

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Sant, Laura Lynne

DATE: October 31, 2025

RANK OR TITLE: Extension Professor
Extension Educator/ Family and Consumer Sciences

DEPARTMENT: University of Idaho Extension Eastern District

OFFICE LOCATION: Franklin County Extension
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DATE OF FIRST EMPLOYMENT AT UI: April 30, 2001

DATE OF TENURE: July 1, 2007

DATE OF PRESENT RANK OR TITLE: July 1, 2014

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.S., 2000, Nutrition, Utah State University, Logan, Utah.

B.S., 1998, Nutrition and Food Sciences with Dietetics Emphasis, Chemistry Minor, Utah State University, Logan, Utah.

Certificates and Licenses:

Certified Beegle Poverty Coach, March 8, 2024.

Mental Health First Aid – Law Enforcement, Corrections, and Public Safety Supplement Instructor Training, November 8, 2022.

Mental Health First Aid – Youth Instructor Training, May 4-6, 2021.

Mental Health First Aid – Adult Instructor Training, September 28-30, 2020.

Culinary Nutrition Certificate of Training, Academy of Nutrition and Dietetics, July 16, 2019.

Collaborative Institutional Training Initiative (CITI), Human Subject Research, 2015-present.

Registered ServSafe Food Safety Instructor and Exam Proctor, National Restaurant Association Education Foundation, 2005-present.

ServSafe Food Safety Certified, National Restaurant Association Educational Foundation, December 2, 2004-December 4, 2025.

Licensed Dietitian, Idaho State Board of Medicine, 2001–2024.

Registered Dietitian Nutritionist, Commission on Dietetic Registration, Academy for Nutrition and Dietetics, 1998–present.

EXPERIENCE:

Teaching, Extension, and Research Appointments:

Extension Professor and Extension Educator, University of Idaho Extension, Franklin County, Preston, Idaho, 2014-present.

Associate Extension Professor and Extension Educator, University of Idaho Extension, Franklin County, Preston, Idaho, 2007-2014.

Assistant Extension Professor and Extension Educator, University of Idaho Extension, Franklin County, Preston, Idaho, 2001-2007.

Program Associate, Family Nutrition Program, Utah State University Extension, Logan, Utah, 1999–2000.

Summer Youth Program Instructor, Ute American Indian Tribe, Fort Duchesne, Utah, 1999.

Graduate Research Assistantship, Utah State University, 1998-1999.

EXPERIENCE (cont.):**Academic Administrative Appointments:**

County Chair, University of Idaho Extension, Franklin County, Preston, Idaho, 2018-present.

Non-Academic Employment:

Clinical Dietitian, Ogden Regional Medical Center, Ogden, Utah, 2000–2001.

Community Dietitian, Paiute American Indian Tribe, Cedar City, Utah, 2000.

TEACHING ACCOMPLISHMENTS:**Areas of Specialization:**

Health, Nutrition and Wellness

Food Safety and Preservation

Courses Taught:

Sant, L., J. Buck, S. Greenway, V. Hayman, J. Peutz, A. Robertson, and G. Wittman. Food Preservation, FN 376, 2024.

Sant, L., J. Peutz, G. Wittman, S. Greenway, A. Robertson, and V. Hayman. Food Preservation, FN 376, 2023.

Sant, L., J. Peutz, A. Zander, G. Wittman, S. Greenway, A. Robertson, D. Smith, V. Hayman and S. Balls. Food Preservation, FCS 475, 2020.

Sant, L., J. Peutz, A. Zander, G. Wittman, J. Buck, S. Greenway, A. Robertson, J. Balzan, D. Smith and V. Hayman. Food Preservation, FCS 475, 2019

Sant, L., Peutz, A. Zander, G. Wittman, J. Buck and S. Greenway. Food Preservation, FCS 475, 2017.

Sant, L., A. Zander, G. Wittman and J. Buck. Food Preservation FCS 475, 2015.

Sant, L., J. Peutz and G. Wittman. Food Preservation, FCS 475, 2014.

Hampton, C., **L. Sant**, A. Zander and J. Peutz. Food Preservation, FCS 475, 2013.

Hampton, C., **L. Sant** and A. Zander. Food Preservation FCS 475 – Fall Session 2012 co-taught with

C. Hampton, J. Peutz, **L. Sant** and A. Zander. Food Preservation, FCS 475, 2012.

C. Hampton, J. Peutz and **L. Sant**. Food Preservation, FCS 475, 2011.

C. Hampton, J. Peutz and **L. Sant**. Food Preservation, FCS 475, 2009.

Interns/Students Advised:

Stewart, A. UI Extension Summer Internship, 2025.

Beutler, L., Utah State University, 2021.

Bartholomew, N., Utah State University, 2019.

Chugg, K., UI Extension Summer Internship, 2019.

Materials Developed:**Webpages:**

Sant, L. University of Idaho Extension, Franklin County,
<https://www.uidaho.edu/extension/county/franklin>, 2016-present.

Video Productions:

Sant, L. 2025. Mindful Eating, YouTube Video.

<https://www.youtube.com/watch?v=46eF8NSaHS8&t=17s>

Sant, L. 2025. Move Your Body, YouTube Video. https://youtu.be/CalmYH_wOP0

Sant, L. 2025. Mediterranean Eating, YouTube Video. https://youtu.be/Pkht3AZaJ_Q

Sant, L. 2024. Tiny Tastes Add Up Big Over Holidays, YouTube Video.

<https://youtu.be/HWGoShDuZa8>

Sant, L. 2024. Preventing and Managing Burnout, YouTube Video.

<https://youtu.be/ljY7k-2OkF0>

Sant, L. 2024. MyPlate for Adults, YouTube Video. <https://youtu.be/LRAjSVB40YM>

TEACHING ACCOMPLISHMENTS:**Materials Developed:****Video Productions:**

- Sant, L. 2024. Yoga Basics, YouTube Video.
<https://www.youtube.com/watch?v=djxZzD7adTw>
- Sant, L. 2023. Qi Gong Basics, YouTube Video.
<https://www.youtube.com/watch?v=KBPFyRmp3UA>
- Sant, L. 2023. U and I Together: Just Relax! Progressive Muscle Relaxation, YouTube Video.
<https://youtu.be/3TcrCE-nLCg>
- Sant, L. 2023. How to Beat Holiday Stress, YouTube Video. <https://youtu.be/mfjXY-MoKpk>
- Sant, L. 2023. Embracing Gratitude with Mindfulness, YouTube Video.
<https://youtu.be/ys5yGxINU0w>
- Sant, L. 2022. Progressive Muscle Relaxation. <https://youtu.be/FlqdeX7KODA>
- Sant, L. 2022. Meditation for Stress Relief, YouTube Video. <https://youtu.be/3DeyHYxUOcQ>
- Sant, L. 2022. Deep Breathing. <https://youtu.be/iWfsm2ycLXY>
- Produced 17 videos from 2001-2020.

Non-Credit Classes, Workshops, Seminars, Invited Lectures, etc.:**Food, Nutrition, and Health:**

- Sant, L. Mindful Eating, Franklin County Wellness, Online, October 7, 2025.
- Sant, L. and L. Hansen. Adult Mental Health First Aid, ISU Physician's Assistant Students, Pocatello, Idaho, August 22, 2025.
- Sant, L. Move Your Body, Franklin County Wellness, Online, May 22, 2025.
- Sant, L. and K. Tift. Poverty Competency Training-Part 4, Americorps, Online, May 6, 2025.
- Blanch, L. L. Sant, K. Ure. Poverty Competency Training, Southeastern Idaho Health Department, Pocatello, Idaho, April 28-29, 2025.
- Blanch, L. and L. Sant, Poverty in Idaho, UI Eastern District Extension Meeting, Blackfoot, Idaho, April 16, 2025.
- Sant, L. and K. Ure. Poverty Competency Training-Part 1, Americorps, Online, April 15, 2025.
- Sant, L. Fitness Made Simple, Preston, Idaho, March 26, 31, April 2, 7, 9, 14, 16, 21, 23, 28, 30, 2025.
- Sant, L. Eating the Mediterranean Way, Franklin County Wellness, Online, March 5, 2025.
- Sant, L. and J. Harris. Fitness Made Simple, Preston, Idaho, February 10, 12, 19, 24, 26, March 3, 5, 10, 12, 17, 19, 24, 2025.
- Sant, L. Choose MyPlate, Fairview 1st Ward Young Women, Fairview, Idaho, January 28, 2025.
- Sant, L. Habit Shift Mindset, Franklin County Wellness, Online, January 28, 2025.
- Sant, L. The Health Benefits of Using Potatoes to Enhance Bread, Potato Conference, Pocatello, Idaho, January 22, 2025.
- Sant, L. How to Prevent Overindulging During the Holidays, Franklin County Wellness, Online, December 19, 2024.
- Sant, L. Fitness Made Simple, Online, December 19, 2024, January 23, February 6, March 13, June 5, September 4, 9, October 9, 2025.
- Sant, L. Preventing and Managing Burnout, Franklin County Wellness, Preston, Idaho, November 12, 2024.
- Sant, L. The Role of Food and Your Health: Cholesterol and Blood Sugar, Franklin County Wellness, Online, October 30, 2024.
- Sant, L. Time Management, Franklin County Wellness, Online, September 25, 2024.
- Sant, L. and L. Blanch. Poverty in Idaho, SIPH Health Board of Health, Pocatello Idaho, September 12, 2024.

TEACHING ACCOMPLISHMENTS:**Non-Credit Classes, Workshops, Seminars, Invited Lectures, etc.:****Food, Nutrition, and Health (cont.):**

- Sant, L. MyPlate, Franklin County Wellness, Online, July 30, 2024.
- Blanch, L. and L. Sant. Dementia Friends Roundtable, Idaho Hispanic/American Indian Healthcare Conference, Pocatello, Idaho, July 8, 2024.
- Sant, L. Brain Health: Protecting Your Cognitive Assets, Franklin County Wellness, Preston, Idaho, January 24, 2024.
- Sant, L. Chair Yoga, Franklin County Wellness, Preston, Idaho, January 8, 2024.
- Sant, L. Qi Gong Basics, Franklin County Wellness Online, November 21, 2023.
- Sant, L. The Health Benefits of Pumpkins, Community Center, Preston, Idaho, November 17, 2023.
- Sant, L. Fitness Made Simple, Online, November 16, 2023, January 4, 11, February 15, 22, March 21, 28, April 4, 18, May 16, 23, October 17, 2024.
- Sant, L. The Health Benefits of Jalapeno Peppers, Mealtime Inspirations, Blackfoot, Idaho, November 8, 2023.
- Sant, L. and L. Blanch. Dementia Friends Information Session, Community Center, Preston, Idaho, August 4, 2023.
- Blanch, L. and L. Sant. Dementia Friends Information Session, Rexburg Senior Center, Rexburg, Idaho, July 27, 2023.
- Sant, L. Watermelon: Tasty and Healthy, Community Center, Preston, Idaho, July 7, 2023.
- Howard, T., Blanch, L., L. Sant. Dementia Friends Information Session, Online, July 6, 2023.
- Blanch, L. and L. Sant. Dementia Friends, Club Apple, Idaho Falls, Idaho, June 23, 2023.
- Howard, T., Blanch, L., L. Sant. Dementia Friends Information Session, Alzheimer's Disease and Related Dementias State Alliance, Online, May 31, 2023.
- Sant, L. Fitness Made Simple, Online, May 25, June 15, July 13, October 26, 2023.
- Blanch, L. and L. Sant. Dementia Friends Information Session, Senior Center, Blackfoot, Idaho, May 24, 2023.
- Blanch, L. and L. Sant. Dementia Friends Information Session, Senior Center, Pocatello, Idaho, May 24, 2023.
- Blanch, L. and L. Sant. Dementia Friends Information Session, Idaho Falls, Idaho, May 1, 2023.
- Howard, T., L. Blanch, K. Jensen, L. Sant, K. Tiff. Dementia Friends Information Session, UI Extension Annual Conference, Sun Valley, Idaho, April 12, 2023.
- Sant, L. and L. Hansen. Youth Mental Health First Aid, YMCA, Online, April 21, 2023.
- Sant, L. and M. Saffran-Larson. Youth Mental Health First Aid, YMCA, Online, April 18, 2023.
- Sant, L. and L. Blanch. Dementia Friends Information Session, Preston, Idaho, April 6, 2023.
- Sant, L. Atomic Habits, Online, March 22, 2023.
- Sant, L. Just Relax! Progressive Muscle Relaxation, U and I Together, Online, June 13, 2023.
- Sant, L. Youth Cooking Under Pressure, Preston High School, Preston, Idaho, 2 sessions, March 1-2, 2023.
- Sant, L. Embracing Gratitude with Mindfulness, Franklin County Wellness, Online, February 27, 2023.
- Sant, L. How to Beat Holiday Stress, Franklin County Wellness, Online, December 7, 2022.
- Roland, T. and L. Sant. Adult Mental Health First Aid - Public Safety, Mountain Home Police Department, Mountain Home, Idaho, November 17, 2022.
- Sant, L. Health Benefits of Leafy Greens, Mealtime Inspirations, Rigby, Idaho, November 10, 2022.
- Sant, L. Meditation for Stress Relief, Franklin County Wellness, Online, October 27, 2022.
- Sant, L. Progressive Muscle Relaxation, Franklin County Wellness, Online, September 28, 2022.
- Hansen, L. and L. Sant. Mental Health First Aid – Adult, Online, May 4, 2022.
- Hansen, L. and L. Sant. Mental Health First Aid – Youth, Online, April 19, 2022.

TEACHING ACCOMPLISHMENTS:**Non-Credit Classes, Workshops, Seminars, Invited Lectures, etc.:****Food, Nutrition, and Health (cont.):**

- Sant, L. Mindsight: The New Science of Personal Transportation, Eastern District Book Club, Online, April 6, 2022.
- Buck, J., L. Sant, and L. Blanch. American Heart Association: Healthy for Life, Zoom Presentation, March 3, 10, 2022.
- Sant, L. Mediterranean and DASH diets, Boundary County Advanced Master Food Safety Advisor, Online, February 25, 2022.
- Sant, L. Mediterranean and DASH diets, Owyhee County Advanced Master Food Safety Advisor, Online, February 24, 2022.
- Sant, L. Deep Breathing, Franklin County Wellness, Hybrid Zoom and In-Person Presentation, Preston, Idaho, February 15, 2022.
- Sant, L. Dark Chocolate, Preston, Idaho, January 20, 2022.
- Sant, L. Importance of Relaxation, Franklin County Wellness, Online, January 19, 2022.
- Silkwood, G. and L. Sant. Mental Health First Aid – Adult, Lewis Clark Early Childhood Program, Lewiston, Idaho, January 14, 2022.
- Sant, L. Dark Chocolate, Franklin County Wellness, Preston, Idaho, December 9, 2021.
- Sant, L. Holiday Cooking Under Pressure, Preston, Idaho, December 1, 2021.
- Sant, L. Move More, Franklin County Wellness, Preston, Idaho, November 15, 2021.
- Sant, L. Workplace Ergonomics, Franklin County Wellness, Preston, Idaho November 9, 2021.
- Sant, L. Rest Your Body, Franklin County Wellness, Preston, Idaho, October 12, 2021.
- Sant, L. Atomic Habits: Make Tiny Changes, Get Remarkable Results, Eastern District Extension Book Club, October 6, 2021.
- Sant, L. and L. Beutler. How To Become a Registered Dietitian or Registered Dietitian Nutritionist, Preston High School Career Fair, Preston, Idaho, 5 sessions, April 29, 2021.
- Sant, L. Levels of Community Change, Online Teen Health Advocate Training, April 7, 2021.
- Sant, L. Atomic Habits: Make Tiny Changes, Get Remarkable Results, Franklin County Wellness, Preston, Idaho, March 24, 2021.
- Sant, L. Understanding Nutrition Labels and Exercise Recommendations, Online Community Wellness Volunteer Program, March 15, 2021.
- Amende-Lewis, J., B. Morrisroe-Aman, J. Buck, L. Blanch, L. Sant, G. Manker, S.G. Lee. Dining with Diabetes, February 26-March 25, 2021.
- Sant, L. Understanding Health Data and How to Use It, Online Community Wellness Volunteer Program, February 22, 2021.
- Taught 1112 classes from 2001-2020

Youth Development and 4-H:

- Sant, L., B. Henderson, and C. Carter, 4-H Recruitment: Something for Everyone, Oakwood Elementary, 3 sessions, Preston, Idaho, October 16, 2025.
- Sant, L. Duct Tape Wallet Day Camp, Preston, Idaho, October 10, 2025.
- Sant, L. Origami Day Camp, Preston, Idaho, July 14-16, 2025.
- Sant, L. Sewing 101: Pajama Pants/Pillowcase, Day Camp, Preston, Idaho, June 16-19, 2025.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, April 24, 2025.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, April 23, 2025.
- Sant, L. and C. Carter. 4-H Recruitment: Something for Everyone, Harold B. Lee Elementary, Dayton, Idaho, 3 sessions, March 27, 2025.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 19, 2025.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 18, 2025.

TEACHING ACCOMPLISHMENTS:**Non-Credit Classes, Workshops, Seminars, Invited Lectures, etc.:****Youth Development and 4-H (cont.):**

- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 17, 2025.
- Sant, L. Food Art, Day Camp, Preston, Idaho, March 7, 14, 2025.
- Sant, L. and B. Henderson. Tobacco and Vaping Prevention, Harold B. Lee Elementary, Dayton, Idaho, February 13, 2025.
- Sant, L. and B. Henderson. Tobacco and Vaping Prevention, Harold B. Lee Elementary, Dayton, Idaho, February 6, 2025.
- Sant, L. Christmas Origami, Day Camp, Preston, Idaho, December 9-10, 13, 2024.
- Sant, L. 4-H Food Preservation: Freeze Drying, Day Camp, Preston, Idaho, November 4, 8, 11, 15, 2024.
- Sant, L., B. Henderson, and C. Carter, 4-H Recruitment: Something for Everyone, Oakwood Elementary, 3 sessions, October 22, 2024.
- Sant, L. Sewing 101: Pajama Pants, Preston, Idaho, June 24-28, 2024
- Sant, L. Rabbit Club, Preston, Idaho June 6, 26, July 3, 10, 17, 24, 2024.
- Sant, L. Sewing 101: Reversible Apron, May 10, 13, 24, 29, 31, June 7, 2024.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, April 23, 2024.
- Sant, L. and B. Henderson. Tobacco and Vaping Prevention, Harold B. Lee Elementary, Dayton, Idaho, April 4, 2024.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, April 3, 2024.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, April 2, 2024.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, April 1, 2024.
- Sant, L., B. Henderson, and C. Carter, 4-H Recruitment: Something for Everyone, Harold B. Lee Elementary, February 15, 2024.
- Sant, L. Origami, Preston, Idaho, February 9, 16, 26, March 5, 2024.
- Sant, L., B. Henderson, and C. Carter, 4-H Recruitment: Something for Everyone, Harold B. Lee Elementary, February 8, 2024.
- Sant, L., B. Henderson, and C. Carter, 4-H Recruitment: Something for Everyone, Oakwood Elementary, 3 sessions, November 20, 2023.
- Sant, L. Sewing 101 Club: Simple Skirt, Preston, Idaho, July 10-12, 2023.
- Sant, L. Sewing 101 Club: Pajama Pants, Preston, Idaho, June 12, 13, 16, 20, 21, 26, 29, 2023.
- Sant, L. and L. Christensen. Snow Relay Races, 4-H Camp, Preston, Idaho, 5 sessions, June 6, 2023.
- Sant, L. Rabbit Club, Preston, Idaho, June 8, 22, 29, July 6, 13, 20, 2023.
- Sant, L. and B. Henderson. Tobacco and Vaping Prevention, Harold B. Lee Elementary, Dayton, Idaho, 2 sessions, April 20, 2023.
- Sant, L., B. Henderson, J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, April 6, 2023.
- Sant, L., B. Henderson, J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, April 5, 2023.
- Sant, L., B. Henderson, J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 14, 2023.
- Sant, L., B. Henderson, J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 13, 2023.
- Sant, L. Satisfy Your Sweet Tooth: The Science of Chocolate Club, Preston, Idaho, March 7, 14, 21, 2023.
- Sant, L., B. Henderson, J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 6, 2023.

TEACHING ACCOMPLISHMENTS:**Non-Credit Classes, Workshops, Seminars, Invited Lectures, etc.:****Youth Development and 4-H (cont.):**

- Sant, L. B. Henderson, and C. Carter, 4-H: Something Fun for Everyone, Harold B. Lee Elementary, Dayton, Idaho, 4 sessions, February 2, 2023.
- Sant, L. and T. Christensen. Dying Fabrics with Natural Dye, Cloverbuds, Preston, Idaho, November 22, 2022.
- Sant, L., B. Henderson, and C. Carter, 4-H: Something Fun for Everyone, Oakwood Elementary, 3 sessions, October 4, 2022.
- Sant, L. and C. Carter. Beginning Sewing: Skirt, July 18-20, 28, 2022.
- Sant, L. A. Beckstead, and C. Carter. Beginning Sewing: Pajama Pants, June 13-17, 2022.
- Sant, L. Rabbit Club, Preston, Idaho, June 9, 16, 30, July 7, 21, 28, August 4, 2022.
- Sant, L. Yoga, Preston, Idaho, May 3, 10, 17, 24, 2022.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, April 6, 2022.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 23, 2022.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 22, 2022.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 21, 2022.
- Sant, L. and H. Donohoe. Exploring Food Science: Secrets of Baking, Preston, Idaho, March 4, 18, 25, 2022.
- Carter, C., L. Sant, O. Christensen, and C. Sant. Cloverbuds – Palette of Fun, March 7, 9, 14, 16, 21, 23, 2022.
- Sant, L., C. Carter, O. Christensen, and C. Sant. Cloverbuds – Exploring the Treasures of 4-H, February 7, 14, 16, 21, 23, 28, 2022.
- Sant, L., C. Carter, O. Christensen, and C. Sant. Cloverbuds – Mindful Me. January 10, 12, 17, 19, 24, 26, 31, 2022.
- Sant, L. Christmas Origami, Preston, Idaho, December 7, 9-10, 2021.
- Sant, L. Satisfy Your Sweet Tooth: Confections, Preston, Idaho, November 4-5, 11-12, December 2-3, 2021.
- Sant, L. C. Carter and M. Stevens. Star Power, Teen Club, Preston, Idaho, October 28, 2021.
- Sant, L. and B. Henderson. Friendly Fire Day Camp, Preston, Idaho, October 15, 22, 29, 2021.
- Sant, L. Cooking 101 Club, Preston, Idaho, April 6, 15, 20, May 4, 11, 18, 2021.
- Sant, L. Stress Less with Mindfulness, 4-H Camp, Alpine, Wyoming, 5 sessions, June 8, 2021.
- Sant, L. Stress Less with Mindfulness, 4-H Camp, Alpine, Wyoming, 2 sessions, June 7, 2021.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, March 16, 2021.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Harold B. Lee Elementary, Dayton, Idaho, March 15, 2021.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 9, 2021.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 8, 2021.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 2, 2021.
- Sant, L., B. Henderson, and J. Harris. Bread-in-a-Bag, Oakwood Elementary, Preston, Idaho, March 1, 2021.
- Taught 792 classes from 2001-2020.

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

- Sant, L. Canning Basics, Franklin Ward Relief Society, Franklin, Idaho, August 27, 2025.
- Sant, L. Boiling Water Canning vs. Pressure Canning, Farmer's Market, Preston, Idaho, July 16, 2025.
- Sant, L. and J. Buck. Preserve for Fun – Salsa, Preston, Idaho, June 16, 2025.
- Sant, L., G. Wittman, S. Greenway, A. Robertson, V. Hayman, D. Poulsen, K. Ure, M. Evans. Preserve@Home: online food preservation course, June 12-August 7, 2025.
- Sant, L. J. Peutz, G. Wittman, S. Greenway, J. Buck, A. Robertson, V. Hayman, K. Ure, D. Poulsen. Preserve@Home: online food preservation course, January 16-March 13, 2025.
- Sant, L. Freeze Drying Done Right, Preston, Idaho, October 24, 2024.
- Sant, L. Dehydrating Fruits, Vegetables, and Jerky, Regional Master Gardener Convention, Rexburg, Idaho, 2 sessions, July 19, 2024.
- Sant, L., J. Peutz, G. Wittman, S. Greenway, J. Buck, A. Robertson, and V. Hayman. Preserve@Home: online food preservation course, January 18 – March 7, 2024.
- Sant, L. Freeze Drying Basic, Eastern District Home Food Preservation Workshop, Pocatello, Idaho, March 23, 2023.
- Sant, L. Freeze Drying Basic, Eastern District Home Food Preservation Workshop, Rigby, Idaho, March 22, 2023.
- Sant, L., J. Peutz, G. Wittman, S. Greenway, J. Buck, A. Robertson, V. Hayman. Preserve@Home: online food preservation course, January 19 – March 16, 2023.
- Sant, L. Freeze Drying Basics, Preston, Idaho, November 15, 2022.
- Sant, L. Canning Basics, Niter Ward Relief Society, Niter, Idaho, October 8, 2022.
- Sant, L. Food Preservation Basics, Preston, Idaho, September 22, 2022.
- Sant, L., J. Peutz, G. Wittman, J. Buck, S. Greenway, A. Robertson, V. Hayman. Preserve@Home: online food preservation course, June 9 – August 11, 2022.
- Sant, L., G. Hyde, N. Kershaw, P. Case, D. Warnock. Preserve@Home – Oregon: online food preservation course, January 20 – March 17, 2022.
- Sant, L., J. Peutz, G. Wittman, S. Greenway, J. Buck, A. Robertson, A. Zander, D. Smith, V. Hayman. Preserve@Home: online food preservation course, January 20 – March 17, 2022.
- Sant, L. Ready, Set, Food Safe, Preston High School, Preston, Idaho, 2 sessions, September 14, 15, 16, 20, 21, 2021.
- Sant, L., J. Peutz, G. Wittman, S. Greenway, A. Robertson, A. Zander, D. Smith, V. Hayman, S. Balls. Preserve@Home: online food preservation course, June 10 – August 12, 2021.
- Sant, L. Ready, Set, Food Safe, Preston High School, Preston, Idaho, 2 sessions, January 25, 26, 27, 28, February 1, 2021.
- Sant, L., G. Hyde, N. Kershaw, P. Case, S. Withee, D. Warnock. Preserve@Home – Oregon: online food preservation course, January 14 – March 11, 2021.
- Sant, L., J. Peutz, G. Wittman, J. Buck, S. Greenway, A. Robertson, A. Zander, D. Smith, V. Hayman, S. Balls. Preserve@Home: online food preservation course, January 14 – March 11, 2021.
- Taught 554 classes from 2001-2020.

Family Economics:

- Sant, L., B. Henderson, and J. Harris. Welcome to the Real World, Preston High School, Preston, Idaho, 2 sessions, February 8-9, 2023.
- Sant, L., B. Henderson, J. Harris. Welcome to the Real World, Preston High School, Preston, Idaho, 2 sessions, January 4-6, 2022.
- Sant, L. Personal Finance 101, Franklin County Wellness, Preston, Idaho, January 20, 2021.
- Taught 233 classes from 2001-2020.

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

- Buck, J., **L. Sant**, P. Case, S. Greenway, G. Hyde, J. Peutz, A. Zander, G. Wittman, and A. Robertson. Online Training Influence on Food Preservation Behaviors. *Journal of NEAFCS* [Online], 2020, 15:47-50. Available at: <https://neafcs.memberclicks.net/assets/documents/journal/2020-jneafcs/2020-JNEAFCS-FINAL-Compressed.pdf> (2, 3, 4, 5, 6,)
- Sant, L.*, M. Spencer, C. Hampton, M. Lockard, M. Raidl, and J. Plumb. Results of a Community-Based Strength Training Program for Women. *The Forum for Family and Consumer Issues* [Online], 19(2). Available at <http://ncsu.edu/ffci/publications/2014/v19-n2-2014-summer-fall/sant-spencer-hampton-lockard-peutz-raidl-plumb.php> (3, 5, 6)
- Spencer, M., **L. Sant**, C. Hampton, R. Lanting, A. Liddil, M. Lockard, J. Peutz, G. Wittman, S. Woffinden, and M. Raidl. Effectiveness of the Six Week *Strong Women Stay Young* Program. *The Forum for Family and Consumer Issues* [Online], 17(2). Available at <http://ncsu.edu/ffci/publications/2012/v17-n2-2012-summer-fall/spencer-sant-hampton-lanting-liddil-lockard-peutz-wittman-woffinden-raidl.php>. (3, 6)
- McCurdy, S., S. Johnson, C. Hampton, J. Peutz, **L. Sant**, G. Wittman. Ready-to-Go Exhibits Expand Consumer Food Safety Knowledge Action. *J Extension* [Online], 48(5). Available at: <http://www.joe.org/joe/2010october/tt10.php>. (3, 6)
- Raidl, M., G. Wittman, M. Spencer, **L. Sant**, M. Lockard, and J. Peutz. Steps To a New You: A health-centered program that helps adults change physical activity eating habits and body image perceptions. *The Forum for Family and Consumer Issues* [Online], 15 (2). Available at <http://ncsu.edu/ffci/publications/2010/v15-n2-2010-summer-fall/raidl-wittman-spencer-sant-lockard-peutz.php>. (3, 6)
- Rhea Lanting, **Laura Sant**, Marnie Spencer, and Barbara Abo. 2009. Meal Time in Less Time Improves Consumer's Attitudes, Beliefs and Behaviors in Planning and Preparing Nutritious Meals. *The Forum for Family and Consumer Issues* [Online], 14 (1). Available at <http://ncsu.edu/ffci/publications/2009/v14-n1-2009-spring/index-v14-n1-May-2009.php>. (3, 4, 5, 6)
- Nash, S.A. and **L. Sant**. (2004). Life-skill development found in 4-H animal judging. *J Extension* [Online], 2004;43(2). Available at: <http://www.joe.org/joe/2005april/rb5.shtml> (4, 5, 6)

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

- Morrisroe-Aman, B., **L. Sant**, S. Johnson, J. Buck, J. Ho Kim, G. Wittman. 2023. H2O to Go: Staying Safely Hydrated, University of Idaho. BUL0971 <https://www.uidaho.edu/extension/publications/bul/bul971> (5, 6)
- Buck, J., **L. Sant**, A. Robertson. 2020. Making Jerky at Home Safely, University of Idaho. PNW 632. <https://www.extension.uidaho.edu/publishing/pdf/PNW/PNW0632.pdf> (5, 6)
- Morrisroe-Aman, B., **L. Sant**, S. Johnson, J. Buck, J.H. Kim, G. Wittman. 2020. H₂O to Go – Staying Hydrated Safely! University of Idaho. BUL 971. <https://www.extension.uidaho.edu/publishing/html/BUL971-H2O-to-Go-Staying-Hydrated-Safely.aspx> (5, 6)

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Peer-Reviewed and Evaluated:****Extension Publications:****Curricula:**

- Kim, J.H., J.H. Buck, L. Dye, S. Greenway, K. Hoffman, S. Johnson, J. Peutz, A. Robertson, **L. Sant**, and G. Wittman. 2019. Ready, set, food safe: A food service food safety curriculum for high schools, 4th Edition. University of Idaho Extension. <https://www.uidaho.edu/extension/ready-set-food-safe>. (5, 6)
- Sant, L., C. Hampton, and S. McCurdy. 2012. Making jerky at home safely. University of Idaho. PNW 632. Available at <http://www.cals.uidaho.edu/edComm/pdf/PNW/PNW0632.pdf>. (5, 6)
- Spencer, M. **L. Sant**, C. Byington, and M. Raidl. 2012. Keeping bones strong with calcium, vitamin D and physical activity. University of Idaho. CIS 1188. Available at <http://www.cals.uidaho.edu/edComm/pdf/CIS/CIS1188.pdf>. (5, 6)

Journals:

- Wright, I., S. Safaii, M. Raidl, J. Buck, M. Spencer, **L. Sant**, R. Lanting, S. Greenway, E. Nagel, N. Deringer. 2015. Effectiveness of the Healthy Diabetes Plate and Social Media Project. *J Nutr Health* [Online], 2015;1(2). Available at: <http://www.avensonline.org/wp-content/uploads/JNH-2469-4185-01-0007.pdf>. (3, 6)
- Raidl, M., M. Spencer, **L. Sant**, M. Lockard, and J. Plumb. Effectiveness of the Strong Women Strong Bones™ Strength training and Nutrition Education Program. *Jacobs Journal of Sports Medicine* [Online], 2(2), June 2015. Available at: <http://www.jacobspublishers.com/index.php/journal-of-sports-medicine-current-edition> (3, 6)
- Raidl, M., K. Spain, R. Lanting, M. Lockard, S. Johnson, M. Spencer, **L. Sant**, J. Welch, A. Liddil and M. Hartman. The healthy diabetes plate. *Prev Chronic Dis* [Online], 2007 Jan. Available at http://www.cdc.gov/pcd/issues/2007/jan06_0050. (3)
- Spencer, M., **L. Sant** and R. Lanting. Meal Time in Less Time. *J Nutr Educ Behav*, 2005;37(Suppl 2):S154. (5, 6)
- Christensen, N.K., E.B. King and **L. Prestwich** (Sant). Diabetes Education Evaluation. *Top Clin Nutr*. 2000. 15(4):31-40. (6)

Abstracts and Proceedings:

- Blanch, L., T. Howard, J. Buck, K. Jensen, B. Morrisroe, **L. Sant**, and K. Tiff. Dementia Friends, NEAFCS Annual Session, Tucson, Arizona, September 17, 2024. (3, 6)
- Toomey, M., L. McConnell-Soong, J. Peutz, S. Greenway, and **L. Sant**. Coalition Development Work and Extension Burnout: Normalizing shared experience and exploring supportive practices. National Health Outreach Conference, Kansas City, MO, May 5, 2022. (3, 6)
- Amende, J., S. Greenway, J. Peutz, M. Toomey, **L. Sant**, and L. McConnell-Soong. May 2021. Well Connected Communities: Building urban and rural partnerships and coalitions that include youth engagement and leadership. National Health Outreach Conference (Virtual). (5, 6)
- Buck, J., H. K. Jang, **L. Sant**, S. Johnson, B. Morrisroe-Aman, G. Wittman. 2020. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. NEAFCS Virtual Annual Session and Exhibits. (3, 4, 5, 6)

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Peer Reviewed and Evaluated:****Abstracts and Proceedings (cont.):**

- Buck, J., H. K. Jang, **L. Sant**, S. Johnson, B. Morrisroe-Aman, G. Wittman. 2020. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. Idaho and Washington Academy of Nutrition and Dietetics Conference, Spokane, Washington. (3, 4, 5, 6)
- Greenway, S. J. Brandt, B. Morrisroe-Aman, J. Peutz, **L. Sant**, S. Martinez, G. Hyde. Online Food Safety Meets Society's Demand, American Association of Family & Consumer Sciences Annual Conference & Expo, St. Louis, MO. June 23-26, 2019. (3, 4, 6)
- Brandt, J., G. Hyde, J. Peutz, **L. Sant**, S. Greenway, B. Morrisroe-Aman. Online Food Safety And Preservation Education meets Society's Demand, Consumer Food Safety Education Conference, Orlando, FL. March 6-8, 2019. (3, 4, 6)
- Sant, L.*, J. Buck, G. Wittman, J. Peutz, S. Greenway, A. Zander, G. Hyde, N. Kershaw. Preserve@Home: NEAFCS Food Safety Award, NEAFCS Annual Session, Big Sky, Montana, September 13, 2016. (3, 4, 5, 6)
- Buck, J., **L. Sant**, L. Dye, K. Hoffman, M. Spencer. Self-Efficacy Regarding Home Food Preservation Experience Comparing Extension and Online Course, NEAFCS Annual Session, Big Sky, Montana, September 12-15, 2016. (3, 4, 5, 6)
- Raidl, M., M. Spencer, **L. Sant**, C. Hampton, R. Lanting, A. Liddil, M. Lockard, J. Peutz, G. Wittman, and S. Woffinden. Effectiveness of a Six-week Strength Training and Nutrition Program, NEAFCS Annual Session and Exhibits, Lexington, Kentucky, September 15-18, 2014. (3, 6)
- Raidl, M., M. Spencer, **L. Sant**, C. Hampton, R. Lanting, A. Liddil, M. Lockard, J. Peutz, G. Wittman, and S. Woffinden. Effectiveness of a six-week (12 class) strength training and nutrition education program, SNEB Annual Conference, Portland, Oregon, August 9-12, 2013. (3, 6)
- Hampton, C., **L. Sant**, G. Hyde, A. Zander, J. Peutz, and S. McCurdy. Preserve @ Home: Web-based Food Safety and Preservation Program. NEAFCS Annual Session, Columbus, Ohio, September 27, 2012. (5, 6)
- Spencer, M., **L. Sant**, L. Dye, C. Byington, A. Liddil, K. Hoffman, and L. Erickson. Mealtime Inspirations – Holiday Edition, NEAFCS Annual Session, Columbus, Ohio, September 27, 2012. (3, 4, 5, 6)
- Spencer, M. and **L. Sant**. Revealing the Secrets of Successfully Written NEAFCS Presentation Proposals, NEAFCS Annual Session, Columbus, Ohio, September 27, 2012. (5, 6)
- Sant, L.* and M. Spencer. Balanced Living: Rest Your Body, NEAFCS Annual Session, Albuquerque, New Mexico, September 29, 2011. (5, 6)
- Spencer, M. and **L. Sant**. Creative Ways to Teach Children about Healthy Food Choices. NEAFCS Annual Session, Albuquerque, New Mexico, September 28, 2011. (6)
- Spencer, M. and **L. Sant**. Balanced Living: Feed Your Body, NEAFCS Annual Session, September 28, 2011. (5, 6)
- Sant, L.* and M. Spencer. Feed Your Body Mindfully, University of Idaho Extension Annual Conference, Moscow, Idaho, April 4-7, 2011. (5, 6)
- Sant, L. and M. Spencer. Manage Your Stress, NEAFCS Annual Session, Portland, Maine, September 20-24, 2010. (5, 6)
- Spencer, M. and **L. Sant**. Living a Balanced Life: Balance Your Time, NEAFCS Annual Session, Portland, Maine, September 20-24, 2010. (5, 6)
- Spencer, M and **L. Sant**. Time Management Strategies for the Extension Professional, University of Idaho Extension Annual Conference, Burley, Idaho, April 13-15, 2010. (5, 6)

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Peer Reviewed and Evaluated:****Abstracts and Proceedings (cont.):**

- Sant, L.* and M. Spencer. Stress Management Strategies for the Extension Professional, University of Idaho Extension Annual Conference, Burley, Idaho, April 13-15, 2010. (5, 6)
- Nash, S., D. Sanchez, S. Harrison, J. Packham, S. Parkinson, R. Panting, and **L. Sant**. Lamb Showmanship: A DVD Presentation. NAE4-HA Conference, Rochester, New York, October 26, 2009. (4, 6)
- Parkinson, S., S. Harrison, S. Nash, J. Packham, R. Panting, **L. Sant**, and D. Sanchez. Lamb Showmanship: A DVD Presentation. NACAA Annual Meeting, Portland, Oregon. September 20-24, 2009. (4, 6)
- Sant, L.*, S. McCurdy, C. Hampton, S. Johnson, J. Peutz, and G. Wittman. Interactive Food Safety Exhibits for Consumer Venues, NEAFCS Annual Session, Birmingham, Alabama, September 18, 2009. (5, 6)
- Spencer, M. and **L. Sant**. Creative Ways to Teach Children about Healthy Food Choices, NEAFCS Annual Session, Birmingham, Alabama, September 17, 2009. (5, 6)
- Spencer, M., **L. Sant**, and R. Lanting. Meal Time in Less Time, Idaho Dietetic Association, Idaho Falls, Idaho, April 9, 2009. (5, 6)
- Spencer, M., **L. Sant**, and R. Lanting. Meal Time in Less Time, Utah Dietetic Association, Sandy, Utah, April 2, 2009. (5, 6)
- McCurdy, S., C. Hampton, S. Johnson, J. Peutz, **L. Sant**, and G. Wittman. Interactive Food Safety Exhibits for Consumer Venues, Galaxy III Conference, Indianapolis, IN, September 15-19, 2008. (5, 6)
- Sant, L.***, M. Spencer, R. Lanting, and B. Abo. Meal Time in Less Time Improves Healthy Meal Planning and Preparing Behaviors, Shaping a Healthy Future, Jackson Hole, Wyoming, April 23-25, 2008. (3, 4, 5, 6)
- Sant, L.*** and M. Spencer. Life Balance for Health: Stress Management, University of Idaho Extension Annual Conference, Boise Idaho, April 1-3, 2008. (5, 6)
- Spencer, M. and **L. Sant**. Life Balance for Health: Time Management, University of Idaho Extension Annual Conference, Boise, Idaho, April 1-3, 2008. (5, 6)
- Wittman, G., M. Spencer, **L. Sant**, and M. Raidl. Steps to a New You Improves Eating Habits, University of Idaho Extension Annual Conference, Boise, Idaho, April 1-3, 2008. (3, 5, 6)
- Peutz, J. and **L. Sant**. Ready, Set, Food Safe: A Food Service Food Safety Curriculum for High Schools, NEAFCS Annual Session, Minneapolis, Minnesota, September 20, 2007. (5, 6)
- Sant, L.***, M. Spencer, R. Lanting, and B. Abo. Meal Time in Less Time Improves Healthy Meal Planning and Preparing Behaviors, NEAFCS Annual Sessions, Minneapolis, Minnesota, September 20, 2007. (3, 4, 5, 6)
- Raidl, M., R. Lanting, M. Spencer, **L. Sant**, L. Gossett, M. Lockard, and J. Peutz. Steps to a New You improves physical activity habits, Idaho Legislative Poster Session, Boise, ID, January 24, 2007. (3, 6)
- Raidl M., R. Lanting, M. Spencer, **L. Sant**, S. Johnson, K. Spain, A. Liddil, M. Lockard, J. Welch and M. Hartman. The Healthy Diabetes Plate: an effective diabetes self-management nutrition tool, 1st World Congress on Obesity, Diabetes, and Hypertension (CODHy), Berlin, Germany, October 25-29, 2006.
- Raidl, M., R. Lanting, S. Johnson, K. Spain, M. Lockard, M. Spencer, **L. Sant**, A. Liddil and M. Hartman. Program Excellence through Research: The Healthy Diabetes Plate Curriculum, NEAFCS Annual Session, Denver CO., October 3-7, 2006.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Peer Reviewed and Evaluated:****Abstracts and Proceedings (cont.):**

- Peutz, J. S. McCurdy, **L. Sant** and C. Hampton. Ready, Set, Food Safe: Food Service Curriculum for High School Students, SNE Conference, San Francisco, California, July 15-18, 2006.
- Raidl, M., R. Lanting, M. Spencer, **L. Sant**, S. Johnson, M. Lockard, A. Liddil and K. Spain. Using the Healthy Diabetes Plate Curriculum, SNE Conference, San Francisco, California, July 15-18, 2006.
- Spencer, M., **L. Sant** and R. Lanting. Meal Time in Less Time, SNE Conference, San Francisco, California, July 15-18, 2006.
- Woffinden, S. and **L. Sant**. Teaching Teens about Money in the Real World, AFCPE Annual Conference, Scottsdale, Arizona, November 17, 2005.
- Spencer, M., **L. Sant** and R. Lanting. Meal Time in Less Time, NAE4-HA Conference, Seattle, Washington, November 1, 2005.
- Spencer, M., **L. Sant** and R. Lanting. Meal Time in Less Time, Shaping a Healthy Future III, Jackson, Wyoming, April 27-29, 2005.
- Spencer, M., **L. Sant**, and R. Lanting. Meal Time in Less Time, University of Idaho Extension Annual Conference, Moscow, Idaho, April 4-7, 2005.
- Raidl M., R. Lanting, S. Johnson, M. Spencer, **L. Sant**, J. Welch, M. Lockard, K. Spain, A. Liddil and M. Hartman. The Healthy Diabetes Plate Increases Knowledge and Changes Eating Behaviors, 2005 National Nutrition, Food Safety, and Health Conference, Baltimore, MD, March 29-April 1, 2005.
- Spencer, M., **L. Sant** and R. Lanting. Meal Time in Less Time, NEAFCS Annual Session, Nashville, Tennessee, October 4, 2004.
- Sant, L.* and M. Spencer. A New You: Health for Every Body, NEAFCS Annual Session, Nashville, Tennessee, October 4, 2004.
- Raidl, M., M. Hartman, S. Johnson, K. Spain, R. Lanting, J. Welch, M. Hawkins, M. Spencer, **L. Sant** and A. Liddil. How the University of Idaho Extension partners with communities to promote diabetes education, CDC Diabetes Translation Conference, Chicago, Illinois, May 11-14, 2004.
- Sant, L.* and S. Woffinden. Using a Community Assessment to Evaluate Existing and Focus Future Team Programming, Galaxy II Conference, Salt Lake City, Utah, September 24, 2003.
- Raidl, M., S. Johnson, R. Lanting, J. Peutz, M. Spencer, B. Petty, **L. Sant** and M. Hartman. Learn about the Healthy Diabetes Plate, Galaxy II Conference, Salt Lake City, Utah, September 24, 2003.
- Raidl, M., S. Johnson, R. Lanting, J. Peutz, M. Spencer, B. Petty, **L. Sant** and M. Hartman. Use your plate to learn about healthy eating with diabetes. CDC Diabetes Translation Conference, Public Health Approaches Linking Diabetes Health Care, Education, and Communities, Boston, Massachusetts, March 31-April 3, 2003.
- Raidl, M., S. Johnson, R. Lanting, J. Peutz, M. Spencer, B. Petty, **L. Sant** and M. Hartman. Use your plate to learn about healthy eating with diabetes, Hawaii International Conference on Education, Honolulu, Hawaii, January 7-10, 2003.

New Curricula Published:

- Sant, L.* and M. Spencer. 2010. Balanced Living, University of Idaho.
- McCurdy, S., B. Abo, L. Dye, C. Hampton, K. Jensen, S. Johnson, J. Peutz, **L. Sant** and G. Wittman. 2010. Ready, Set, Food Safe, 3rd Edition, University of Idaho.
- Spencer, M., **L. Sant** and R. Lanting. 2005. Meal Time in Less Time, University of Idaho.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Peer Reviewed/Evaluated:****New Curricula Published:**

McCurdy, S., J. Peutz, **L. Sant** and C. Hampton. 2005. Ready, Set, Food Safe, 2nd Edition, University of Idaho.

Displays and Posters:

Hampton, C., S. Johnson, S. McCurdy, J. Peutz, **L. Sant** and G. Wittman. 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.

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

- Poulsen, D., K. McFarland, **L. Sant**, K. Ure, L. Hansen, J. Sagers, J. Gibbons. 2025. Educators adapt and demonstrate to Spanish speaking conference attendees.
- Knutz, M., **L. Sant**, J. Van Buren, G. Silkwood, T. Tverdy. 2025. Work ready skills gained from 4-H State Teen Association Convention.
- Poulsen, D., P. Wray, **L. Sant**, C. Carter, J. Buck. 2025. Sewing workshop enhances adult leader knowledge to increase 4-H youth projects.
- Sant, L., L. Blanch, J. Buck, L. Hansen, K. Hoffman-McFarland, K. Hickock. 2024. Mealtime Inspirations participants learn food preparation skills in southeast Idaho.
- Buck, J., C. Carter, D. Poulsen, **L. Sant**, P. Wray. 2024. Sewing workshop participants learned new skills and gained confidence.
- Buck, J., L. Blanch, K. Hickok, **L. Sant**, and P. Wray. 2023. Sewing workshop provides training to local youth volunteers.
- Howard, T., B. Morrisroe, K. Tiffit, K. Jensen, **L. Sant**, and L. Blanch. 2023. Extension educators turn understanding to action through Dementia Friends program.
- Buck, J., L. Blanch, and **L. Sant**. 2023. Extension educators partner to provide American Heart Association Healthy for Life.
- Buck, J. and **L. Sant**. 2022. Diabetes email challenge provides remote learning throughout the United States
- Buck, J., S. Johnson, J.H. Kim, B. Morrisroe-Aman, **L. Sant**, and G. Wittman. 2021 Reusable water bottle education results in behavior change.
- Sant, L.*, J. Amende, S. Greenway, M. Toomey, J. Peutz, L. McConnell-Soong. 2021. Well Connected Communities initiative: Building a culture of health in Idaho.
- Amende, J., S. Greenway, **L. Sant**, M. Toomey, J. Peutz, L. McConnell-Soong. 2021. Community wellness volunteers learn skills to build a culture of health in communities.
- Toomey, M., J. Peutz, J. Amende, S. Greenway, **L. Sant**, L. McConnell-Soong. 2021. 4-H teen health advocates are building skills and giving back to their communities.
- Foist, L., L. Blanch, J. Buck, L. Dye, L. Hansen, K. Hoffman, **L. Sant**. 2020. Mealtime Inspirations provides new ideas to save time and money
- Sant, L.* 2019. Elementary students taught about internal cues to regulate food intake.
- Sant, L.*, J. Buck, L. Dye, K. Hoffman, L. Hansen, L. Foist, L. Blanch. 2019. Mealtime Inspirations improves participant knowledge and projected behaviors.

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

- Sant, L.*, J. Buck, L. Dye, K. Hoffman, L. Blanch. 2018. Mealttime Inspirations positively impacts participants in southeastern Idaho.
- Buck, J., **L. Sant**, L. Dye, K. Hoffman, M. Spencer, S. Parkinson, L. Erickson. 2017. Mealttime Inspirations: An educational community event in southeast Idaho.
- Sant, L.*, J. Peutz, G. Wittman, J. Buck, S. Greenway, A. Zander, G. Hyde, N. Kershaw, P. Case and S. Withee. 2017. Preserve@Home increases food preservation knowledge and behavior
- Sant, L.* 2017. “Sold on Looks” teaches youth the negative effect media has on body image.
- Raidl, M., M. Spencer, **L. Sant**, J. Buck, B. Abo, J. Peutz, K. Jensen, G. Wittman, K. Hoffman, S. Greenway, S. Martinez, R. Lanting, S. Johnson, M. Lockard and P. McCawley. 2015. Idaho Extension health and nutrition programs can decrease health care costs.
- Spencer, M. and **L. Sant**. 2014. Seventeen women certify to teach *StrongWomen*TM program.
- Lockard, M, B. Abo, R. Lanting, D. Gillespie, **L. Sant**, K. Jensen, M. Spencer, G. Wittman, J. Peutz, L. Hansen, L. Erickson, S. Woffinden, and S. Hulse. 2014. “Healthy Habits” expands Extension’s outreach to new audiences.
- Sant, L.* 2014. Artisan bread class participants increase whole grain intake.
- Hoffman, K., S. Baker, C. Byington, L. Dye, L. Erickson, T. Green, S. Hulse, A. Liddil, B. Petty, **L. Sant**, M. Spencer, and S. Woffinden. 2014. Mealttime Inspirations provides clients with fun and timely information.
- Sant, L.* 2013. Elementary school students learn about hunger and fullness.
- Woffinden, S., **L. Sant**, M. Spencer and C. Hampton. 2013. Expanding the *StrongWomen*TM program in University of Idaho Extension
- Spencer, M. and **L. Sant**. 2013. Elementary school students learn the benefits of eating breakfast.
- Spencer, M., **L. Sant**, A. Liddil, C. Byington, K. Hoffman, L. Dye, L. Erickson, M. Cummins, S. Baker and T. Green. 2012. Mealttime Inspirations – Holiday Edition increases visibility of FCS Extension.
- Byington, C., A. Liddil, T. Green, M. Spencer, B. Dahl, **L. Sant** and K. Hoffman. 2012. Extension food preservation workshops help prevent foodborne illness.
- Hoffman, K., A. Liddil, G. Wittman, **L. Sant**, L. Dye, M. Spencer, R. Lanting, and K. Richel. 2012. Extension offers education during food safety equipment calibration sessions.
- Woffinden, S. and **L. Sant**. 2011. Careers, spending, and bill paying in the real world of money management.
- Spencer, M. and **L. Sant**. 2011. Smart snacking habits learned by elementary school students.
- Parkinson, S., R. Panting, **L. Sant**, and L. Ellis. 2010. Poultry school helps backyard poultry producers with production basics.
- Dye, L., K. Hoffman, **L. Sant**, A. Liddil, C. Byington, and S. Woffinden. 2010. University of Idaho Extension educators offer food preservation workshop.
- Spencer, M. and **L. Sant**. 2010. Elementary school children learn to be crazy about calcium!
- Woffinden, S. and **L. Sant**. 2009. Strong WomenTM Improves Strength and Health in Bear Lake County.
- Sant, L.* 2009. Franklin County Wellness Helping Employees Make Lifestyle Changes.
- Spencer, M. and **L. Sant**, 2009. Children learn about health as they “Eat the Alphabet”.
- McCurdy, S., S. Johnson, C. Hampton, J. Peutz, **L. Sant** and G. Wittman. 2008. Ready-to-Go Exhibits Expand Consumer Food Safety Knowledge and Action.
- Sant, L.* and S. Woffinden. 2008. StrongWomenTM Improves Strength and Health.
- Sant, L.*, G. Wittman, M. Spencer, and M. Raidl. 2008. *Steps to a New You* Increases Physical Activity.

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

- Spencer, M., **L. Sant**, G. Wittman and M. Raidl. 2008. *Steps to a New You* Improves Size Acceptance/Body Image.
- Spencer, M. and **L. Sant**. 2007. Students Learn to Use MyPyramid for Kids.
- Wittman, G., M. Spencer, **L. Sant**, and M. Raidl. 2007. *Steps to a New You* Improves Eating Habits.
- Abo, B. and **L. Sant**. 2007. *Meal Time in Less Time* Improves Attitudes and Behaviors for Healthy Meal Planning.
- Sant, L.*, R. Lanting, and M. Spencer. 2007. Attitude and Behavior Change in *Meal Time in Less Time* Participants – One Month Later.
- Sant, L.*, R. Lanting and M. Spencer. 2007. *Meal Time in Less Time* improves participant projected attitudes and behaviors in 2005.
- Raidl M., L. Gossett, R. Lanting, M. Lockard, K. Miner, J. Peutz, **L. Sant** and M. Spencer. 2006. Steps To New You Improves Physical Activity Habits.
- McCurdy, S., J. Peutz, **L. Sant** and C. Hampton. 2006. *Ready, Set, Food Safe: Preparing Teens* for Safe Food Handling.
- Sant, L.* 2006. School Nutrition Lessons Increase Knowledge.
- Sant, L.*, S. Parkinson, S. Woffinden, J. Packham, S. Harrison, and R. Panting. 2006. Using a Needs Assessment Survey for Planning in Southeastern Idaho.
- Sant, L.* 2005. Exercise Program Strengthens Older Adults in Franklin County.
- Sant, L.*, S. Parkinson and S. Woffinden. 2005. Hakuna Matata 4-H Camp.
- Sant, L.*, S. Parkinson and S. Woffinden. 2005. Preparing Teens for the Financial ‘Real World’ in Southeastern Idaho.
- Sant, L.* 2005. Teens Improve Food Safety Knowledge in Southeastern Idaho.
- Sant, L.* and S. Woffinden. 2004. 4-H Goes Hispanic.
- Raidl, M., A. Liddil, **L. Sant**, M. Spencer and J. Harker. 2004. WIN the Rockies Year 3.
- Raidl, M., J. Harker, M. Spencer, **L. Sant** and A. Liddil. 2003. WIN the Rockies Year 3.
- Raidl, M., R. Lanting, S. Johnson, **L. Sant**, M. Spencer, J. Peutz, M. Hartman and J. Harker. 2002. The Healthy Diabetes Plate.

Thesis and Dissertations

- Sant, L. 2000. Health and Lifestyle among Ute Native American Elders. Master of Science Thesis, Utah State University, Logan, Utah, 110 pages.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Scholarly Presentations and Other Creative Activities:****Displays and Posters:**

- Buck, J., K. Jang, **L. Sant**, S. Johnson, B. Morrisroe-Aman, G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. Idaho Academy of Nutrition and Dietetics Virtual Conference. 2021.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Scholarly Presentations and Other Creative Activities:****Displays and Posters:**

- Buck, J., H. K. Jang, **L. Sant**, S. Johnson, B. Morrisroe-Aman, G. Wittman. 2020. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. NEAFCS Virtual Annual Session and Exhibits.
- Buck, J., H.K. Jang, **L Sant**, S. Johnson, B. Morrisroe-Aman, G. Wittman. 2020. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles, Idaho and Washington Academy of Nutrition and Dietetics Conference, Spokane, Washington.
- Buck, J., **L. Sant**, L. Dye, K. Hoffman, M. Spencer. Self-Efficacy Regarding Home Food Preservation Experience Comparing Extension and Online Course, NEAFCS Annual Session, Big Sky, Montana, September 12-15, 2016.
- Raidl M., Spencer M., **Sant L.**, Hampton C., Lanting R., Liddil A., Lockard M., Peutz J., Wittman G., Woffinden S. Effectiveness of a six-week (12 class) strength training and nutrition education program. Society for Nutrition Education and Behavior Conference, Portland, Oregon, August 9-12, 2013.
- Hampton, C., **L. Sant**, G. Hyde, A. Zander, J. Peutz, and S. McCurdy. Preserve @ Home: Web-based Food Safety and Preservation Program. NEAFCS Annual Session, Columbus, Ohio, September 27, 2012.
- Spencer, M. and **L. Sant**. Creative Ways to Teach Children about Healthy Food Choices. NEAFCS Annual Session, Albuquerque, New Mexico, September 28, 2011.
- Nash, S., D. Sanchez, S. Harrison, J. Packham, S. Parkinson, R. Panting, and **L. Sant**. Lamb Showmanship: A DVD Presentation. NAE4-HA Conference, Rochester, New York, October 26, 2009.
- Parkinson, S., S. Harrison, S. Nash, J. Packham, R. Panting, **L. Sant**, and D. Sanchez. Sheep Showmanship: A DVD Presentation. NACAA Annual Meeting, Portland, Oregon, September 20-24, 2009.
- Spencer, M. and **L. Sant**. Creative Ways to Teach Children about Healthy Food Choices, NEAFCS Annual Session, Birmingham, Alabama, September 17, 2009.
- Spencer, M., **L. Sant**, and R. Lanting. Meal Time in Less Time, Idaho Dietetic Association, Idaho Falls, Idaho, April 9, 2009.
- Spencer, M., **L. Sant**, and R. Lanting. Meal Time in Less Time, Utah Dietetic Association, Sandy, Utah, April 2, 2009.
- McCurdy, S., Hampton, C., Johnson, S., Peutz, J., **Sant, L.** & Wittman, G. Interactive Food Safety Exhibits for Consumer Venues, Galaxy III Conference, Indianapolis, Indiana, September 16, 2008.
- Sant, L.*, M. Spencer, R. Lanting, and B. Abo. Meal Time in Less Time Improves Healthy Meal Planning and Preparing Behaviors, Shaping a Healthy Future, Jackson Hole, Wyoming, April 24, 2008.
- Wittman, G., M. Spencer, **L. Sant**, and M. Raidl. Steps to a New You Improves Eating Habits, University of Idaho Extension Annual Conference, Boise, Idaho, April 1-3, 2008.
- Sant, L.*, M. Spencer, R. Lanting, and B. Abo. Meal Time in Less Time Improves Healthy Meal Planning and Preparing Behaviors. NEAFCS Annual Session, Minneapolis, Minnesota, September 20, 2007.
- McCurdy, S., C. Hampton, S. Johnson, J. Peutz, **L. Sant**, and G. Wittman. Targeting Food Safety with Thermometers, University of Idaho Extension Annual Conference, Moscow, Idaho, April 10-12, 2007.
- Raidl, M. R. Lanting, M. Spencer, **L. Sant**, S. Johnson, K. Spain, A. Liddil, M. Lockard, J. Welch and M. Hartman. The Healthy Diabetes Plate: An effective diabetes self-management nutrition tool. 1st World Congress on Obesity, Diabetes, and Hypertension (CODHy), Berlin, Germany, October 25-29, 2006.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Scholarly Presentations and Other Creative Activities:****Displays and Posters (cont.):**

- Raidl, M., R. Lanting, M. Spencer, **L. Sant**, L. Gossett, M. Lockard, K. Miner and J. Peutz. Steps to a New You improves physical activity habits, NEAFCS, Denver Colorado, October 3-7, 2006.
- Peutz, J. McCurdy, S., **Sant, L.**, and Hampton, C. Ready, Set, Food Safe: Food Service Curriculum for High School Students, SNE Conference, San Francisco, CA. July 15-18, 2006.
- Raidl, M, R. Lanting, M. Spencer, **L. Sant**, S. Johnson, M. Lockard, A. Liddil, and K. Spain. Using the Healthy Diabetes Plate Curriculum, SNE Conference, San Francisco, California, July 15-18, 2006.
- Spencer, M., **L. Sant**, and R. Lanting. Meal Time in Less Time, SNE Conference, San Francisco, California, July 15-18, 2006.
- Pelican, S., L. Paul, M. Raidl, L. Gossett, M. Spencer, J. Peutz, and **L. Sant**. Steps To A New You helps participants change lifestyle habits related to food, physical activity and body image. SNE Conference, San Francisco, California, July 15-18, 2006.
- Spencer, M., **L. Sant** and R. Lanting. *Meal Time in Less Time* for the 4-H Professional, NAE4-HA Conference, Seattle, Washington, November 1, 2005.
- Spencer, M., L. Sant, and R. Lanting. Meal Time in Less Time, University of Idaho Extension Annual Conference, Moscow, Idaho, April 4-7, 2005.
- Raidl, M., S. Johnson, R. Lanting, J. Peutz, M. Spencer, B. Petty, **L. Sant** and M. Hartman. Learn about The Healthy Diabetes Plate, Galaxy II Conference, Salt Lake City, Utah, September 21-25, 2003.
- Raidl, M., S. Johnson, R. Lanting, J. Peutz, M. Spencer, B. Petty, **L. Sant**, and M. Hartman. The Healthy Diabetes Plate, Diabetes Alliance of Idaho Conference: "Idaho Kids and Diabetes," Boise, Idaho, May 2, 2003.
- Raidl, M., S. Johnson, J. Peutz, R. Lanting, B. Petty, A. Liddil, **L. Sant**, M. Spencer and M. Hartman. Use your plate to learn about Healthy Eating with Diabetes, CDC Diabetes Conference, Boston, Massachusetts, March 30-April 2, 2003.
- Raidl, M., S. Johnson, R. Lanting, J. Peutz, M. Spencer, B. Petty, **L. Sant** and M. Hartman. Use Your Plate to Learn about Healthy Eating with Diabetes, International Education Conference, Honolulu, Hawaii, January 7-10, 2003.

Professional Meeting Papers, Workshops:

- Blanch, L., T. Howard, J. Buck, K. Jensen, B. Morrisroe, **L. Sant**, and K. Tiff. Dementia Friends, NEAFCS Annual Session, Tucson, Arizona, September 17, 2024.
- Toomey, M., L. McConnell-Soong, J. Peutz, S. Greenway, and **L. Sant**. Coalition Development Work and Extension Burnout: Normalizing shared experience and exploring supportive practices. National Health Outreach Conference, Kansas City, MO, May 5, 2022.
- Amende, J., S. Greenway, J. Peutz, M. Toomey, **L. Sant**, and L. McConnell-Soong. May 2021. Well Connected Communities: Building urban and rural partnerships and coalitions that include youth engagement and leadership. National Health Outreach Conference (Virtual).
- Hyde, G., **L. Sant**, J. Peutz, and J. Buck. Preserve@Home, On-line Food Preservation/Safety Training. Ignite Session. National Health Outreach Conference. Annapolis, MD. May 2-4, 2017.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Scholarly Presentations and Other Creative Activities:****Professional Meeting Papers, Workshops (cont.):**

- Sant, L.*, J. Buck, G. Wittman, J. Peutz, S. Greenway, A. Zander, G. Hyde, N. Kershaw. Preserve@Home: NEAFCS Food Safety Award, NEAFCS Annual Session, Big Sky, Montana, September 13, 2016.
- Raidl, M., M. Spencer, **L. Sant**, C. Hampton, R. Lanting, A. Liddil, M. Lockard, J. Peutz, G. Wittman, and S. Woffinden. Effectiveness of a Six-week Strength Training and Nutrition Program, NEAFCS Annual Session and Exhibits, Lexington, Kentucky, September 16, 2014.
- Raidl, M., M. Spencer, **L. Sant**, C. Hampton, R. Lanting, A. Liddil, M. Lockard, J. Peutz, G. Wittman, and S. Woffinden. Effectiveness of a six-week (12 class) strength training and nutrition education program, SNEB Annual Conference, Portland, Oregon, August 9-12, 2013.
- Spencer, M., **L. Sant**, L. Dye, C. Byington, A. Liddil, K. Hoffman, and L. Erickson. Mealtime Inspirations – Holiday Edition, NEAFCS Annual Session, Columbus, Ohio, September 27, 2012.
- Spencer, M. and **L. Sant**. Revealing the Secrets of Successfully Written NEAFCS Presentation Proposals, NEAFCS Annual Session, Columbus, Ohio, September 27, 2012.
- Woffinden, S. and **L. Sant**. Careers, Spending and Paying in the Real World, NAE4-HA Conference, Omaha, Nebraska, October 26, 2011.
- Sant, L.* and M. Spencer. Balanced Living: Rest Your Body, NEAFCS Annual Session, Albuquerque, New Mexico, September 29, 2011.
- Spencer, M. and **L. Sant**. Balanced Living: Feed Your Body, NEAFCS Annual Session, Albuquerque, New Mexico, September 28, 2011.
- Sant, L.* and M. Spencer. Living a More Balanced Life, CYFERnet Webinar, May 10, 2011.
- Sant, L.* and M. Spencer. Feed Your Body Mindfully, University of Idaho Extension Annual Conference, Moscow, Idaho, April 4-7, 2011.
- Sant, L.* and M. Spencer. Manage Your Stress, NEAFCS Annual Session, Portland, Maine, September 20-24, 2010.
- Spencer, M. and **L. Sant**. Living a Balanced Life: Balance Your Time, NEAFCS Annual Session, Portland, Maine, September 20-24, 2010.
- Sant, L.* Managing Your Stress, NEAFCS Webinar, June 22, 2010.
- Sant, L.* and M. Spencer. Stress Management Strategies for the Extension Professional, University of Idaho Extension Annual Conference, Burley, Idaho, April 15, 2010.
- Spencer, M. and **L. Sant**. Time Management Strategies for the Extension Professional, University of Idaho Extension Annual Conference, Burley, Idaho, 2 sessions, April 15, 2010.
- Sant, L.*, S. McCurdy, C. Hampton, S. Johnson, J. Peutz, and G. Wittman. Interactive Food Safety Exhibits for Consumer Venues, NEAFCS Annual Session, Birmingham, Alabama, September 18, 2009.
- Sant, L.* and M. Spencer. Life Balance for Health: Stress Management, University of Idaho Extension Annual Conference, Boise Idaho, April 3, 2008.
- Spencer, M. and **L. Sant**. Life Balance for Health: Time Management, University of Idaho Extension Annual Conference, Boise, Idaho, April 3, 2008.
- Peutz, J. and **L. Sant**. Ready, Set, Food Safe: A Food Service Food Safety Curriculum for High Schools, Concurrent Session, NEAFCS Annual Session, Minneapolis, Minnesota, September 20, 2007.
- Hampton, C., S. Johnson, J. Peutz, **L. Sant**, G. Wittman, and S. McCurdy. Introducing the Brand New, Interactive Food Safety Exhibits. FCS In-Service, Moscow, Idaho, April 13, 2007.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Scholarly Presentations and Other Creative Activities:****Professional Meeting Papers, Workshops (cont.):**

- Raidl, M., R. Lanting, S. Johnson, K. Spain, M. Lockard, M. Spencer, **L. Sant**, A. Liddil, and M. Hartman. Program Excellence through Research: The Healthy Diabetes Plate Curriculum, NEAFCS Annual Session, Denver Colorado, October 3-7, 2006.
- Raidl M., R. Lanting, S. Johnson, M. Spencer, **L. Sant**, J. Welch, M. Lockard, K. Spain, A. Liddil and M. Hartman. The Healthy Diabetes Plate Increases Knowledge and Changes Eating Behaviors, National Nutrition, Food Safety, and Health Conference, Baltimore, Maryland, March 29-April 1, 2005.
- Spencer, M., **L. Sant** and R. Lanting. Meal Time in Less Time, NEAFCS Annual Session, Nashville, Tennessee, October 4, 2004.
- Sant, L.* and M. Spencer. A New You: Health for Every Body, NEAFCS Annual Session, Nashville, Tennessee, October 4, 2004.
- Raidl, M., M. Hartman, K. Spain, R. Lanting, S. Johnson, J. Welch, M. Hawkins, J. Parr, M. Spencer, **L. Sant** and A. Liddil. How the University of Idaho Extension Partners with Communities to Promote Diabetes Education, CDC Diabetes Translation Conference, Chicago, Illinois, May 11-14, 2004.
- Sant, L.* and S. Woffinden. Using a Community Assessment to Evaluate Existing and Focus Future Team Programming, Galaxy II Conference, Salt Lake City, Utah, September 24, 2003.
- Raidl, M., S. Johnson, J. Peutz, R. Lanting, B. Petty, A. Liddil, **L. Sant**, M. Spencer and M. Hartman. Use your plate to learn about Healthy Eating with Diabetes, CDC Diabetes Conference, Boston, Massachusetts, March 30-April 2, 2003.

Grants and Contracts Awarded:

- Howard, T., L. Blanch, B. Morrisroe, D. Poulson, K. Tiff, 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 (\$125,000 shared spending authority).
- Howard, T., B. Morrisroe, K. Tiff, K. Jensen, K. Ure, L. Blanch, and L. Sant. Dementia Friends Pilot Program. Alzheimer's Disease and Related Dementias, Idaho Department of Health and Welfare, February 2024-September 2024, \$5,000 (\$815 spending authority).
- Howard, T., B. Morrisroe, K. Tiff, K. Jensen, L. Blanch, and L. Sant. Dementia Friends Pilot Program, Alzheimer's Disease and Related Dementias. Idaho Department of Health and Welfare, February 2023-June 2023, \$19,438 (\$19,438 shared spending authority).
- Peutz, J., M. Toomey, S. Greenway, **L. Sant**, and L. McConnell-Soong. Idaho's Well Connected Communities Initiative, Wave 3. National 4-H Council in partnership with Robert Wood Johnson Foundation, January 1, 2022- October 31, 2023, \$40,000 (\$40,000 co-spending authority).
- Lindstrom, J., T. Ewers, N. Shelstad, C. Sponseller, M. Toomey, R. Baumgartner, and **L. Sant**. Engaging and Supporting Youth: Franklin County Cloverbuds Outreach/Expansion. Idaho Department of Health and welfare, 2021-2022, \$2,000,000 (\$3,500 spending authority).
- Peutz, J., M. Toomey, J. Amende, S. Greenway, and **L. Sant**. Idaho's Well Connected Communities Initiative, Wave 2. National 4-H Council in partnership with Robert Wood Johnson Foundation, Dec. 2019-October 2021. **\$64,980** (\$10,000 Spending Authority).
- Sant, L., H. Parkinson, and M. Johnson. Generating Rural Outcomes for Weight Healthy Kids and Communities: Community Action Team Project Grant, Oregon State University, 2015, \$2500.
- Sant, L. PILD Scholarship, NEAFCS, 2014, \$200.

SCHOLARSHIP ACCOMPLISHMENTS:**Grants and Contracts Awarded:**

Extension Nutrition Program, Power, **Franklin**, Caribou, Bingham, Bonneville, Madison, and Jefferson Counties, Collaborator, 2012, \$175,634.10 plus \$8,000 carry-over funding, Total \$187,967

Liddil, A., **L. Sant**, and S. Parkinson. Extension Nutrition Program SNAP-Ed, Franklin County, 2011, \$22,071.40.

Liddil, A., **L. Sant**, and S. Parkinson. Extension Nutrition Program SNAP-Ed, Franklin County, 2010, \$22,071.40.

Liddil, A., **L. Sant**, and S. Parkinson. Extension Nutrition Program SNAP-Ed, Franklin County 2010, \$27,354.02.

Liddil, A., **L. Sant**, and S. Parkinson. Extension Nutrition Program, Franklin County, 2008, \$27,627.

Liddil, A., **L. Sant**, and S. Parkinson. Extension Nutrition Program, Franklin County, 2007, \$12,262.

Liddil, A., **L. Sant** and S. Parkinson. Extension Nutrition Program, Franklin County, 2006, \$17,750.

Liddil, A., **L. Sant** and S. Parkinson. Extension Nutrition Program, Franklin County, 2005, \$17,461.

Archibald, T. and **L. Sant**. General Mills Champions: Youth Nutrition and Fitness Grant, Star Valley Prevention Coalition, 2004, \$10,000.

Liddil, A., **L. Sant** and S. Parkinson. Extension Nutrition Program, Franklin County, 2004, \$15,160.

Liddil, A., **L. Sant** and S. Parkinson. Extension Nutrition Program, Franklin County, 2003, \$16,074.

Sant, L. Team Nutrition for Harold B. Lee Elementary, Child Nutrition Programs, Idaho Department of Education, 2002, \$1,800.

Gunter, C. and **L. Sant**. Wellness Support Group, Community Grants, Wellness in the Rockies, 2002, \$1,800.

Liddil, A., **L. Sant** and S. Parkinson. Extension Nutrition Program, Franklin County, 2002, \$16,000.

Liddil, A., **L. Sant** and S. Parkinson. Extension Nutrition Program, Franklin County, 2001, \$15,745.

Internal Funding Awarded:

Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences Extension System, 2025, \$2,376.00.

Sant, L. Health and Wellbeing PET Professional Development Fund, University of Idaho Extension System, 2025, \$550.00.

Sant, L. Regional and National Professional Development Travel Fund Award, University of Idaho, Extension System, 2025, \$1,000.00.

Howard, T., L. Blanch, J. Buck, K. Jensen, B. Morrisroe, **L. Sant**, K. Tiff, K. Ure. Healthy Aging Idaho, Innovative Project Award, University of Idaho, Extension System, 2024, \$10,000 (\$1250 spending authority).

Sant, L. Eastern Idaho District Enhancement Funds, University of Idaho, Extension System, 2023, \$400.00

Sant, L. Eastern District Enhancement Fund, University of Idaho, Extension System, 2023, \$1,000.00

Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2023, \$2,200.00

Sant, L. Extension Support Endowment Travel Stipend, University of Idaho, Extension System, 2023, \$500.00.

Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2020, \$1073.00

Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2019, \$1834.00

Buck, J.H., J.H. Kim, **L. Sant**, S. Johnson, B. Morrisoe-Aman, and G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. University of Idaho Innovative Project Award, 2018-2019, \$5,239 (\$0 spending authority).

Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2018, \$1843.00.

Kim, J.H., J. Peutz, **L. Sant**, G. Wittman, J. Buck, L. Dye, S. Greenway, K. Hoffman, S. Johnson, A. Robertson. Improving Ready, Set, Food Safe Curriculum through a Web-Based Interactive Module, Topic Team Project Grant, College of Agriculture and Life Sciences, 2017, \$7088.00.

SCHOLARSHIP ACCOMPLISHMENTS:**Internal Funding Awarded (cont.):**

- Sant, L. Extension Travel Stipend, University of Idaho Extension, 2017, \$500.
- Sant, L. Professional Improvement Scholarship, Eastern District Enhancement Fund, 2016, \$300.
- Raidl, M., M. Spencer, **L. Sant**, S. Greenway, K. Jensen. Developing, Implementing and Evaluating an online healthy eating program that incorporates the 2015-2020 Dietary Guidelines for Americans, Critical Issues Grant, College of Agriculture and Life Sciences, 2016, \$7,500.
- Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2015, \$900.00.
- Sant, L. and M. Spencer. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2014, \$2380.
- Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2014, \$1100.
- Sant, L. PILD Stipend, University of Idaho Extension, 2014, \$400.
- Sant, L. Professional Improvement Scholarship, JCEP, University of Idaho Extension, 2014, \$200.
- Sant, L. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2012, \$1699.
- Sant, L. Professional Improvement Scholarship, Eastern District Enhancement Fund, 2012, \$315.
- Sant, L. 4-H Participation Fee Grant, University of Idaho 4-H, 2012, \$1000.
- Sant, L. Professional Improvement Scholarship, JCEP, 2011, \$300.
- Sant, L. and M. Spencer. Balanced Living, Critical Issues Grant, College of Agriculture and Life Sciences, 2010, \$3000.
- Sant, L. Professional Improvement Scholarship, District IV Enhancement Fund, 2009, \$500.
- Sant, L. Professional Improvement Scholarship, JCEP, 2009, \$300.
- Sant, L., J. Peutz and S. McCurdy. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System. 2007, \$3000.
- Sant, L., M. Spencer, L. Dye and J. Stimpson. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System. 2007, \$1452.16.
- Sant, L., M. Spencer, L. Dye, J. Stimpson and A. Liddil. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System. 2007, \$842.54.
- Sant, L. Professional Improvement Scholarship, District IV Enhancement Fund, 2007, \$375.
- Sant, L. and M. Spencer. Life Balance for Health, Critical Issues Grant, College of Agriculture and Life Sciences, 2007, \$2943.
- Sant, L., M. Spencer and R. Lanting. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System. 2006, \$2000.
- McCurdy, S., J. Peutz, J. Parr, M. Nelson, S. Johnson, C. Hampton, and **L. Sant**. Mildred Haberly Endowment, School of Family and Consumer Sciences, Extension System, 2004, \$2857.
- Sant, L.** and M. Spencer. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2004, \$380.
- Sant, L.** and S. Woffinden. Mildred Haberly Fellowship, University of Idaho, School of Family and Consumer Sciences, Extension System, 2003, \$1,370.
- Raidl, M., R. Lanting, S. Johnson, **L. Sant**, M. Spencer, J. Welch, A. Liddil and J. Stimpson. Planning Healthy and Quick Meals and Menus, College of Agriculture and Life Sciences, 2002, \$5,035.
- Woffinden, S., **L. Sant**, L. Rasmussen, C. Jensen, S. Simons, and M. Davis. 4-H Goes Hispanic: multicultural programming, Critical Issues Grant, College of Agricultural and Life Sciences, 2001, \$1500.

Scholarship Honors and Awards:

- Sant, L. J. Peutz, G. Wittman, S. Greenway, A. Robertson, D. Poulsen, K. Ure. Preserve@Home, Epsilon Sigma Phi Distinguished Team Award, 1st place State Winner, 2025.
- Howard, T., L. Blanch, B. Morrison, K. Tiff, J. Buck, L. Sant, and K. Jensen. Dementia Friends, National Extension Association of Family and Consumer Sciences, 3rd Place Western Regional Winner, 2024.
- Sant, L. Distinguished Service Award, Epsilon Sigma Phi, Western Region Recipient, 2023

SCHOLARSHIP ACCOMPLISHMENTS:**Scholarship Honors and Awards (cont.):**

- Buck, J., H.K. Jang, **L. Sant**, S. Johnson, B. Morrisroe-Aman and G. Wittman. Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles. Program Excellence Through Research Award, National Extension Association of Family and Consumer Sciences, 3rd Place Western Regional Winner, 2020.
- Sant, L., J. Buck, L. Dye, K. Hoffman, L. Blanch. Social Media – Online Video: Mealtime Inspirations, National Extension Association of Family and Consumer Sciences, 2nd place Western Regional Winner, 2018.
- Buck, J., K. Hoffman, **L. Sant**, M. Spencer, L. Dye, L. Erickson, S. Parkinson. Communications Television/Video Program Award – Mealtime Inspirations, National Extension Association of Family and Consumer Sciences, 1st Place Western Regional Winner, 2017.
- Sant, L., J. Peutz, A. Zander, G. Hyde, N. Kershaw, G. Wittman, P. Case, J. Buck, S. Greenway, C. Hampton. Food Safety Award – Preserve@Home, National Extension Association of Family and Consumer Sciences, 1st Place State Winner, 1st Place Western Regional Winner, 1st Place National Winner, 2016.
- Sant, L. Continued Excellence Award – National Extension Association of Family and Consumer Sciences, 2016.
- Sant, L. Distinguished Service Award – National Extension Association of Family and Consumer Sciences, 2015.
- Sant, L. Distinguished Service Award – National Association of Extension 4-H Agents, 2014.
- Sant, L. and M. Spencer. Educational Curriculum Award – Balanced Living, National Extension Association of Family and Consumer Sciences, 1st place State Winner, 1st place Western Regional Winner, 1st place National Winner, 2012.
- Sant, L. and M. Spencer. Educational Technology Award – Balanced Living, National Extension Association of Family and Consumer Sciences, 1st place State Winner, 1st place Western Regional Winner, 3rd place National Winner, 2012.
- Sant, L. and M. Spencer. Family Health and Wellness Award – Balanced Living, National Extension Association for Family and Consumer Sciences, 1st place State Winner, 3rd place Western Regional Winner, 2012.
- Sant, L., M. Spencer, and R. Lanting. Educational Curriculum Package – Meal Time in Less Time, National Extension Association of Family and Consumer Sciences, 1st place State Winner, 2nd place Regional Winner, 2010.
- Lockard, M., J. Peutz, B. Petty, M. Spencer, S. Woffinden, C. Hampton, G. Wittman, **L. Sant**, L. Dye, R. Lanting, D. Poulsen, J. Stimpson, and M. Raidl. Distinguished Team Award – StrongWomen Program, Idaho Epsilon Sigma Phi, 2009.
- McCurdy, S, C. Hampton, S. Johnson, J. Peutz, **L. Sant**, and G. Wittman. Food Safety Award – Interactive Food Safety Exhibits for Consumer Venues, NEAFCS, 1st place National Winner, Western Regional Winner, State Winner, 2009.
- Nelson, C., D. Reiland, R. Oliverson, **L. Sant**, K. Benjamin, V. Pitman, and A. Liddil. Television In-House Entries Media Award – Fit and Fall Proof Community Access TV Videos, National Public Health Information Coalition, National Gold Winner, 2008.
- Sant, L. Achievement in Service Award – National Association of Extension 4-H Agents, 2008.
- Spencer, M., **L. Sant**, and R. Lanting. Educational Technology – Meal Time in Less Time, National Extension Association of Family and Consumer Sciences, 1st place National Winner, Western Regional Winner, State Winner, 2007.
- Sant, L. and M. Spencer. Healthy Lifestyles Education Grant – Life Balance for Health, National Extension Association of Family and Consumer Sciences, 1st place Western Regional Winner and State Winner, 2007.
- Raidl, M., R. Lanting, M. Lockard, S. Johnson, M. Spencer, **L. Sant**, A. Liddil, M. Cunninham, K. Spain, Regional Honorable Mention – The Healthy Diabetes Plate, Western Extension Director’s Awards of Excellence, 2007.

SCHOLARSHIP ACCOMPLISHMENTS:**Scholarship Honors and Awards (cont.):**

- Raidl M., R. Lanting, S. Johnson, K. Spain, M. Lockard, M. Spencer, **L. Sant**, A. Liddil, M. Hartman, M. Jeanne. Priester National Award, State Category for The Healthy Diabetes Plate, Priester Extension Conference, 2007.
- Raidl, M., S. Johnson, R. Lanting, A. Liddil, **L. Sant**, M. Spencer, and J. Welch. Program Excellence through Research – The Healthy Diabetes Plate, National Extension Association of Family and Consumer Sciences, National Winner, Western Region Winner, State Winner, 2006.
- Peutz, J., K. Nelson, L. Gossett, M. Spencer, M. Lockard, M. Raidl, **L. Sant** and R. Lanting. Program Excellence through Research – Steps to A New You, National Extension Association of Family and Consumer Sciences, Western Region Winner, 2006.
- Raidl, M., S. Johnson, R. Lanting, A. Liddil, **L. Sant**, M. Spencer, M. Lockard and J. Welch. Educational Curriculum Package – The Healthy Diabetes Plate, National Extension Association of Family & Consumer Sciences, 1st place State, 3rd place Western Regional Winner, 2005.
- Parkinson, S. and **L. Sant**. Communications Team Newsletter Award – Insights Newsletter (published quarterly), National Association of County Agricultural Agents, 2nd place National Finalist, 2005.
- Ward, A., L. Riley, **L. Sant**, S. Nash, and S. Woffinden. Communicator Award News Story – Intermountain Farm and Ranch, National Association of Extension 4-H Agents, 1st place State, 2002.

SERVICE:**Major Committee Assignments:****National:**

- National Dining with Diabetes Committee, 2021-present.
 - Curriculum Subcommittee, 2024-2025.
 - Evaluation Subcommittee, 2021-2023.
- Academy of Nutrition and Dietetics (AND):
 - Registered Dietitian Exam Test Specifications, Chicago, Illinois, October 1-2, 2005.
 - Registered Dietitian Exam Item Review, Chicago, Illinois, March 14–16, 2003.
 - Registered Dietitian Exam Test Specifications, Chicago, Illinois, June 13-15, 2001.
 - Registered Dietitian Exam Item Writing, Chicago, Illinois, November 8-10, 2000.
- National Extension Association of Family and Consumer Sciences (NEAFCS):
 - Awards and Recognition Committee, Ceremony Subcommittee, 2022-2023.
 - Bylaws Committee, 2022-2025.
 - Member Resources Committee, Membership, Leadership, Mentoring, and Life Members Subcommittee, 2017-2018.
 - Regional Directors, Arrangements Subcommittee, 2015-2016.
 - Credentials Committee, 2015.
 - Awards and Recognition Committee, Awards Training Subcommittee, 2009-2010, 2022-present.
 - Program Development Subcommittee, Concurrent Session and Showcase of Excellence Evaluation Criteria Revision Ad Hoc Committee, Chair, 2007-2008.
 - Member Resources Committee, Journal Subcommittee, 2007, 2011-2013.
 - 2007 Annual Session Planning Committee, Chair, 2005-2006.
 - Annual Session Handbook Review and Editing Committee, Chair, 2005-2006.
 - 2006 Annual Session Planning Committee, Chair, 2005-2006.
 - 2007 Annual Session Site Review Committee, 2005.
 - Finance Committee, 2004-2006.
 - 2005 Annual Session Planning Committee, Chair, 2004-2005.
 - Professional Development Committee, Program Development Subcommittee, 2001-2014, 2019-2022.

Regional:

- Western Region Food Safety/Preservation Working Group, 2020-present.

SERVICE:**Major Committee Assignments:****State:**

Alzheimer's Disease and Related Dementia Alliance, 2023-present
 ADRD Goal Team #2, 2023-present.

College:

Extension Food Safety Specialist Search Committee, 2024-present.
 CALS Promotion and Tenure Committee, 2019-2021.
 Health & Wellness Priority Extension Theme (PET), 2018-present
 Community Youth Development 4-H (PET), 2018-present.
 Extension Health and Nutrition Specialist Search Committee, 2017-2018.
 Extension Food Safety Specialist Search Committee, 2015.
 Family & Consumer Science Inservice Planning Committee, 2004.
 University of Idaho Extension Needs Assessment Survey Committee, 2003-2004.
 Nutrition/Health Topic Team, November 2001-2018.
 Food Safety Topic Team, November 2001-2018.
 Co-Chair, 2014-2018.
 4-H/Youth Topic Team, November 2001-2018.

Extension

4-H State Teen Association Conference Planning Committee, 2024-present.
 4-H Youth Development Volunteer Enrichment Team 2014-2018.
 Extension Advisory Committee, 2013-2017.
 4-H Advisory Board, 2007-2012.
 Secretary, 2010-2012.
 Policies and Procedures Revision Committee Chair, 2010-2011.
 IEAFCS Nominating Committee, 2004.
 IAE4-HA Diversity Committee, 2001-2004.

District/Departmental:

Eastern Idaho District Enhancement Fund Committee, 2023-present.
 Bear Lake/Caribou FCS Extension Educator Search Committee, 2023.
 Franklin County Agricultural Extension Educator, 2018.
 Faculty Mentoring Committees, 2013-present.
 Kari Ure, 2023-present.
 Tasha Howard, 2023-present.
 Laura Foist, 2018-2021.
 Rebecca Hutchings, Gretchen Manker, Siew Guan Lee, 2017-2022.
 Julie Buck, 2013-2018.
 Sharlene Woffinden, 2008-2009.
 Bannock County FCS Extension Educator, 2013, 2018, 2022.
 4-H EISF Building Chair, 2010-2012, 2020-2022.
 Faculty Mentoring Committees, 2008.
 4-H Camp Board, District IV, 2002 - 2004.
 Southeastern Idaho Diabetes Partnership, 2002-2005.
 FCS Working Group, Eastern District, 2001-present.
 Secretary, 2001-2003.
 Social Committee, District IV, 2001-2004.

County/Local:

Franklin County Health Coalition, 2020-2023.
 Preston Walking Trail Committee, 2018-2019.
 Franklin County Employee Wellness Committee, 2007-present.

SERVICE:**Major Committee Assignments:****County/Local (cont.):**

Franklin County Fair Board, 2001-present.
 4-H Teen Council, 2001-2008.
 4-H Adult Advisory Council, 2001-2008.
 Southeast Idaho Resource Collaboration, 2001-2007.

Professional and Scholarly Organizations:

Theta Chapter/Idaho Epsilon Sigma Phi, 2019-present.
 Treasurer, 2021-2024.
 Epsilon Sigma Phi (ESP), 2019-present.
 Society for Nutrition Education and Behavior (SNEB), 2006-present.
 American Diabetes Association (ADA), 2002-2005.
 Idaho Association of Extension 4-H Professionals (IAE4-HP), 2001-2015, 2020.
 National Association of Extension 4-H Agents (NAE4-HA), 2001-2014, 2020.
 Idaho Affiliate of National Extension Association of Family and Consumer Sciences, 2001-present.
 Past President, 2018-2020
 President, 2016-2018
 President Elect, 2014-2016
 Secretary, 2011-2013
 Vice-President for Awards and Recognition, 2007-2009.
 Vice-President for Professional Development, 2002-2004.
 National Extension Association of Family and Consumer Sciences (NEAFCS), 2001-present.
 Journal Subcommittee Co-Editor, 2012-2013.
 Journal Subcommittee Apprentice, 2011-2012.
 Vice-President for Professional Development, 2004-2006.
 Program Development Task Force Chair, 2002-2004.
 Program Development Task Force Apprentice, 2001-2002.
 Idaho Academy of Nutrition and Dietetics, 2001-present.
 Utah Dietetic Association (UDA), 2000-2002.
 Academy of Nutrition and Dietetics (AND), 1996-present.

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

Franklin County 4-H Awards Open House, Preston, Idaho, October 17, 2025.
 Franklin County 4-H Style Revue Contest, Preston, Idaho, August 12, 2025.
 Franklin County Demonstration Contest, Preston, Idaho, August 6, 2025.
 Buck, J. Minimizing Consumer Waste, Preston, Idaho, January 23, 2025.
 Buck, J. Capture the Flavor: Herbs and Spices, Preston, Idaho, November 14, 2024.
 Franklin County 4-H Awards Open House, Preston, Idaho, September 27, 2024.
 Franklin County Dutch Oven Contest, Preston, Idaho, August 16, 2024.
 Franklin County 4-H Style Revue Contest, Preston, Idaho, August 13, 2024.
 Franklin County Demonstration Contest, Preston, Idaho, August 7, 2024.
 Cornilsen, J. 10 Warning Signs of Alzheimer's Disease, Franklin County Wellness, Preston, Idaho, January 24, 2024.
 Ure, K. Tai Chi Basics, Franklin County Wellness, Preston, Idaho, October 25, 2023.
 Franklin County 4-H Awards Open House, Preston, Idaho, October 20, 2023.
 Franklin County Dutch Oven Contest, Preston, Idaho, August 18, 2023.
 Franklin County 4-H Style Revue Contest, Preston, Idaho, August 15, 2023.
 Talk Saves Lives, Franklin County Wellness, Preston, Idaho, May 18, 2023.
 Active Shooter Training, Franklin County Wellness, Preston, Idaho, January 12, 2023.

SERVICE:**Outreach Service:****Classes, Workshops, Seminars, Share Fairs and Tours Organized (cont.):**

Franklin County 4-H Awards Open House, Preston, Idaho, September 30, 2022.
 Franklin County Dutch Oven Contest, Preston, Idaho, August 19, 2022.
 Franklin County 4-H Style Revue Contest, Preston, Idaho, August 16, 2022.
 Franklin County Demonstration Contest, Preston, Idaho, August 10, 2022.
 Mental Health, Franklin County Wellness. Preston, Idaho, April 28, 2022.
 Franklin County Teen Club Game Night, Preston, Idaho April 21, 2022.
 Blanch, L. American Heart Association: Healthy for Life – Globally Inspired Home Cooking, Online, March 24, 2022.
 Buck, J. American Heart Association: Healthy for Life – Grocery Shopping, Zoom Presentation, March 17, 2022.
 Franklin County Health Coalition Meetings, Preston, Idaho, Hybrid Zoom and In-Person, January 19, February 17, March 16, April 20, May 19, June 15, July 20, October 18, 2022.
 Franklin County Health Coalition Meetings, Preston, Idaho, November 18, December 16, 2020 and January 20, February 17, March 17, April 21, May 19, June 16, July 21, September 15, October 20, 2021.
 Franklin County 4-H Awards Open House, Preston, Idaho, September 24, 2021.
 Franklin County 4-H Teen Club Social, Preston, Idaho, September 17, 2020.
 Franklin County Dutch Oven Contest, Preston, Idaho, August 20, 2021.
 Franklin County 4-H Teen Club Social, Preston, Idaho, August 13, 2020.
 Franklin County 4-H Style Revue Contest, Preston, Idaho, August 17, 2021.
 Franklin County Demonstration Contest, Preston, Idaho, August 4, 2021.
 Organized 139 classes, workshops, seminars, share fairs, and tours from 2001-2020.

Miscellaneous Extension Publications:

Buck, J. and L. Sant. Extension Disaster Education Network Monthly Newsletter. Program Update. National Extension Dining with Diabetes, April 2022.
 Wrote and had published 128 articles from 2001-2020.

Popular Press:**The Preston Citizen:**

Sant, L. Eating apples has many health benefits, The Preston Citizen, October 1, 2025.
 Sant, L. What to do with a buckled lid after canning, The Preston Citizen, September 3, 2025.
 Sant, L. How fast we eat, not just what, may affect our health, The Preston Citizen, August 30, 2025.
 Sant, L. Contant thoughts of food: causes, impacts, and solutions, The Preston Citizen, April 2, 2025.
 Sant, L. Tame screen time to improve health, The Preston Citizen, March 5, 2025.
 Sant, L. Healthy butter substitutes, The Preston Citizen, February 12, 2025.
 Sant, L. How to handle flour to prevent foodborne illness, The Preston Citizen, February 5, 2025.
 Sant, L. Making small habits can result in lasting change, The Preston Citizen, January 8, 2025.
 Sant, L. Strategies to reduce holiday stress, The Preston Citizen, December 11, 2024.
 Sant, L. Hope on the horizon for those struggling during infant formula shortage, The Preston Citizen – Dairy Edition, June 2022.
 Sant, L. Get your priorities straight this New Year, January 5, 2022.
 Sant, L. Sleep an important factor in blood sugar control, December 8, 2021.

SERVICE:**Popular Press:**

The Preston Citizen (cont.):

- Sant, L. Boost your immune system with what you eat, The Preston Citizen Extra, October 27, 2021.
 - Sant, L. Boost your immune system with what you eat, October 20, 2021.
 - Sant, L. Are chia seeds a superfood? October 6, 2021.
 - Sant, L. Outdoor light exposure may affect sleep and mood, September 22, 2021.
 - Sant, L. Resistance training may improve blood pressure and blood sugar in older adults with diabetes, September 8, 2021.
 - Sant, L. Resistance training may improve blood pressure and blood sugar in older adults with diabetes, The Preston Citizen Extra, September 8, 2021.
 - Sant, L. Resistance training may improve blood pressure, September 1, 2021.
 - Sant, L. Eating walnuts before bed may help you sleep better, August 18, 2021.
 - Sant, L. Back to school nutrition guidance, August 4, 2021.
 - Sant, L. Safely preserve food using a pressure canner, July 21, 2021.
 - Sant, C. and **L. Sant**. Coalition to create physical activity resource guide, June 30, 2021.
 - Sant, L. Low sugar yogurt is excellent source of nutrients, Dairy Edition, June 23, 2021.
 - Sant, L. Dairy foods are nutrient rich foods, Dairy Edition, June 23, 2021.
 - Sant, L. Cottage cheese defends against type 2 diabetes, Dairy Edition, June 23, 2021.
 - Sant, L. Two fruit servings per day may lower diabetes risk, June 16, 2021.
 - Sant, L. Late night eating results in less work productivity, June 2, 2021.
 - Sant, L. A key ingredient will keep fruit salad from going brown, May 19, 2021.
 - Sant, L. Slower eating habits lead to healthier lifestyle, April 21, 2021.
 - Sant, L. How to encourage children to be adventurous eaters, April 7, 2021.
 - Sant, L. Building good habits for a healthier lifestyle, March 24, 2021.
 - Sant, L. Strong bones are important at all ages, March 10, 2021.
 - Sant, L. The way you eat may affect depression risk, February 17, 2021.
 - Sant, L. How much water do you need in a day? January 27, 2021.
 - Sant, L. Ideas help you be active during winter, January 13, 2021.
- Wrote and had published 459 popular press articles from 2001-2020.

Intermountain Farm and Ranch:

Wrote and had published 7 articles from 2001-2020.

Other:

Wrote and had published 6 articles from 2001-2020.

Interview Articles:

The Preston Citizen:

Had 27 interview articles from 2001-2020.

Other:

Had 15 interview articles from 2001-2020.

Media Presentations:

Sant, L. and D. Hubbard. Community Chat: Dementia, *KACH 1340 Radio Station*, Preston, Idaho, April 5, 2023.

Had 26 media presentations from 2001-2020.

SERVICE:**Review Activities (cont.)**

Promotion and Tenure Package, Utah State University, September 2025.
 Promotion Package, Montana State University, October 2024.
 University of Idaho Extension Publishing, FastTrack subeditor.
 2024, two publications.
 2023, three publications.
 2021, one publication.
 2020, one publication.
 University of Idaho Extension Publishing, FastTrack reviewer.
 2025, one publication.
 2024, three publications.
 2021, one publication.
 Concurrent Session and Showcase of Excellence Proposals, National Extension Association of Family and Consumer Sciences, 2019, 2022.
 Promotion Package for Extension Professor, Utah State University, 2021.
 CALS Promotion and Tenure Dossiers, University of Idaho, 2021.
 Food Preservation with Reduced or No Salt and Sugar, University of Wyoming, October 2021.
 Had 38 review activities from 2001-2020.

Social Media:

Global Handwashing Day, Facebook and Instagram Post, October 13, 2020.
 U.S. Children get too little physical activity – too much screen time, Facebook and Instagram Post, October 5, 2020.
 Sant, C. and **L. Sant**. Keep Your Water Bottle Clean, Facebook and Instagram Post, August 31, 2020.
 Sant, C. and **L. Sant**. How Much Water to Drink, Facebook and Instagram Post, August 26, 2020.
 Smith, S. and **L. Sant**. Ways to Drink More Water, Facebook and Instagram Post, August 10, 2020.
 Smith, S. and **L. Sant**. Develop a Habit of Drinking Water, Facebook Post, July 16, 2020.
 Smith, T. and **L. Sant**. Benefits of Drinking Enough Water, Facebook and Instagram Post, July 14, 2020.
 Smith, T. and **L. Sant**. How Your Body Uses Water, Facebook and Instagram Post, June 30, 2020.
 Food Safety Heroes, Facebook and Instagram Post, June 5, 2020.
 Carrot Fries Recipe, Facebook and Instagram Post, June 1, 2020.
 Warm Weather Bean and Pasta Salad Recipe, Facebook and Instagram Post, May 26, 2020.
 Bread-In-a-Bag Video, Facebook and Instagram Post, May 11, 2020.
 Maximize Freshness and Quality of Stored Food, Facebook and Instagram Post, April 24, 2020.
 Black Beans and Rice Recipe, Facebook Post, April 23, 2020.
 Don't Make Your Own Hand Sanitizer, Facebook Post, April 22, 2020.
 How to Wear a Face Mask Correctly, Facebook Post, April 21, 2020.
 How to Wash Fresh Produce, Facebook and Instagram Post, April 10, 2020.
 Move More Sit Less, Facebook and Instagram Post, April 9, 2020.
 Freezing Fresh Vegetables, Facebook and Instagram Post, April 8, 2020.
 Warning Signs of Alzheimer's Disease Video, Facebook and Instagram Post, April 7, 2020.
 Difference Between Cleaning and Sanitizing, Facebook and Instagram Post, April 6, 2020.
 Anxious: Try Yoga Hidra Meditation, Facebook and Instagram Post, April 3, 2020.
 Food Packaging: Is It Safe? Facebook and Instagram Post, March 31, 2020.
 Tips for Ordering Takeout and Delivery Safely, Facebook and Instagram Post, March 31, 2020.
 Age-Appropriate Cooking Tasks, Facebook Post, March 30, 2020.
 First In, First Out Food Storage Method, Facebook Post, March 25, 2020.
 Storing Dry Food Supplies for Safety and Quality, Facebook and Instagram Post, March 18, 2020.
 Holiday Food Safety Tips, Facebook and Instagram Post, November 25, 2020.

PROFESSIONAL DEVELOPMENT:**Outreach:**

- Connections, Innovations, Communities, Growth, NEAFCS Annual Session, Grand Rapids, Michigan, October 20-23, 2025.
- Nutrition and Caregiving: Challenges and Training Needs, Illinois Extension Community Seminar Series, October 9, 2025.
- Food Insecurity: How Can Credentialed Practitioners Support the Community, Commission on Dietetic Registration Enduring Activity, September 5, 2025.
- Health Drinks, Healthy Kids: Bottoms Up – Helping Parents Make Informed Child Hydration Decisions, Academy of Nutrition and Dietetics Recorded Pre-Approved CPE, September 4, 2025.
- Leveraging Biodiversity for Sustainable Diet Recommendations: How RDNs Can Nourish People and Planet, Academy of Nutrition and Dietetics Webinar, August 14, 2025.
- University of Idaho Annual Conference, Boise, Idaho, April 8-11, 2025.
- Iron in Focus: Practical Approaches for Dietetic Practice, Academy of Nutrition and Dietetics Webinar, February 19, 2025.
- Balancing Stress for a Healthier Life, Bloomquist Hale Solutions Webinar, January 30, 2025.
- Sweet Insights: Consumer Preferences and the Role of Food Science in Sugar Reduction, International Food Information Council (IFIC) Webinar, November 24, 2024.
- Health for Life: A Health Promotion Model for Improving Confidence and Dietary Behaviors, NEAFC Webinar, October 1, 2024.
- Under One Sky, NEAFCS Annual Session, Tucson, Arizona, September 16-19, 2024.
- Balancing the Mind and Body: Yoga and Healthy Aging, University of Illinois Extension Summer Self Care Series Webinar, July 24, 2024.
- Beegle Poverty Coach Training, May 7-8, 2024.
- Improving Health and Wellness by Getting Outside, OneOp Webinar, April 17, 2024.
- University of Idaho Extension Annual Conference, Moscow, Idaho, April 8-10, 2024.
- Critical Nutrients to Support First 1000 Days from Conception to Toddlerhood On-Demand Module, Academy of Nutrition and Dietetics, April 3, 2024.
- Understanding GMOs On-Demand Module, Academy of Nutrition and Dietetics, April 3, 2024.
- Modernizing Home Food Preservation, Oregon State University, Portland, Oregon, February 29-March 2, 2024.
- Understanding Thyroid Disease: An Integrative Approach to Optimizing Thyroid Health, Skelly Skills Prerecorded Webinar, February 28, 2024.
- Bone Health and Osteoporosis Update Webinar, University of Florida Extension, February 14, 2024.
- EMDR 101 Basics: Clearing Up What EMDR Really Is, Blomquist Hale Solutions Webinar, January 29, 2024.
- Healthy Drinks, Healthy Kids: Milk, Plant-Based Alternatives, Flavored Milk, Toddler Milk – A Deeper Dive into the Science and Resulting Recommendations, Academy of Nutrition and Dietetics Recorded Webinar, viewed 1/29/2024.
- The State of the Science on Dietary Cholesterol, AND On-Demand Module, viewed 1/26/2024.
- Beegle Poverty Immersion Institute, December 12-13, 2023.
- Evaluating Diet Quality Across the Lifespan: An Introduction to the Healthy Eating Index, AND Webinar, November 28, 2023.
- Innovations in Nutrition Education: Leveraging AI in Teaching the Research, SNEB Webinar, November 14, 2023.
- Processed Foods: Can they be right for your health or are they better left on the store shelf, International Food Information Council Webinar, November 9, 2023.
- Feast on the Future: Exploring How Flexitarian Eating Meets Today's Top Trends, Danone Webinar, November 9, 2023.
- Phrases that Help and Hinder: Nudging Children Toward Healthy Eating Habits with Language, SNEB Webinar, November 1, 2023.
- Habit Shift Mindset Online Training, University of Maryland Extension, October 27, 2023.

PROFESSIONAL DEVELOPMENT:**Outreach (cont.):**

- Fall Journal Club: Postpartum Symptoms of Depression are Related to Infant Feeding Practices in a National WIC Sample, Society of Nutrition Education and Behavior Webinar, October 23, 2023.
- Western Region Mental Health & Nutrition Network Meeting, Las Vegas, Nevada, October 17-19, 2023.
- Technology Misuse and Addiction, Love and Logic and Amen University Webinar, October 5, 2023.
- Exploring Oceans of Opportunities, NEAFCS Annual Session, Providence, Rhode Island, September 11-14, 2023.
- Nutrition throughout the lifespan: Role of dietary supplements, Council for Responsible Nutrition Recorded Webinar, July 18, 2023.
- In-Person Adult Mental Health First Aid for Public Safety Version 2.0 Course Update Training, July 13, 2023.
- In-Person Adult Mental Health First Aid for Corrections Professionals Version 2.0 Course Update Training, July 13, 2023.
- Blended and In-Person Youth Mental Health First Aid Version 2.1 Update Training, July 12, 2023.
- Current Trends in Food Allergies and the Critical Role of Health Care Professionals, Food Allergy Research and Education Recorded Webinar, June 28, 2023.
- Building Networks to Alleviate Food Insecurity, OneOp Webinar, June 28, 2023.
- The Anti-Viral Gut Plan: Optimizing Microbiome Health for Immune Strength, Skelly Skills Recorded Webinar, June 27, 2023.
- Practical Kitchen Tips for Managing Diabetes at Home, Academy of Nutrition and Dietetics, Recorded Webinar, June 22, 2023.
- Prebiotics Naturally Improve the Gut Ecosystem and Health, Academy of Nutrition and Dietetics Self Study Module, May 17, 2023.
- Neurocognition: Understanding Nutrition Needs and Knowledge Gaps, Academy of Nutrition and Dietetics Recorded Webinar, May 3, 2023.
- Health & Well-Being Later in Life, Health Framework Lightning Session Recorded March 23, 2023, Viewed May 4, 2023.
- 2023 UI Extension Annual Conference, Sun Valley, Idaho, April 10-13, 2023.
- Certified Beegle Poverty Coach Training, March 7-8, 2024.
- Addressing Nutrition Insecurity with Cultural Humility, SNEB Webinar, February 27, 2023.
- Food Safety in the Face of Economic Challenges, Partnership for Food Safety Education Webinar, February 16, 2023.
- Fasting and Fasting Mimicking (FMDs): Science and Evidenced-Based Clinical Applications, Academy of Nutrition and Dietetics Recorded Webinar, viewed 2/1/2023/
- Safe Food = Healthy Kids: A Food Safety Curriculum for Childcare Providers, NEAFCS Webinar, October 25, 2022.
- Alzheimer's Association Promoting Braining Health in Communities, NEAFCS Webinar, October 20, 2022.
- Take Flight Reach New Heights, NEAFCS Annual Session, Raleigh, North Carolina, September 12-15, 2022.
- Infant Formula Shortage: How to Communicate with Clients and Advocate for Change, Academy of Nutrition and Dietetics Webinar, June 10, 2022.
- Rebooting Kid's Food: An Opportunity for Nutrition Educators, SNEB Webinar (Recorded January 27, 2022), Viewed May 17, 2022.
- 998: What's on the Horizon? Substance Abuse and Mental Health Services Administration, (SAMHSA), May 11, 2022.
- E-cigarettes and Vaping in 2022, Rutgers Family and Community Health Sciences Facebook Live (Recorded April 13, 2022), Viewed May 11, 2022.
- 2022 UI Extension Annual Conference, Moscow, Idaho, April 11-15, 2022.
- The DASH or Mediterranean Diet: Which is Better? Wellness Wednesdays, Rutgers Cooperative Extension Webinar, February 16, 2022.

PROFESSIONAL DEVELOPMENT:**Outreach (cont.):**

Going Beyond Basic Nutrition with Functional Foods, Dairy West Webinar, December 16, 2021.
 Freeze Drying, University of Idaho Extension Webinar, August 25, 2021.
 Freedom from Trauma, Violence, and Addiction, Well Connected Communities Webinar, May 27, 2021.
 Elements of Healthy Aging: Greater Protein Intakes are Associated with Improved Body Composition, University of Florida/IFAS Extension Webinar, May 11, 2021.
 Support Client Health through Intuitive Eating, Military Families Learning Network Webinar, April 22, 2021.
 Myths and Facts about Caffeine Safety: An Expert Evaluation of the Current Science, International Food Information Council Webinar, March 30, 2021.
 Women, Wellness & Menopause: The Role of Nutrition & Fitness, Dairy West Webinar, March 23, 2021.
 Consumer Food Safety Education Virtual Conference, Partnership for Food Safety Education, March 10-12, 2021.
 Fasting and Fasting Mimicking Diets (FMCs): Science and Evidenced-Based Clinical Applications, Academy of Nutrition and Dietetics (eatrightCPE), Self-Study Video, February 1, 2021.
 Feeding the Microbiota: Health Benefits of Fermented Foods, University of Florida/IFAS Extension Webinar, November 17, 2020.
 2020 A Vision for the Future, NAE4-HYPD Virtual Annual Conference, October 20-22, 2020.
 Virtual Mental Health First Aid Instructor Training, September 28-30, 2020.
 Question, Persuade, Respond (QPR) Gatekeeper Training, QPR Institute, September 15, 2020.
 Experience Life Elevated, NEAFCS Virtual Annual Session and Exhibits, September 14-16, 2020.
 Slowing Cognitive Decline with the MIND Diet and Other Nutritional Strategies, Society for Nutrition Education and Behavior Webinar, June 10, 2020.
 Discover Brain Health, eXtension Webinar, May 21, 2020.
 Centering Equity in Reducing Sugary Drink Consumption, Change Lab Solutions Webinar, April 30, 2020.
 Fermentation: Nutrition and Health Benefits and Do-It-Yourself Basics, Skelly Skills Webinar, April 21, 2020.
 Diet Dilemmas 2: Hot Topics in Inflammation and Disease – Inflammation and Chronic Disease, University of Florida/IFAS Extension Webinar, April 21, 2020.
 Answering the Call: The Role of Extension After an Emergency, eXtension Webinar, April 16, 2020.
 What is Trauma-Informed Practice? eXtension Webinar, April 15, 2020.
 Leaders' Experiences in Planning, Implementing, and Evaluating Complex Public Health Nutrition Interventions, Society for Nutrition Education and Behavior Webinar, April 13, 2020.
 Zoom Basics for Participants and Hosts, eXtension Webinar, March 24, 2020.
 Virtual Culture: The Way We Work Doesn't Work Anymore, How to Embrace the Virtual Culture In Your Team, eXtension Webinar, March 24, 2020.
 Best Practices, Tips, and Tricks for Hosting Professional Webinars, The Professional Development Network of Idaho Extension Webinar, March 17, 2020.
 Diet Dilemmas 2: Hot Topics in Inflammation and Disease – Anti-inflammatory Diets, University of Florida/IFAS Extension Webinar, March 17, 2020.
 Aging Well and Improving Quality of Life through Community Programs, Society for Nutrition = Education and Behavior Webinar, February 20, 2020.
 Diet Dilemmas 2: Hot Topics in Inflammation and Disease – Inflammation, Health and Disease, University of Florida/IFAS Extension Webinar, February 18, 2020.
 Participated in 178 professional development opportunities from 2001-2019.

Administrative/Management:

County Chair Training, Idaho Falls, Idaho, September 19-20, 2023.
 Participated in 11 professional development opportunities from 2001-2020