Sizes. January 14.
My Pyramid. January 7.
- Wittman, G. *Welcome to the Real World*. Cassia High School, Burley, Idaho. 2009.
Check Writing and Paying Bills. April 14.
Paying Bills and Balancing Accounts. April 1.
Career Assignment and Setting a Budget. February 17.
- Wittman, G. *White Pine 4-H Afterschool Programs*. Burley, Idaho. 2009.
How to Run a 4-H Meeting. February 24.
What are your Duties as 4-H Officers? February 10.
- Wittman, G. *Physical Activity for a Day*. White Pine 4-H Afterschool Program, Burley, Idaho. November 20, 2008.
- Wittman, G. *BrainWise*. White Pine 4-H Afterschool Programs. Burley, Idaho. 2008.
Ask Questions, Identify Your Choices and Consider Consequences. March 12.
Separate Fact From Opinion. March 6.
Exit the Emotions Elevator. February 27.
Recognize Red Flag Warnings. February 20.

- Wittman, G. *BrainWise*. White Pine 4-H Afterschool Programs. Burley, Idaho. 2008. cont.
 Constellation of Support. February 13.
 Wizard Brain Over Lizard Brain. February 6.
- Wittman, G. *Welcome to the Real World*. Cassia High School, Burley, Idaho. 2008.
 Final Presentation. April 22.
 Balancing the Budget. April 8.
 Child Care, Clothing, Entertainment. March 11.
 Insurance and Utilities. March 4.
 Housing and Vehicle Selection. February 19.
 Setting a Budget and Check Writing. February 5.
 Orientation and Career Assignment. January 22.
- Wittman, G. *BrainWise*. Cassia High School, Burley, Idaho. 2007.
 Consider Consequences. December 11.
 Ask Questions. Identify Your Choices. November 20.
 Separate Fact From Opinion. November 3.
 Exit the Emotions Elevator. November 1.
 Recognize Red Flag Warnings. October 30.
 Constellation of Support. October 23.
 Wizard Brain Over Lizard Brain. October 9.
- Wittman, G. *Rewards of Summer*. Church Women's Group, Burley, Idaho. August, 8, 2007.
- Wittman, G. *Health & Safety at the Fair*. Cassia County Livestock Day, Burley, Idaho.
 July 14, 2007.
- Wittman, G. *Food Safety-Dutch Oven Cooking*. District III Dutch Oven Camp, Jerome, Idaho.
 June 28, 2007.
- Wittman, G. *Grandma's Yellow Pie Plate*. Mini-Cassia Book Club, Burley, Idaho.
 January 18, 2007.
- Wittman, G. *BrainWise*. Cassia High School, Burley, Idaho. 2006.
 Ask Questions. Identify Your Choices. Consider Consequences. December 15.
 Separate Fact From Opinion. November 28.
 Exit the Emotions Elevator. November 14.
 Recognize Red Flag Warnings. November 7.
 Constellation of Support. October 31.
 Wizard Brain Over Lizard Brain. October 24.
- Wittman, G. *Welcome to the Real World*. Cassia High School, Burley, Idaho. 2007.
 Final Presentations and Making Financially Minded Food Decisions. May 15.
 Furthering Your Education. May 8.
 Balancing the Budget. March 27.
 Insurance and Utilities. March 6.
 Housing and Vehicle Selection. February 20.
 Check Writing. February 6.
 Setting a Budget. January 23.
 Orientation and Career Assignment. January 9.
- Wittman, G. *Child Nutrition*. School Lunch Professionals, Burley, Idaho. January 18, 2006.
- Wittman, G. *Budgeting for the Future*. Cassia High School, Burley, Idaho.
 November 11, 2005.
- Wittman, G. *Safety Around Your Home*. Mini-Cassia Visually Impaired, Burley, Idaho.
 August 26, 2005.
- Wittman, G. *Scrapbooking*. Mini-Cassia Achievement Day, Burley, Idaho. June 11, 2005.
- Wittman, G. *A Snapshot of 4-H and Military Partnerships*. CSREES Children,
 Youth and Families At-Risk Conference, Boston, Massachusetts. May 27, 2005.
- Wittman, G. *Gardening 101*. American Association of Retired People Monthly Meeting, Burley,
 Idaho. May 19, 2005.
- Wittman, G. *Building Your State Operation Military Kids Team*. Operation Military Kids
 Program Directors Annual Meeting, Kansas City, Missouri. December 2004.
Invited Presentation.
- Wittman, G. *Computer Mysteries Teaching Manual*. Pre-Conference Workshop, Idaho State
 Leaders Forum, November 2004. Invited Presentation.

Wittman, G. *Community Readiness Workshop*. National 4-H Technology Conference, St. Louis, Missouri. July 2004. Invited Presentation.

Community Development

- 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.
- 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.

Honors and Awards:

- 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:

Journals:

- 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>.

Peer Reviewed/Evaluated:

Extension Publications:

- 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.
- 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.
- 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.
- McCurdy, S., J. Peutz, **G. Wittman**. 2009. Storing Food For Safety and Quality. PNW 612.

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)5T0T10. Available at: <http://www.joe.org/joe/2010october/tt10.php>.

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.

Refereed/Adjudicated (in press or submitted):

Silkwood, G. B. Luckey, **G. Wittman**. 2017. Using Idaho 4-H Teen Conference to Engage Students in Going On. *Journal of Extension* (JOE). Ideas at Work. Submitted January 2017.

Abstracts and Proceedings:

- 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.
- Greenway, S., K. Splane, 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.
- 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.

Other:

Impact Statements:

- 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, KI. 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.
- Dauids, 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:

- 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.
- 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:

- 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.
- 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. Tift, **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:

- 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)**.
- 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**.

Honors and Awards:

- 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.
- 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 4-H Institute Planning Committee, 2013-present.

University of Idaho:

College:

4-H Ambassador Planning Committee, 2016-present.
 4-H Teen Conference Planning Team, 2012-2016.
 Food Safety Specialist Search Committee, 2015.
 Mildred Haberly Scholarship Selection Committee, 2015.
 4-H Teen Task Force, 2015.
 4-H Topic Team Member, 2009-present.
 Food Safety Topic Team member, 2005-present.
 Nutrition Topic Team member, 2005-present.
 4-H Youth Development State Curriculum Team, 2012-present.
 Extension Advisory Board Member, 2010-2014
 Ready Set Food Safe Hatch Project Committee Member, 2007-2013.
 Mildred Haberly Scholarship Selection Committee, 2013.
 Community Development Topic Team member, 2005-2012.
 4-H Restructure Committee, 2012.
 Annual Extension Conference Planning Committee, 2007-2010.
 Family & Consumer Sciences In-Service Planning Committee, 2007-2008.
 Food Safety Poster Committee, 2006-2007.

District/Departmental:

Amen Mentor Committee, 2017.
 Dalton Mentor Committee, 2017.
 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.
 District III Extension "Focus" Editor, Family & Consumer Sciences Section, 2007-2009.
 District III Extension "Focus" Editor, Community Development Section, 2005-2006.

County:

South Central Idaho Action for Healthy Kids, 2010- present.
 Mini-Cassia Child Protection Team, 2005-present.
 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:

Idaho Healthy Eating Active Living (HEAL), 2016-present.

Community Service:

St. Nicholas School Parent Teacher Club, Treasurer. 2016-present.
 Elevate Gymnastics Parent Boost Board. 2015-present.
 University of Idaho College of Agricultural and Life Sciences Alumni and Friends Board of
 Directors, 2007-present.
 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.
 President Elect 2017-2018.
 Vice President 2015-2016.
 Vice President Professional Development 2006-2008.
 National Association Extension 4-H Agents (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)
 President 2017-2018.
 President Elect 2016-2017.
 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. *Master Food Preserver*. 2017.
Civil Right, Recertification for Food Safety Equipment Checks. May 17.
- Wittman, G. *Germ City Handwashing Education*. Saint Nicholas Catholic School, Rupert, Idaho. March 17, 2017.
- 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. *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.
Meal Time 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.
Meal Time 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.
- 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.
- Wittman, G. *Master Food Safety Advisor Updates*. 2015.
Updated Food Safety Information. September 21.
Community Supported Agriculture. June 22.
Clear gel vs. Ultra gel. March 5.

- Wittman, G. *Experiencing the Treasures of 4-H*. Lil Ones and Lorraine's Day Care. Burley, Idaho. 2015.
Measuring Basics. July 27.
Great Globbs of Gluten. June 30.
Eating the Rainbow. June 2.
- Wittman, G. *Home Food Preservation*. Twin Falls, Idaho. 2015.
Hands on Canning Lab. May 30.
Freezing and Storage of Frozen Foods, Drying. May 28.
Pickles and Fermented Foods, Making and Preserving Spreads. May 26.
Causes of Foodborne Illness and Prevention, Canning Basics. May 19.
- Wittman, G. *4-H Food Smart Families*. Saint Nicholas Catholic School. Rupert, Idaho. 2015.
Power up Your Day. May 21.
Healthier Food Fast. May 14.
Make Half Your Grains Whole. April 30.
Eat a Rainbow. April 16.
Think Your Drink. April 9.
- Wittman, G. *Healthy Money Habits*. A 10 week online Healthy Money Habits Challenge. 2015.
Later In Life Planning. May 4.
Kids and Money. April 27.
Home Ownership. April 20.
Investing for the Future. April 17.
Becoming Debt Free. April 6.
Budgeting. March 30.
Preparing for Financial Emergencies. March 23.
Charity. March 16.
Education and Income. March 9.
Goal Setting and Communication. March 2.
- Wittman, G., J. Baca. *Life Skills Model*. Western Region 4-H Institute. Salt Lake City, Utah. February 5, 2015. Invited Presentation.
- Wittman, G., G. Varella. *Essential Elements*. Western Region 4-H Institute. Salt Lake City, Utah. February 3, 2015. Invited Presentation.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2014-2015 School Year.
Iron Chef Competition. May 13.
Preparation for Iron Chef. April 29.
Portion Size. April 15.
Eating Out. March 18.
Grainy Brain. March 4.
Bite-Size Cooking for Little Ones. February 25.
Picking Protein, February 11.
Re-Think Your Drink. January 28.
Break It Up – Breakfast First! January 14.
Holiday Cheer. December 17.
Healthy Snacking. December 3.
Eating Rainbows, MyPlate. November 19.
Handwashing and Measuring Ingredients. November 5.
- Wittman, G. *Germ City Handwashing Education*, 2014-2015 School Year.
Almo Elementary, Almo, Idaho. January 23.
Raft River Elementary, Malta, Idaho. January 23.
Oakley Elementary, Oakley, Idaho. January 22.
Mountain View Elementary, Burley, Idaho. January 13 & 15.
Albion Elementary, Albion, Idaho. December 11.
Declo Elementary, Declo, Idaho. December 9.
Saint Nicholas Catholic School, Rupert, Idaho. November 24.
- Wittman, G. *Cook Once Eat For a Week*. Burley, Idaho. November 13, 2014.
- Wittman, G. *Pressure Canning*. Burley, Idaho. September 23, 2014.
- Wittman, G. *Master Food Safety Advisor Updates*. 2014.
Civil Rights Training. December 15.

- Wittman, G. *Pressure Canning*. Burley, Idaho. September 23, 2014. cont.
Salsa. September 3.
Reusable Canning Lids. March 5.
- Wittman, G. *Experiencing the Treasures of 4-H*. Lil Ones Daycare. Burley, Idaho. 2014.
Completing your Record Book. August 4.
Making my Plant Sombrero. July 28.
We Do Robotics. July 14 and June 30.
Wind Energy. June 16.
MyPlate, Eating Rainbows and Hand Washing. June 2.
- Wittman, G. *Up for the Challenge*. Lorraine's Daycare. Burley, Idaho. 2014.
Completing your Record Book. August 4.
Developing Exhibits for the Fair. July 28.
Label Lingo and Healthy Snacking. July 14.
Breakfast First. June 30.
Think Your Drink: Low fat vs. fat free dairy, Energy Drinks. June 16.
MyPlate, Eating Rainbows and Hand Washing. June 2.
- Wittman, G. *Up for the Challenge Teen Advocate Training*. 4-H Teen Conference. Moscow, Idaho. June 10-11, 2014.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2013-2014 School Year.
Iron Chef Competition. May 14.
Mystery Meals. April 2.
Kid Friendly Meals Part 2. March 19.
Kid Friendly Meals Part 1. March 5.
Family Meals. February 19.
Super Bowl Tasties. February 5.
Holiday Fun Part 2. December 18.
Holiday Fun Part 1. December 11.
Comfort Foods. November 20.
The Basic White Sauce. November 6.
Decorating Cakes. October 23.
Baking Cakes. October 16.
- Wittman, G. *Home Food Preservation Series*. Burley, Idaho. 2014.
Hands on Canning Lab. April 12.
Freezing and Storage of Frozen Foods, Drying. April 9.
Pickles and Fermented Foods, Making Preserves and Spreads. April 7.
Canning High Acid and Low Acid Foods. April 2.
Causes of Foodborne Illness and Prevention, Canning Basics. March 31.
- Wittman, G. *Healthy Habits: An 8-Week Challenge for Fitness and Health*. 2014.
Maintaining Lifelong Habits. March 3.
A Healthy Approach to Fitness. February 24.
News on Nutrition. February 17.
Healthy Eating. February 10.
Healthy Weight. February 3.
Making Peace with Food. January 27.
Learning to Accept Yourself. January 20.
The Truth About Diets. January 13.
- Wittman, G. *Master Food Safety Advisor Updates*. 2013.
Civil Rights Training. December 5.
Low Temperature Pasteurization Lab. September 4.
Food Safety Equipment Recertification. June 5.
Raw Milk, MYTH Busters – Partnership for Food Safety Education. April 24.
Publications Review and Writing. March 6.
- Wittman, G. *Experiencing the Treasures of 4-H*. Burley, Idaho. 2013.
Shooting Sports & Horticulture. July 29.
Visual Arts & Wind Energy. July 15.
Chemistry in the Kitchen. June 3.
WeDo Robotics. June 1 & 24.

- Wittman, G. *Home Food Preservation Series*. Jerome, Idaho. 2013.
Hands On Canning Lab. June 29.
Freezing and Storage of Frozen Foods, Drying. June 27.
Pickles and Fermented Foods, Making Preserves and Spreads. June 25.
Causes of Foodborne Illness and Prevention, Canning Basics. June 18.
- Wittman, G. *Home Food Preservation Series*. Shoshone, Idaho. 2013
Hands On Canning Lab. May 4.
Freezing and Storage of Frozen Foods, Drying. May 1.
Pickles and Fermented Foods, Making Preserves and Spreads. April 30.
Causes of Foodborne Illness and Prevention, Canning Basics. April 23.
- Wittman, G. *4-H Pressure Canning Lab*. Cassia County Extension Office, Burley, Idaho. March 28-29, 2013.
- Wittman, G. *Home Food Preservation Series*. Rupert, Idaho. 2013.
Hands On Canning Lab. March 16.
Freezing and Storage of Frozen Foods, Drying. March 14.
Pickles and Fermented Foods, Making Preserves and Spreads. March 12.
Canning High Acid and Low Acid Foods. March 7.
Causes of Foodborne Illness and Prevention, Canning Basics. March 5.
- Wittman, G. *Home Food Preservation Series*. Rupert, Idaho. 2013.
Canning High Acid and Low Acid Foods. March 7.
Causes of Foodborne Illness and Prevention, Canning Basics. March 5.
Pickles and Fermented Foods, Making Preserves and Spreads. March 12.
Freezing and Storage of Frozen Foods, Drying. March 14.
Hands On Canning Lab. March 16.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, Burley, Idaho. 2012-2013 School Year.
Birthday Cake Decorating Skills. October 23.
Birthday Cake Cost Comparison. October 16.
Iron Chef Competition. May 15.
Preparation for Iron Chef Competition. May 8.
Shopping Field Trip. May 1.
Shopping Savvy. April 3.
Cooking with Fruit. March 20.
Cooking with Meats. March 13.
Cooking to MyPlate. February 20.
Preparing Baby and Toddler Food. February 6.
Holiday Baking. December 19.
All About the Egg. December 12.
Pasta & Rice. November 28.
Cooking with Vegetables. November 7.
- Wittman, G. *Home Food Preservation Series*. Twin Falls, Idaho. 2013.
Hands on Canning Lab. November 10.
Causes of Foodborne Illness and Prevention. Canning Basics. November 5.
- Wittman, G. *Strong Women*. Cassia County Extension Office, Burley, Idaho. 2012.
Wrap Up and Post Surveys. November 1.
Fiber. October 30.
Visualize Your Portions. October 25.
Oil. October 23.
Fruit Group. October 18.
Vegetables Group. October 16.
Grain Group. October 11.
Milk Group. October 9.
Meat and Beans Group. October 4.
My Pyramid.gov. October 2.
My Pyramid.gov. October 2.
Water: Staying Hydrated. Sept. 27.
Introduction to Weights. Sept. 25.

- Wittman, G. *Strong Women*. Burley, Idaho. 2012. cont.
Wrap Up and Post Surveys. March 15.
Fiber. March 13.
Visualize Your Portions. March 8.
Oil. March 6.
Fruit Group. March 1.
Vegetables Group. February 28.
Grain Group. February 23.
Milk Group. February 21.
Meat and Beans Group. February 16.
My Pyramid.gov. February 14.
Water: Staying Hydrated. February 9.
Introduction to Weights. February 7.
- Wittman, G. *Cooking 101*. Teen Parenting Class, Cassia High School, 2011-2012 School Year.
Reading a Recipe. October 24.
Learn How to Measure. October 10.
Iron Chef Competition. May 16.
Preparation for Iron Chef Competition. May 2.
Crock Pot Cooking. April 17.
Shopping Savvy. March 21.
Cooking Meats. March 7.
Cooking to My Plate. February 15.
Preparing Baby and Toddler Food. February 1.
- Wittman, G. *Master Food Safety Advisor Updates*. 2012.
Civil Rights Training. Burley, Idaho. December 5.
Homemade Pectin. Burley, Idaho. September 5.
Food Safety of Jerky and Smoked Meats and Genetically Modified Foods. Jerome, Idaho. March 21.
Food Safety Equipment Testing Recertification. Twin Falls, Idaho. March 7.
- Wittman, G. *Exploring the Treasures of 4-H*. Burley, Idaho. 2012.
Palette of Fun. July 8.
Dutch Oven Cooking. July 30.
- Wittman, G. *Home Food Preservation Series*. Burley, Idaho. 2012.
Hands On Canning Lab. June 16.
Freezing and Storage of Frozen Foods, Drying. June 14.
Pickles and Fermented Foods, Making Preserves and Spreads. June 12.
Canning Acid Foods, Canning Low-Acid Foods. June 7.
Causes of Foodborne Illness and Prevention, Canning Basics. June 5.
- Wittman, G. *Home Food Preservation Series*. Gooding, Idaho. 2012.
Hands On Canning Lab. May 12.
Freezing and Storage of Frozen Foods, Drying. May 10.
Pickles and Fermented Foods, Making Preserves and Spreads. May 8.
Canning Acid Foods, Canning Low-Acid Foods. May 3.
Causes of Foodborne Illness and Prevention. Canning Basics. May 1.
- Wittman, G. *Germ City*. 2012.
Mini-Cassia Healthy Fair, Burley, Idaho. May 4.
White Pine 4-H Afterschool Program, Burley, Idaho. January 17.
- Wittman, G. *Afterschool Open House*. Burley, Idaho. April 28, 2012.
- Wittman, G. "Mom (Dad) and Me" Home Food Preservation. Spring Break Classes, Burley, Idaho. March 27, 2012.
- Wittman, G. *Think Your Drink*. Cassia High School Seniors, Burley, Idaho. March 20, 2012.
- Wittman, G. *Home Food Preservation Series*. Twin Falls, Idaho. 2012.
Drying, Hands-on Canning Lab. March 24.
Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. March 21.

- Wittman, G. *Home Food Preservation Series*. Twin Falls, Idaho. 2012. cont.
Canning Acid Foods, Canning Low-Acid Foods. March 19.
Causes of Foodborne Illness and Prevention, Canning Basics. March 14.
- Wittman, G. *Character Education*. White Pine 4-H Afterschool, Burley, Idaho. 2012.
The Citizenship Connection. March 13.
The Caring Connection. March 6.
The Fairness Connection. February 28.
The Responsibility Connection. February 21.
The Respect Connection. February 14.
The Trust Connection. February 1.
- Wittman, G. *White Pine 4-H Program*, Burley, Idaho. 2011.
“Lights On” Open House. October 20.
Spring Open House. May 18.
- Wittman, G. *Cooking 101*. Cassia High School, 2011.
Reading a Recipe. October 19.
Learn How to Measure. October 12.
- Wittman, G. *Germ City*, Mini-Cassia Health Fair. Heyburn Elementary Science Fair.
May 24, 2011.
- Wittman, G. *Healthy Foods Demonstration*. Women’s Health Expo. Burley, Idaho.
April 28, 2011.
- Wittman, G. *Introduction to Strong Women*. Mini-Cassia Visually Impaired, Burley,
Idaho. April 22, 2011.
- Wittman, G. *Home Food Preservation Series*. Jerome, Idaho. 2011.
Hands on Canning Lab. April 30.
Freezing and Storage of Frozen Foods and Drying. April 28.
Pickles and Fermented Foods, Making Preserves and Spreads. April 26.
Canning Acid Foods, Canning Low Acid Foods. April 21.
Causes of Food Borne Illness and Prevention, Canning Basics. April 19.
- Wittman, G. *Canning Basics*, 2011.
Bureau Reclamation. September 9.
Twin Falls Food Service. April 12.
- Wittman, G. *Introduction to New 4-H Home Food Preservation Curriculum*. March 23,
2011.
- Wittman, G. *Home Food Preservation Series*. Burley, Idaho. 2011.
Hands on Canning Lab. March 19.
Freezing and Storage of Frozen Foods and Drying. March 17.
Pickles and Fermented Foods, Making Preserves and Spreads. March 15.
Canning Acid Foods, Canning Low Acid Foods. March 10.
Causes of Food Borne Illness and Prevention, Canning Basics. March 8.
- Wittman, G. *Master Food Preserver Updates*. 2011.
Civil Rights Training, Burley, Idaho. December 5.
Food Safety Equipment Recertification. Jerome, Idaho. May 25.
Caldwell Food Technology Center Tour. Caldwell, Idaho. March 16.
Plastics and Food Contact Containers & Criteria for Evaluating Canning
Recipes. Twin Falls, Idaho. January 5.
- Wittman, G. *Introduction to 4-H*. Parent Advisory Committee Meeting, Malta, Idaho.
February 11, 2011.
- Wittman, G. *Home Food Preservation Series*. Hailey, Idaho. 2011.
Hands on Canning Lab. January 22.
Freezing and Storage of Frozen Foods and Drying. January 20.
Pickles and Fermented Foods, Making Preserves and Spreads. January 18.
Canning Acid Foods, Canning Low Acid Foods. January 13.
Causes of Food Borne Illness and Prevention, Canning Basics. January 11.
- Wittman, G. R. Lanting. *Food Preservation Workshops*. Lincoln County Extension
Office, Shoshone, Idaho. 2010.
Hands on Canning Lab, Drying Foods. October 2.

- Wittman, G. R. Lanting. *Food Preservation Workshops*. Lincoln County Extension Office, Shoshone, Idaho. 2010. cont.
Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. September 21.
Canning Acid Foods, Canning Low-Acid Foods. September 14.
Causes of Food Borne Illness and Prevention, Canning Basics. September 7.
- Wittman, G. *Home Food Preservation Workshop*. Albion, Idaho. 2010.
Hands on Canning Lab. June 12.
Freezing and Storage of Frozen Foods & Drying. June 10.
Pickles and Fermented Foods, Making Preserves and Spreads. June 3.
Canning Acid Foods, Canning Low-Acid Foods. May 27.
Causes of Food Borne Illness and Prevention, Canning Basics. May 20.
- Wittman, G. *White Pine 4-H Afterschool Program*. Burley, Idaho. 2010.
Spring Open House. May 17.
- Wittman, G. *Meal Time in Less Time*. Albion, Idaho. 2010.
Healthy Meals in Less Time & Supermarket Savvy. May 18.
Meal Planning in Less Time & Shopping Essentials. May 11.
- Wittman, G. *Master Food Preserver Updates*. 2010.
Civil Rights & Diversity. Burley, Idaho. December 8.
Cheese Making. Gooding, Idaho. September 8.
Storing Your Garden's Harvest. Twin Falls, Idaho. June 2.
Specialists Update. Twin Falls, Idaho. April 23.
Emergency Preparedness. Burley, Idaho. January 6.
- Wittman, G. *Master Food Preserver Updates*. 2009.
Food Safety Publications and Study on Jerky. Twin Falls, Idaho. September 28.
Update on Canning Do's & Don'ts Publication, Twin Falls, Idaho. June 8.
Canning from the New Ball Complete Guide to Home Canning. Twin Falls, Idaho. April 16.
- Wittman, G. *Food Safety Equipment Clinics*. 2009.
Cassia County Extension Office, Burley, Idaho. June 3, July 1 and September 2.
Cassia County Fair, Burley, Idaho. August 12.
Minidoka County Fair, Rupert, Idaho. July 29.
- Wittman, G. 4, D. Gillespie. *Mom (Dad) and Me Food Preservation*. 2009.
Blaine County Extension, Hailey, Idaho. July 23.
Twin Falls County Extension, Twin Falls, Idaho. July 20.
Minidoka County Extension, Rupert, Idaho. July 10.
- Toomey, M., G. Wittman, R. Davids, V. Gilbert. *Digital Media Camp*. Rupert, Idaho. June 10, 2009.
- Wittman, G. *Food Preservation Workshops*. Twin Falls County Extension Office. 2009.
Hands on Canning Lab, Drying Foods. June 20.
Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. June 15.
Canning Acid Foods, Canning Low-Acid Foods. June 8.
Causes of Food Borne Illness and Prevention, Canning Basics. June 1.
Cassia County Extension Office, Burley, Idaho.
Storage of Frozen Foods. May 6.
Canning Acid Foods, Canning Low-Acid Foods. April 29.
- Wittman, G. *Food Preservation Workshops*. Cassia County Extension Office, Burley, Idaho. 2009.
Hands on Canning Lab, Drying Foods. May 16.
Pickles and Fermented Foods, Making Preserves and Spreads, Freezing and Storage of Frozen Foods. April 1.
Canning Acid Foods, Canning Low-Acid Foods. March 25.
Causes of Food Borne Illness and Prevention, Canning Basics. March 18.
- Wittman, G. *Albion Horizons*, Albion, Idaho. 2009.
Launching the Vision. May 14.
Visioning Rally. May 2.

- Wittman, G. *Leadership Plenty*. Albion Horizons, Albion, Idaho. February 21, March 7, March 21, April 4, April 18, 2009.
- Wittman, G. *Strong Women*. Minidoka County Extension Office, Rupert, Idaho. 2009.
 Weight Control and Increase Your Nutrition Vocabulary. May 28.
 Be Your Bones Best Friend. May 26.
 Choose Fiber Rich Foods. May 21.
 Choose Fats Wisely. May 19.
- Wittman, G. *Strong Women*. Minidoka County Extension Office, Rupert, Idaho. 2009. cont.
 Choose Low Fat Proteins. May 14.
 Go For Low-Fat Milk, Yogurt, and Cheese. May 12.
 Choose a Variety of Fruits. May 7.
 Choose Whole Grains. April 30.
 My Pyramid.gov. April 28.
- Wittman, G. *Strong Women*. Cassia County Extension Office, Burley, Idaho. 2009.
 Increase Your Nutrition Vocabulary. February 29.
 Weight Control. February 17.
 Be Your Bones Best Friend. February 12.
 Choose Fiber Rich Foods. February 10.
 Choose Fats Wisely. February 5.
 Choose Low Fat Proteins. February 3.
 Go For Low-Fat Milk, Yogurt, and Cheese. January 29.
 Choose a Variety of Fruits. January 27.
 Choose Whole Grains. January 20.
 My Pyramid.gov. January 15.
 Introduction to Weights. January 13.
- Wittman, G. *White Pine 4-H Afterschool Programs*. Burley, Idaho 2009.
 "Lights On" Open House. October 23.
 Spring Open House. May 13.
 Nutrition and My Pyramid. March 5.
 How to Run a 4-H Meeting. February 24.
 What are your Duties as 4-H Officers? February 10.
- Wittman, G. Nutritious Meals on a Budget. Soroptimist, Burley, Idaho. March 2, 2009.
- Wittman, G. *Master Food Preserver Updates*. 2008.
 UI Volunteerism and Contracts, Introduction of "Mom & Me" Workshop.
 Burley, Idaho. December 16.
 Canning Jams and Jellies. Burley, Idaho. June 5.
 Drying Foods. Twin Falls, Idaho. April 10.
 Canning Dried Beans. Twin Falls, Idaho. January 14.
- Wittman, G. *White Pine 4-H Afterschool Programs*. Burley, Idaho. 2008.
 Physical Activity for a Day. November 20.
 "Lights On" Open House. October 9.
 Spring Open House. May 14.
- Wittman, G. *Pressure Canner Gauge Testing Clinics*. 2008.
 Cassia County Extension Office, Burley, Idaho. June 4, September 3.
 Cassia County Fair, Burley, Idaho. August 13.
 Minidoka County Fair, Rupert, Idaho. July 31.
- Wittman, G., B. Petty, *Horizons Study Circles Training*. Albion, Idaho. October 13, 2008.
- Wittman, G., B. Petty, *Horizons Showcase*. Albion, Idaho. September 10, 2008.
- Wittman, G. *Summer Science Camp*. Burley, Idaho. July 21-24, 2008.
- Hansen, L., G. Wittman, D. Gillespie, *Long Term Care Workshop*. Minidoka and Cassia Counties. May 17, 2008.
- Wittman, G. *Strong Women*. Minidoka County Extension Office, Rupert, Idaho. 2008.
 Increase Your Nutrition Vocabulary. June 19.
 Weight Control. June 17.
 Be Your Bones Best Friend. June 12.
 Choose Fiber Rich Foods. June 10.
 Choose Fats Wisely. June 5.

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 Go For Low-Fat Milk, Yogurt, and Cheese. May 29.
 Choose a Variety of Fruits. May 27.
 Choose Whole Grains. May 20.
 My Pyramid.gov. May 15.
 Introduction to Weights. May 13.
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 Increase Your Nutrition Vocabulary. February 14.
 Weight Control. February 9.
 Be Your Bones Best Friend. February 7.
 Choose Fiber Rich Foods. January 31.
 Choose Fats Wisely. January 29.
 Choose Low Fat Proteins. January 24.
 Go For Low-Fat Milk, Yogurt, and Cheese. January 22.
 Choose a Variety of Fruits. January 17.
 Choose a Variety of Vegetables. January 15.
 Choose Whole Grains. January 10.
 My Pyramid.gov. January 8.
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 Celebration Event. March 29.
 Human Beauty. March 27.
 A Healthy Body and Mind. March 20.
 Step It Up. March 13.
 Let's Get Moving. February 20.
 Healthful and Pleasurable Eating. March 6.
 Hunger, Emotions and Eating. February 27.
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 Ask Questions. Identify Your Choices and Consider Consequences. March 12.
 Separate Fact From Opinion. March 5.
 Exit the Emotions Elevator. February 27.
 Recognize Red Flag Warnings. February 20.
 Constellation of Support. February 13.
 Wizard Brain over Lizard Brain. February 6.
- Wittman, G. *Welcome to the Real World*. Cassia High School, Burley, Idaho. 2008.
 Final Presentation. April 22.
 Balancing the Budget. April 8.
 Child Care, Clothing, Entertainment. March 11.
 Insurance and Utilities. March 4.
 Housing and Vehicle Selection. February 19.
 Setting a Budget and Check Writing. February 5.
 Orientation and Career Assignment. January 22.
- Wittman, G., V. Gilbert, *White Pine 4-H Afterschool Program*. Burley, Idaho. "Lights On Afterschool," October 18, 2007.
- Lanting, R., G. Wittman, *Strong Women*. Twin Falls Extension, Twin Falls, Idaho. 2007.
 Weight Control, Increase Your Nutrition Vocabulary. November 15.
 Be Your Bones Best Friend. November 8.
 Choose Fats Wisely and Choose Fiber Rich Foods. November 1.
 Go For Low-Fat Milk, Yogurt, and Cheese and Choose Low Fat Proteins.
 October 25.
 Choose Whole Grains and Go For a Variety of Vegetables. October 18.
 Introduction to Weights & My Pyramid.gov. October 16.
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 Consider Consequences. December 11.
 Ask Questions. Identify Your Choices. November 20.
 Separate Fact From Opinion. November 3.

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Exit the Emotions Elevator. November 1.
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Recognize Red Flag Warnings. October 30.
Constellation of Support. October 23.
Wizard Brain Over Lizard Brain. October 9.
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Publication Update. October 1.
Preparing for Fair. July 2.
Issues of the Year. April 2.
Volunteerism and the UI. January 8.
- Wittman, G., R. Lanting, *Food Preservation Demonstration Lab*, Cassia County Extension, Burley, Idaho. September 11, 2007.
- Hansen, L., G. Wittman, and D. Gillespie, *Long Term Care Workshop*. Minidoka and Cassia County, May 19, 2007.
- Wittman, G. *Steps to A New You*. Cassia County Extension Office, Burley, Idaho. 2007.
Celebration Event. March 14.
Human Beauty. February 21.
A Healthy Body and Mind. February 14.
Step It Up. February 7.
Healthful and Pleasurable Eating. January 31.
Hunger, Emotions and Eating. January 22.
Let's Get Moving. January 17.
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Final Presentations and Making Financially Minded Food Decisions.
May 15.
Furthering Your Education. May 8.
Kid Kredit Card. April 24.
Banking 101. April 10.
Balancing the Budget. March 27.
Insurance and Utilities. March 6.
Housing and Vehicle Selection. February 20.
Check Writing. February 6.
Setting a Budget. January 23.
Orientation and Career Assignment. January 9.
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Ask Questions. Identify Your Choices. Consider Consequences. December 15.
Separate Fact From Opinion. November 28.
Exit the Emotions Elevator. November 14.
Recognize Red Flag Warnings. November 7.
Constellation of Support. October 31.
Wizard Brain Over Lizard Brain. October 24.
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Aligning Materials. September 11.
Needs of Master Food Preservers/Food Safety Advisors. May 15.
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A Healthy Body & Mind. November 29.
Step It Up. November 22.
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Hunger, Emotions and Eating. November 8.
Let's Get Moving. November 1.
Human Beauty and Celebration. August 30.
Step It Up. August 2.
Hunger, Emotions and Eating. July 19.
Let's Get Moving. July 5.

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 Step It Up. October 24.
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 Ready Set Food Safe.
 Scrapbooking.
 Dutch Oven Cooking.

Miscellaneous Extension Publications:

- Wittman, G. Preparing the Best Holiday Dishes. Cassia County Newsletter, December 2015.
- Wittman, G. Avoiding Three Errors in Pressure Canning. Jerome County Extension Newsletter. September 2015.
- Wittman, G. Taking Stock of Your Preserved Foods. Cassia County Newsletter. May 2015.
- Wittman, G. What are CSA's and Should I Join One? May 2015.
- Wittman, G. Healthy Money Habits. Cassia County Extension Newsletter. January 2015.
- Wittman, G. "Lunch Box Safety." Cassia County Extension Newsletter. October 2014.
- Wittman, G. "New Changes in Canning Lid Procedures." Cassia County Extension Newsletter. October 2014.
- Wittman, G. "Spring Clean Your Food Pantry." Cassia County Extension Newsletter. April 2014.
- Wittman, G. "Healthy Living." Cassia County Extension Newsletter. January 2014.
- Wittman, G. "The GMO Debate." Cassia County Extension Newsletter. October 2013.
- Wittman, G. "Commonly Asked Food Preservation Questions." Cassia County Extension Newsletter. July 2013.
- Wittman, G. "Targeting Food Safety with Thermometers." Cassia County Extension Newsletter. April 2013.
- Wittman, G. "The NEW 4-H Home Food Preservation Project." Cassia County Extension Newsletter. January 2013.
- Wittman, G. "The Truth About Vegetable/Fruit Sprays." Cassia County Extension Newsletter. October 2012.
- Wittman, G. "Avoiding Three Errors in Pressure Canning." Cassia County Extension Newsletter. June 2012.
- Wittman, G. "Pink Slime" What Is It and Should We Be Eating It?" Cassia County Extension Newsletter. April 2012.
- Wittman, G. "Idaho Takes on Education," The Electronic Newsletter of Epsilon Sigma Phi, September, 2011.
- Wittman, G. "Tattler Reusable Canning Lids." Cassia County Extension Newsletter. July 2011.
- Wittman, G. "4-H Home Food Preservation." Cassia County Extension Newsletter. April 2011.
- Wittman, G. "Canning Butter." Cassia County Extension Newsletter. April 2011.
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- Wittman, G. "Introduction for Cassia County Extension Newsletter." February 2011.
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- Wittman, G. White Pine 4-H Afterschool Newsletter. January 2011.
- Wittman, G. White Pine 4-H Afterschool Newsletter. November 2009.
- Wittman, G. White Pine 4-H Afterschool Newsletter. October 2009.
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- Wittman, G., K. Johnson. White Pine 4-H Afterschool Newsletter. March/April 2008.
- Wittman, G., K. Johnson. White Pine 4-H Afterschool Newsletter. January/February 2008.

- Wittman, G. "NEAFCS Hospitality Habits," The Electronic Newsletter of the National Extension Association of Family Consumer Sciences. July, 2007.
- Wittman, G. "Master Food Preserver/Food Safety Advisor Update Newsletter." Spring 2007.
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Extension Focus:

- Wittman, G. "Canning Butter: Safe or Not?" Extension Focus. July/August, 2009.
- Wittman, G. "Making a Crisp Pickle," Extension Focus. May/June, 2009.
- Wittman, G. "Gearing Up For the Season," Extension Focus. July/August, 2009.
- Wittman, G. "Update Your Food Pantry," Extension Focus. January/February, 2009.
- Wittman, G. "Common-Sense Precautions Prevent E. coli," Extension Focus. September/October, 2008.
- Wittman, G. "Are You At Risk?" Extension Focus. July/August 2008.
- Wittman, G. "Canning Season is Coming Up," Extension Focus. May/June 2008.
- Wittman, G. "Hand Sanitizers: To Use or Not to Use?" Extension Focus. March/April 2008.
- Wittman, G., R. Lanting. "Strong Women – Strong Bones," Extension Focus. January/February 2008.
- Wittman, G. "What is Salmonella?" Extension Focus. January/February 2008.
- Wittman, G. "Norwalk Virus Infection," Extension Focus. November/ December 2007.
- Wittman, G. "Foodborne Illness – Campylobacteriosis," Extension Focus. May/June 2007.
- Wittman, G. "Being An Educated Voter," Extension Focus. May/June 2007.
- Wittman, G. "Foodborne Illness – Listeriosis," Extension Focus. March/April 2007.
- Wittman, G. "Strong Heart," Extension Focus. March/April 2007.
- Wittman, G., R. Lanting. "Steps to a New You - Health for Everybody!" Extension Focus. January/February 2007.
- Wittman, G. "FDA Statement on Food Borne E.coli," Extension Focus. November/December 2006.
- Wittman, G. "Getting Back to the Basics," Extension Focus. September/October 2006.
- Wittman, G. "Service Learning in Cassia County," Extension Focus. July/August 2006.
- Wittman, G. "Food Safety – Pressure Canner Testing," Extension Focus. April/May 2006.
- Wittman, G. "The Two Income Trap," Extension Focus. February/March 2006.
- Wittman, G. "Master Food Preserver/Food Safety Advisor Update," Extension Focus. February/March 2006.
- Wittman, G. "Customer Relations Training," Extension Focus. December/January 2006.
- Wittman, G. "Food Safety on the Web," Extension Focus. December/January 2006.
- Wittman, G. "Keep the Holidays Happy, Put Food Safety First!" Extension Focus. October/November 2005.

Popular Press:

- Wittman, G. "Avoiding Three Errors in Pressure Canning." Simply Ag. March 2014.
- Wittman, G. "Do's and Don'ts of Home Canning," Ag Weekly. June 2010.
- Wittman, G. "Canning Tomato Products," Mini-Cassia Times-News. September 2009.
- Wittman, G. "Canning Butter: Safe or Not?" Ag Weekly. June 2009.
- Wittman, G. "The Proper Care and Maintenance of Your Holiday Meat," Ag Weekly. December 2008.
- Wittman, G. "Careful About Canning Tomatoes After a Freeze," Times News. September 2008.
- Wittman, G. "Should you Wash Ready-to-Eat Leafy Green Salads?" Ag Weekly. July 2008.
- Wittman, G. "Careful About Canning Tomatoes After a Freeze," South Idaho Press. September 2007.
- Wittman, G. "Those Holiday Leftovers," Ag Weekly. November 2006.
- Wittman, G. "Safety When Canning!" Ag Weekly. June 2006.
- Wittman, G. "Keep the Holidays Happy, Put Food Safety First!" Ag Weekly. November 2005.

Interview Articles:

- “How To Preserve: UI Extension Offers Help,” Times News, May 2016.
- “Playing the Learning Game,” Mini-Cassia Times News, January 2011.
- “Wii Style Workouts,” Times-News. April 2010.
- “Playing The Game of Life,” Mini-Cassia Times-News. March 2010.
- “Game Will Test Burley, Cassia County Leadership,” Mini-Cassia Times-News. March 2010.
- “Exergames or Kickball? Idaho Youth Put Both to a Test,” UI Ag Knowledge. 250/2010.
- “Beware of Homemade Dipping Oils,” University of Idaho College of Agricultural and Life Sciences Programs & People. Winter 2010.
- “Funding Renewed for Burley 4-H Program,” Mini-Cassia Times-News. July 2009.
- “A Stronger You,” Weekly News Journal. April 2009.
- “Top Shelf Nutrition,” Mini-Cassia Times-News. January 2009.
- “Afterschool Program Open House,” Weekly News Journal. October 2008.
- “Afterschool Program Offers More than Snacks,” Times News. November 2007.
- “Making the Most of Afterschool,” Times News. October 21, 2007.
- “4-H Implements Afterschool Program for Students,” South Idaho Press. August 2, 2007.
- “Glitter Bugs Infest Germ City at Minidoka Fair,” South Idaho Press. August 4, 2005.
- “Suddenly Military-4-H Helps Kids Speak Out,” University of Idaho College of Agricultural and Life Sciences Programs & People. Winter 2005.

Media Presentations:

- KBAR 1230 Zeb at the Ranch. Healthy Habits. March 3, 2014.
- KMVT Channel 11 News. Strong Women. October 9, 2012.
- KMVT Channel 11 News. Countywide Afterschool Survey. October 31, 2011.
- KBAR 1230 Zeb at the Ranch. Strong Women. April 19, 2010.
- KMVT Channel 11 News. Home Food Preservation. August 9, 2008.
- KBAR 1230 Zeb at the Ranch. Importance of Afterschool Programs. November 28, 2007.
- KMVT Channel 11 News. White Pine Afterschool Program. September 28, 2007.
- KBAR 1230 Zeb at the Ranch. Food Safety and Hazards in the Summertime and the New Food Guide Pyramid. July 7, 2005.

Judging:

- Custer County Fair 4-H Interview. 2016.
- Lemhi County Fair Home Preserved Foods, 2016.
- Lincoln County Fair Miscellaneous Projects. July 2016.
- Minidoka County Fair 4-H Cooking Projects. 2015.
- Lemhi County Fair Home Preserved Foods, 2014.
- Minidoka County Fair 4-H Miscellaneous Projects, 2014.
- Jerome County Fair 4-H Photography, 2013.
- Minidoka County Fair 4-H Foods and Nutrition, 2013.
- Lemhi County Fair Home Preserved Foods, 2012.
- Minidoka County Fair 4-H Foods and Nutrition, 2010-2011.
- Lemhi County Fair Home Preserved Foods, 2009.
- Minidoka County 4-H Style Revue, 2009.
- Custer County Fair Home Preserved Foods, 2008.
- Minidoka County 4-H Style Revue, 2008.
- Twin Falls County Fair 4-H Foods and Nutrition, 2008.
- Minidoka County 4-H Style Revue, 2006.
- Minidoka County Fair 4-H Miscellaneous Projects, 2005.
- Minidoka County 4-H Style Revue, 2005.
- Latah County Fair, Miscellaneous and Family and Consumer Science Judges Coordinator, 2005.

PROFESSIONAL DEVELOPMENT:**Teaching:**

Diabetes Prevention Training. Boise, Idaho. March 24-25, 2017.
Western Region 4-H Institute, Salt Lake City, Utah. February 2-6, 2015.
National Science Academy, National 4-H Council. Virtual Conference.
March 5, 7, 12, 14, 2013.
Hands-on Training: LEGO Mindstorms Robotics, Orlando, Florida. October 20, 2012.
Hands-on Training: LEGO WeDo Robotics, Orlando, Florida. October 20, 2012.
Hands-on Training: 4-H Junk Drawer Robotics, Orlando, Florida. October 22, 2012.
Annie's Project Facilitator Training, Caldwell, Idaho. September 30 – October 1, 2010.
Horizons Leadership Plenty Facilitator Training, Idaho Falls, Idaho. January 7-9, 2009.
Horizons Study Circles Facilitator Training, Twin Falls, Idaho. October 13-14, 2008.
Pacific Northwest Food Preservation Training and Food Safety Extension Update, Richland,
Washington. June 18-20, 2007.
EVOLVE Western Region Workshop on Community Leadership Development, Jackson Hole,
Wyoming. October 17-19, 2006.

Scholarship:

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.
Joint Council Extension Professionals, Las Vegas, Nevada. February 9-11, 2016.
National Association of Extension 4-H Agents, Portland, Oregon. October 26-29, 2015.
National Epsilon Sigma Phi Conference. Coeur d'Alene, Idaho. October 5-7, 2015.
National Health Outreach Conference. Atlanta, Georgia. May 6-8, 2015.
Regional 4-H Youth Development Professional Conference. Boise, Idaho, April 15-17, 2014.
4-H Virtual Professional Development Conference. January 27-30, 2014.
Joint Council of Extension Professionals Galaxy IV, Pittsburgh, Pennsylvania. September
16-20, 2013.
Using Common Outcomes, Measures, Indicators. National 4-H Virtual Conference.
January 30, 2013.
National Association of Extension 4-H Agents, Orlando, Florida. October 19-25, 2012.
National Association of Community Development Extension Professionals, Park City, Utah.
May 21-23, 2012.
National Association of Extension 4-H Agents, Omaha, Nebraska. October 26-28, 2011.
Epsilon Sigma Phi Annual Conference. Jackson, Wyoming. October 12-15, 2010.
The Children Youth and Families At-Risk (CYFAR) Conference. San Francisco, California.
May 4-7, 2010.
National Afterschool Association Convention. Washington DC. April 19-21, 2010.
Horizons Scholarship Retreat. Albion, Idaho. February 8-10, 2010.
Afterschool "I" Clicker Training. Burley, Idaho. January 15, 2010.
Horizons Scholarship Retreat. Salmon, Idaho. December 14-16, 2009.
Grant Writing Training. Pocatello, Idaho. November 9-11, 2009.
Epsilon Sigma Phi Annual Conference. Engage, Enlighten and Enjoy, Fargo, North Dakota.
September 13-16, 2009.
The Children Youth and Families At-Risk (CYFAR) Conference. Baltimore, Maryland.
May 18-22, 2009.
Galaxy III Conference, Celebrating the Extension System: Strengths, Diversity and Unique
Qualities. Indianapolis, Indiana. September 15-19, 2008.
The Children Youth and Families At-Risk (CYFAR) Conference. San Antonio, Texas.
May 6-9, 2008.
The Children Youth and Families At-Risk (CYFAR) Conference. Chicago, Illinois.
May 1-4, 2007.

National Extension Association of Family & Consumer Sciences (NEAFCS) National Meeting. Denver, Colorado. October 3-6, 2006.
 National Extension Association of Family & Consumer Sciences (NEAFCS) National Meeting. Philadelphia, Pennsylvania. September 25-28, 2005.
 The Children Youth and Families At-Risk (CYFAR) Conference. Boston, Massachusetts. May 24-27, 2005.

Outreach:

Public Issues Leadership Development. Washington, D.C. April 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.
 Idaho 4-H Teen Conference, Moscow, Idaho. June 8-13, 2015.
 University of Idaho Extension Annual Conference, Boise, Idaho. March 30-April 2, 2015.
 Idaho State 4-H Teen Conference, Moscow, Idaho. June 9-13, 2014.
 University of Idaho Extension Annual Conference, Moscow, Idaho. March 12-13, 2014.
 Western 4-H Institute Planning Meeting, Salt Lake City, Utah. February 3-6, 2014.
 Idaho State 4-H Teen Conference, Moscow, Idaho. June 10-14, 2013.
 University of Idaho Extension Annual Conference, Boise, Idaho. April 8-11, 2013.
 Idaho State Farm to School Conference. Boise, Idaho. July 23-24, 2012.
 University of Idaho Extension Annual Conference, Boise, Idaho. April 2-5, 2012.
 University of Idaho Extension Annual Conference, Moscow, Idaho. April 26-29, 2011.
 University of Idaho Extension Annual Conference. Burley, Idaho. April 13-15, 2010.
 National Afterschool Coalition Afterschool for All Challenge on the Hill. Washington DC. April 20, 2010.
 Horizons Coaches Retreat. Albion, Idaho. October 5-6, 2009.
 Bridge from School to Afterschool Conference. Vancouver, Washington. October 19-20, 2009.
 Idaho Non Profit Training. Twin Falls, Idaho. October 15, 2009.
 University of Idaho Extension Annual Conference. Moscow, Idaho. March 9-12, 2009.
 Bridge from School to Afterschool Conference. Vancouver, Washington. October 20-21, 2008.
 Idaho Non-Profit Conference. Boise, Idaho. October 15-7, 2008.
 University of Idaho Extension Annual Conference. Moscow, Idaho. April 11-13, 2008.
 University of Idaho Family and Consumer Sciences In-Service. Boise, Idaho. April 4, 2008.
 Western Region Leaders Forum. Boise, Idaho. March 7-9, 2008.
 District III Faculty Retreat. Salmon, Idaho. July 16-17, 2007.
 Strong Women Training. Moscow, Idaho. May 15, 2007.
 University of Idaho Extension Annual Conference. Moscow, Idaho. April 10-12, 2007.
 State FCS In-Service. Boise, Idaho. October 25, 2006.
 4-H, Youth and Families PNW (Pacific Northwest) Professional Development Conference. Boise, Idaho. May 1-3, 2006.
 District III Faculty Retreat. Hagerman, Idaho. June 15-16, 2006.
 Western Community Vitality Initiative Training. Twin Falls, Idaho. October 13-14, 2008.

Administration/Management:

Executive Leadership Training, Orlando, Florida. October, 22, 2012.
 4-H Youth Development 4-H Online Training, Twin Falls, Idaho. September 19, 2012.
 University of Idaho Banner Training, Webinar. August 30, 2011.
 County Chair Training. Boise, Idaho. Moscow, Idaho. March 31, 2008.
 Children Youth and Families At-Risk Grant Administrator Training, Washington, D.C. August 13-14, 2007.
 College of Agricultural and Life Sciences (CALs) Human Resource Training. Caldwell, Idaho. November 9, 2006.