

# CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

**NAME:** Deanna Crandall Poulsen

**DATE:** October 31, 2025

**RANK OR TITLE:** Assistant Extension Professor/Extension Educator

**DEPARTMENT:** University of Idaho Extension, Eastern District

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**DATE OF FIRST EMPLOYMENT AT UI:** 2008-2010

**DATE OF TENURE:** Untenured

**DATE OF PRESENT RANK OR TITLE:** February 5, 2024

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

M.S., 2021, Curriculum and Instruction, Western Governors University, Salt Lake City, Utah.

B.S., 2006, Family and Consumer Science Education Composite, Brigham Young University-Idaho, Rexburg, Idaho.

### Certificates and Licenses:

State of Idaho Safe Food Handlers Permit, 2024.

Idaho State Teaching License, 2006-2011.

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Assistant Extension Professor and County Extension Educator, University of Idaho, Jefferson County, Rigby, Idaho 2024-present.

Adjunct Family Consumer Sciences (FCS) Instructor, Brigham Young University-Idaho, Rexburg, Idaho, 2019-2023.

Assistant FCS, University of Idaho, Bonneville County, Idaho Falls Idaho, 2008-2010.

### Non-Academic Employment including Armed Forces:

Owner, Seamstress, The Thimble Tailor, LLC, Rexburg, Idaho, 2020-present.

Assistant Swim Coach, Madison High School, Rexburg, Idaho, 2022-present.

Independent Contracted Seamstress, Idaho Falls, Idaho, 2010-2019.

Head Swim Coach, Skyline High School, Idaho Falls, Idaho, 2017-2019.

Secondary FCS Education Teacher, Hillcrest High School, Bonneville County, Ammon, Idaho, 2006-2007.

**TEACHING ACCOMPLISHMENTS:****Areas of Specialization:**

Food Safety and Food Preservation  
 Nutrition and Health  
 General Family and Consumer Sciences  
 Youth Financial Literacy  
 4-H Youth Development

**Courses Taught:**

Poulsen, D. Foodservice Management, FCS 351, 2019-2023.  
 Poulsen, D. Introduction to Interior Design, FCS 140, 2019-2023.  
 Poulsen, D. Introduction to Family and Consumer Sciences, FCS 101, 2020-2023.

**Interns/Students Advised:**

Wadsworth, Elaina, 2025

**Materials Developed:****PowerPoint/Slide Presentations:**

Poulsen, D. Preserve your harvest, 1-hour food preservation presentations. 2025.  
 Poulsen, D. Preserve for fun, hands-on food preservation low- and high-acid demonstrations. 2025.

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

Poulsen, D. Preserve for fun: low-acid, Rigby, Idaho, October 17, 2025.  
 Poulsen, D. Freezer meals bootcamp 2.0, Rigby, Idaho, October 10, 2025.  
 Poulsen, D. Preserve for fun: low-acid, Idaho Falls, Idaho, October 8, 2025.  
 Poulsen, D. Freezer Meals Bootcamp 2.0, Ashton, Idaho, October 2, 2025.  
 Poulsen, D. Preserve for fun: low-acid, Ashton, Idaho, September 11, 2025.  
 Poulsen, D. Preserve for fun: low-acid, Rigby, September 5, 2025.  
 Poulsen, D. Preserve for fun: high-acid, Ashton, Idaho, August 28, 2025.  
 Poulsen, D. Preserve your harvest, Online, August 26, 2025.  
 Poulsen, D. Preserve@home, Online, July 11, 17, 24, 31, 2025, 4 sessions.  
 Poulsen, D. Preserve for fun: low-acid, Rigby, Idaho, July 22, 2025.  
 Poulsen, D. Preserve your harvest, Ashton, Idaho, July 11, 2025, 4 sessions.  
 Poulsen, D. Preserve for fun: high-acid, Rigby, Idaho, June 12, 2025.  
 Poulsen, D. Preserve for fun: high-acid, Rigby, Idaho, May 14, 2025.  
 Poulsen, D. Preserve your harvest, Arco, Idaho, May 8, 2025.  
 Poulsen, D. Plant & preserve, Rigby, Idaho, April 17, 2025.  
 Poulsen, D. Freezer meals bootcamp, Ashton, Idaho, April 2, 2025.  
 Poulsen, D. Master food safety advisor program, Rigby, Idaho, March 5, February 5, 11, 19, 26, January 22, 29, 2025, 7 sessions.  
 Poulsen, D. Preserve@home, Online, January 23, February 13, 20, 27, 2025, 4 sessions.  
 Poulsen, D. Food prep for teens, Idaho Falls, Idaho, January 7, 2025.  
 Poulsen, D. Preserve your harvest, Rigby, Idaho, November 14, 2024.  
 Poulsen, D. Getting started with canning, Rexburg, Idaho, July 19, 2024.  
 Poulsen, D. and V. Hayman, Preserve@Home foodborne illness, Online, June 6, 2024.  
 Poulsen, D. Hands-on low acid canning, Rigby, Idaho, May 9, 2024.  
 Poulsen, D. Hands-on high acid canning, Rigby, Idaho, May 8, 2024.  
 Poulsen, D. Hands-on low acid canning, Malad, Idaho, April 24, 2024.  
 Poulsen, D. Hands-on high acid canning, Malad, Idaho, April 18, 2024.  
 Poulsen, D. Hands-on high acid canning, Rigby, Idaho, April 17, 2024.  
 Buck, J. and **D. Poulsen**. Hands-on low acid canning, Blackfoot, Idaho, March 28, 2024.

**TEACHING ACCOMPLISHMENTS (cont.):**

Poulsen, D. and J. Buck. Hands-on high acid canning, Blackfoot, Idaho, March 27, 2024.  
 Poulsen, D. and K. Ure. Preserve@Home, Online, February 29, 2024.  
 Poulsen, D. Food Preservation for high and low acid produce, Eastern District, 17 sessions, 2008-2010.

**Nutrition and Health**

## Nutrition

Poulsen, D. Nutrition made simple, Rigby, Idaho, February 18, March 18, 25, April 1, 15, July 15, September 18, 2025. 7 sessions.  
 Poulsen, D. and A. Hickman. Grain guy, Ririe, Idaho, March 27, 2025, 3 sessions.  
 Poulsen, D. and M. Raymond. Grain guy, Ririe, Idaho, 3 sessions, March 7, 2024.  
 Hickman, A. and **D. Poulsen**. Grain guy, Rigby, Idaho, March 5, 2024, 3 sessions.  
 Poulsen, D. and L. Hansen. MyPlate, Sugar City, Idaho, February 15, 2024, 4 sessions.  
 Hansen, L. and **D. Poulsen**. MyPlate, Sugar City, Idaho, February 13, 2024, 2 sessions.

## Healthy Living

Poulsen, D. Fitness made simple, Online, August 7, 28, July 17, June 12, May 8, 22, 29, April 3, March 6, 20, 27, February 20, January 9, 2025. 13 sessions.  
 Poulsen, D. Potato Conference: Gnocchi, January 22, 2025.  
 Poulsen, D. Dementia friends, Rigby, Idaho, November 21, 2024.  
 Buck, J. and **D. Poulsen**. Capture the Flavor: Herbs and Spices, Rigby, Idaho, November 15, 2024.  
 Poulsen, D. Fitness made simple, Rigby, Idaho, October 31, 2024.  
 Poulsen, D. Fitness made simple, Rigby, Idaho, October 29, 2024.  
 Poulsen, D. Fitness made simple, Rigby, Idaho, October 24, 2024.  
 Poulsen, D. Fitness made simple, Online, October 24, 2024.  
 Poulsen, D. Fitness made simple, Rigby, Idaho, October 22, 2024  
 Poulsen, D. Fitness made simple, Rigby, Idaho, October 3, 2024  
 Poulsen, D. Fitness made simple, Rigby, Idaho, October 1, 2024  
 Poulsen, D. Fitness made simple, Online, May 2, 2024  
 Poulsen, D. Fitness made simple, Online, June 6, 2024  
 Poulsen, D. Fitness made simple, Online, June 20, 2024  
 Poulsen, D. Fitness made simple, Online, June 27, 2024  
 Poulsen, D. and M. Raymond. Germ bug, Hamer, Idaho, February 27, 2024.

**General Family & Consumer Sciences**

## Financial Literacy

Poulsen, D. and A. Hickman. Junior achievement, Rigby, Idaho, October 2, 2024, 5 segments.  
 Hansen, L. and **D. Poulsen**. Night of the living debt, Ammon, Idaho, February 22, 2024.  
 Poulsen, D. and L. Hansen. Night of the living debt, Ammon, Idaho, February 22, 2024.  
 Hansen, L. and **D. Poulsen**. Welcome to the real world, Ammon, Idaho, February 21, 2024.  
 Poulsen, D. and L. Hansen. Welcome to the real world, Ammon, Idaho, February 21, 2024.  
 Hansen, L. and **D. Poulsen**. Employment feud, Ammon, Idaho, February 20, 2024.  
 Poulsen, D. and L. Hansen. Employment feud, Ammon, Idaho, February 20, 2024.  
 Poulsen, D. and L. Erickson. Welcome to the real world, 24 sessions, Eastern District, 2008-10.

## Family &amp; Consumer Sciences Education

Poulsen, D. Backstitch to basics, Rexburg, Idaho, March 11, 18, 2025.  
 Poulsen, D. Backstitch to basics, Rigby, Idaho, March 6, 2025.  
 Buck, J. and **D. Poulsen**. Reducing consumer waste, Rigby, Idaho, January 9, 2025.  
 Poulsen, D. Connecting educators and teachers, Pocatello, Idaho, June 17, 2025.

**TEACHING ACCOMPLISHMENTS (cont.):**

- Poulsen, D. Sewing workshop: rope basket, Rigby, Idaho, May 3, 2025.
- Poulsen, D. Connecting high school students to extension, Rigby, Idaho, November 11, 2025.
- Poulsen, D. Sewing workshop: bandana backpack, Idaho Falls, Idaho, May 11, 2024.

**4-H Youth Development**

- Poulsen, D. Jefferson county style revue, Rigby, Idaho, August 11, 2025.
- Poulsen, D. Confidence and poise workshop, Rigby, Idaho, August 8, 2025.
- Poulsen, D. PJ Pants day camp, Rigby Idaho July 8, 9, 10, 2025, 6 sessions.
- Poulsen, D. Jams & jellies day camp, Rigby, Idaho, July 2, 2025.
- Poulsen, D. Egg noodles day camp, Rigby, Idaho, June 18, 2025.
- Poulsen, D. Quick breads day camp, Rigby, Idaho, June 18, 2025.
- Poulsen, D. Hoodies sewing day camp, Rigby, Idaho, June 11, 12, 13, 2025, 3 sessions.
- Poulsen, D. Rope basket day camp, Rigby, Idaho, June 11, 13, 2025, 2 sessions.
- Poulsen, D. and A. Hickman. Potatoes: grow and eat, Blackfoot, Idaho May 1, 2025.
- Poulsen, D. Butter Making, Rigby, Idaho, March 14, 2025.
- Poulsen, D. Cake decorating day camp, Rigby, Idaho, March 25, 2025.
- Poulsen, D. Apron sewing day camp, Rigby, Idaho, February 7, 2025.
- Poulsen, D. Cake decorating day camp, Rigby, Idaho, February 7, 2025.
- Poulsen, D. Cake decorating day camp, Rigby, Idaho, January 24, 2025.
- Poulsen, D. Cookies and fractions in 4<sup>th</sup> grade, Rexburg, Idaho, December 1, 2025.
- Poulsen, D. Jefferson county style revue, Rigby, Idaho, August 12, 2024.
- Poulsen, D. Confidence and poise workshop, Rigby, Idaho, August 6, 2024.
- Poulsen, D. Pajama pants day camp, Rigby, Idaho, July 16-18, 2024, 3 classes.
- Poulsen, D. Hoodie day camp, Rigby, Idaho, July 16-18, 2024, 3 classes.
- Poulsen, D. Bandana bag day camp, Rigby, Idaho, July 10, 2024.
- Poulsen, D. Pajama Pants day camp, Rigby, Idaho, July 1-3, 2024.
- Poulsen, D. Sweet pie day camp, Rigby, Idaho, June 19, 2024.
- Poulsen, D. Savory pie day camp, Rigby, Idaho, June 19, 2024.
- Poulsen, D. Patriotic treats day camp, Rigby, Idaho, June 5, 2024.
- Poulsen, D. Savory pie day camp, Rigby, Idaho, June 5, 2024.
- Poulsen, D. Breakfast day camp, Rigby, Idaho, June 4, 2024.
- Poulsen, D. Sweet pie day camp, Rigby, Idaho, June 4, 2024.
- Poulsen, D. and M. Raymond, In-school home arts and crafts, Hamer, Idaho, April 30, 2024.
- Poulsen, D. Sour dough starters day camp, Mud Lake, Idaho, March 8, 2024.
- Poulsen, D. Sour dough starters day camp, Rigby, Idaho, March 1, 2024.
- Raymond, M. and **D. Poulsen**. String art, Terreton, Idaho, February 15, 2024.

**SCHOLARSHIP ACCOMPLISHMENTS:****Publications, Exhibitions, Performances, Recitals:****Other:****University of Idaho Extension Impact Statements:**

- Poulsen, D., J. Gibbons, L. Hansen, K. McFarland, J. Sagers, L. Sant, K. Ure. 2025. Educators adapt and demonstrate to Spanish speaking conference attendees.
- Poulsen, D., P. Wray, L. Sant, C. Carter, J. Buck. 2025. Sewing workshop enhances adult leader knowledge to increase 4-H youth projects.
- Buck, J., C. Carter, **D. Poulsen**, L. Sant, P. Wray. 2024. Sewing workshop participants learned new skills and gained confidence. <https://www.uidaho.edu/-/media/uidaho-responsive/files/extension/admin/impacts/2024/16-24-jbuck-sewing-workshop.pdf?la=en&rev=e4d4f7ca5aa047148c3ee1424d6b9663>

**SCHOLARSHIP ACCOMPLISHMENTS (cont.):**

Poulsen, D. 2024. Secondary FCS teachers and UI Extension educators connect through sewing.  
<https://www.uidaho.edu/-/media/uidaho-responsive/files/extension/admin/impacts/2024/19-24-dpoulsen-sewing-connection.pdf?la=en&rev=b68a0313494e401f9ac42a5f80b85804>

**Scholarly Presentations and Other Creative Activities:****Displays and Posters:**

Wray, P., **D. Poulsen**, L. Sant, C. Carter, J. Buck, 4-H sewing workshops: Empowering youth volunteers with the skills and confidence to teach sewing to youth. National Association of Extension 4-H Youth Development Professionals, Atlanta, Georgia.

**Grants and Contracts Awarded:**

Howard, T., L. Blanch, B. Morrisroe, **D. Poulsen**, K. Tift, K. Jensen, K. Ure and L. Sant. Dementia Friends and Savvy Caregivers Programs. Alzheimer's Disease and Related Dementias. Idaho Department of Health and Welfare, September 2025- September 2027, \$125,000 (no spending authority).

**Internal Funding Awarded:**

Poulsen, D. University of Idaho Extension Innovative Project Award to facilitate Sewing Workshop, 2025. \$3400.

Poulsen, D. University of Idaho Preserve@Home fund, 2025. \$1800.

Poulsen, D. UI Extension Eastern District, Enhancement gift to register for National Extension Association of Family & Consumer Sciences 2024 Annual Session, 2024. \$525.

Poulsen, D. Joint Council of Extension Professionals for travel costs for National Extension Association of Family & Consumer Sciences 2024 Annual Session, 2024. \$300.

Poulsen, D. University of Idaho Extension Innovative Project Award to purchase sewing machine for Jefferson County 4-H programming, 2024. \$326.

Poulsen, D. Health and Well-Being Professional Extension Team to purchase equipment for Fitness made simple programming. 2024. \$500.

**In-kind and Industry Support:**

Poulsen, D. Sewing Workshop. Jone's Sew and Vac, 2025, \$100.

**SERVICE:****Major Committee Assignments:****Regional:**

Western Region Food Preservation Working Group, 2024-2025

**State:**

State Horse Contest Demonstration Event Facilitator, 2024-2025

**College:**

Extension Advisory Committee for Family & Consumer Sciences Educator, 2025

Hiring Committee for Family & Consumer Science Educator, Bingham County, 2025

Hiring Committee for Eat Smart Idaho Position, Bannock County, 2024-2025.

**Extension:**

University of Idaho Extension Health and Wellness Priority Extension Theme, 2024-2025

University of Idaho 4-H Youth Development Priority Extension Theme, 2024-2025

University of Idaho Food Preservation Working Group Committee, 2024-2025

**District:**

Eastern District Family & Consumer Sciences Working Group Secretary, 2024-2025  
Eastern Idaho State Fair Horse Committee, 2024-2025

**County/Local:**

Rigby County Fair Demonstration Facilitator, 2024-2025  
Rigby High School Family & Consumer Sciences Program Advisory Committee, 2024-present

**Professional and Scholarly Organizations:**

National Association of Extension 4-H Youth Development Professionals, 2025.  
Joint Council of Extension Professionals, 2024-present.  
Idaho Affiliate Secretary, 2025.  
National Extension Association of Family & Consumer Sciences, 2024-present.  
Membership and Life Members Committee, 2024-present.  
Idaho Affiliate National Extension Association of Family & Consumer Sciences, 2024-present.  
VP Public Affairs, 2024-present.

**Outreach Service:**

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

Style Revue Workshop, Rigby, Idaho, August 2025.  
Connecting Extension and Secondary Education, Pocatello, Idaho, June 17, 2025.  
Jefferson County 4-H Camp, Alpine, Wyoming, June 24-25, 2025.  
Eastern District Sewing Workshop, Rigby, Idaho, May 3, 2025.  
Jefferson County Advisory Committee Meeting, Rigby, Idaho, February 10, 2025.  
Style Revue Workshop, Rigby, Idaho, August 2024.  
Connecting Extension and Secondary Education, Rigby, Idaho, June 17, 2024.  
Jefferson County 4-H Camp, Alpine, Wyoming, June 2024.

**Miscellaneous Extension Publications:**

Jefferson County Extension Newsletter  
Turkey Talk & Prep. October 2025.  
Roots & Results. September 2025.  
Seal the deal. July 2025.  
Get Fired Up! May 2025.  
Egg-cellent reminders: handling eggs. April 2025.  
Freezing food to minimize waste. March 2025.  
Eating smart for your heart. February 2025.  
Jefferson County Extension Newsletter  
Freezer Meal Tips. October 2024.  
Health-full Harvest. September 2024.  
Are you in the danger zone? July 2024.  
Hydration Hacks for Health. May 2024.  
Milling grains at home. April 2024.  
Microgreens. March 2024.

**Interview Articles:**

Grand, E. Fairs and Trick or Treat: Rigby chamber closes up one season and begins another, The Jefferson Star, September 17, 2025.

**Webpages/Social Media:**

Jefferson County Extension Facebook Page, 2024-present.

**Judging:**

Bonneville County Fair, Open Class Home Food Preservation, Idaho Falls, Idaho, July 31, 2024.

**Review Activities:**

Award applications, Idaho Affiliate of the National Extension Association of Family & Consumer Sciences, 2024.

**PROFESSIONAL DEVELOPMENT:**

**Teaching:**

Consumer Food Safety Conference, SYSCO, Houston, Texas, March 13-15, 2025.  
Capture the flavor: herbs and spices, University of Maryland, Online, March 4, 2025.  
Money Habitudes, Eastern district, May 6, 2025.  
Train the trainer, Fitness made simple, University of Idaho Bonneville County Extension, Idaho Falls, Idaho, February 23, 2024.  
StrongPeople, Utah State University, Orem, Utah, May 7, 2024.

**Scholarship:**

University of Idaho new faculty orientation, Moscow, Idaho, August 11-14, 2024.

**Outreach:**

Eastern District Extension Fall Professional Development Meeting, Nancy M Cummings Research and Extension and Education Center, Salmon, Idaho, October 16-17, 2025.  
Chamber of Commerce Reports, Rigby, Idaho, December 13, 2024, January 8, March 19, October 8, 2025.  
Eastern District Extension Spring Professional Development Meeting, Blackfoot, Idaho, April 16, 2025.  
University of Idaho Extension Annual Conference, Boise, Idaho, April 8-11, 2025.  
University of Idaho Extension Food Preservation topic team planning meeting, Boise, Idaho, April 9, 2025.  
Eastern District Extension Fall Professional Development Meeting, Fort Hall Indian Reservation, Fort Hall, Idaho, October 8-9, 2024.  
Chamber of Commerce Report, Rigby, Idaho September 11, 2024.  
Eastern District Extension Spring Professional Development Meeting, Idaho Falls, Idaho, April 25, 2024.  
University of Idaho Extension Annual Conference, Moscow, Idaho, April 8-11, 2024.  
University of Idaho Extension Food Preservation topic team planning meeting, Moscow, Idaho, April 10, 2024, September 24, 2024.