

Stephanie Alice Russell, RD

Senior Instructor
Oregon State University Extension Service
School of Biological and Population Health Sciences
Family and Community Health

A. EDUCATION AND EMPLOYMENT

Education

Years	University	Degree	Field of Study
2007	Central Washington University	Certificate	Dietetic Internship (23 post-baccalaureate credits)
2005	Oregon State University	BS	Nutrition & Food Management
1999	Mt. Hood Community College	AAS	Journalism

Employment Information

Years	Employer/Title/Location
	Oregon State University Extension Service
2022 to Present	SNAP-Ed State Leadership Team – Programs & Training, Food Hero (1.0 FTE)
2017 to 2022	Instructor/SNAP-Ed Managing Faculty and Coordinator for Lincoln County and SNAP-Ed Coordinator for State Leadership Team (FTE – .50 Lincoln County SNAP-Ed, .45 State Leadership SNAP-Ed, .05 FCH)
2016 to 2017	Instructor/SNAP-Ed Coordinator, State Leadership Team (1.0 FTE) Served as Interim SNAP-Ed Managing Faculty for Marion, Polk and Yamhill Counties from January, 2017 to September, 2017
2012 to 2016	Instructor/SNAP-Ed Managing Faculty and Coordinator for Crook and Jefferson

Counties (.80 FTE SNAP-Ed, .20 FTE FCH)

2010 to 2012 Instructor/Crook, Deschutes and Jefferson Counties
(.95 FTE SNAP-Ed, .05 FTE FCH)
Served as Interim SNAP-Ed Managing Faculty for Warm Springs from
October, 2010 to March, 2010

Oregon State University Extension Service

2008 to 2010 Education Program Assistant (EPA) for SNAP-Ed in Crook, Deschutes and
Jefferson Counties
(1.0 FTE)

**North Star Lodge Cancer Care Center
Yakima, WA**

2007 to 2008 Registered Dietitian

Conducted screenings and assessments for oncology patients, identified those at high nutritional risk, and planned proper interventions and monitoring. Provided medical nutrition therapy before, during, and after chemotherapy, radiation, surgical, and/or other treatments. Consulted and collaborated with oncologists, nurses, and other staff in order to provide optimal patient care. Taught 'Lunch and Learn' educational classes for patients and staff. Developed and tested recipes. Developed and edited educational materials and treatment protocols as needed.

**Welltrition Consulting
Yakima, WA (and surrounding areas)**

2007 to 2008 Registered Dietitian/Consultant

Provided nutrition services to patients in long-term care/rehabilitation facilities. Conducted nutrition screenings and annual and quarterly nutrition assessments; routinely documented patient interventions and progress; delivered medical nutrition therapy to patients with unintentional weight loss, type 2 diabetes, heart disease, cancer, renal issues, substance abuse, and other relevant conditions; monitored facility menus and conducted kitchen audits.

Relevant Professional Development/Certifications

Year	Certification/Certifying Body
2020	Systems Approaches for Healthy Communities/University of Minnesota
2013	Adult Weight Management Self-Study/Commission on Dietetic Registration

2010
2008Core Curriculum for Managers and Supervisors/Oregon State University
Registered Dietitian/Commission on Dietetic Registration**B. TEACHING, ADVISING AND OTHER ASSIGNMENTS****1. Instructional Summary – Non-Credit Courses and Workshops**

Teaching, advising and other assignments fall into the following categories: teaching and program delivery, including FCH and SNAP-Ed nutrition and physical activity instruction for youth, families and adults; leadership and program development, including SNAP-Ed train-the-trainer sessions for community partners, trainings for staff and volunteers and regional and statewide program trainings and presentations; supervision/leadwork, including instruction by supervised staff, volunteers and interns.

Summary Teaching, Advising and Other Assignments May, 2010 – June, 2020		
<i>Selected sample of non-credit courses, workshops, trainings and events follows this table</i>		
Type	Curricula / Course Topics	# of Classes and Events
<i>a. Teaching & Program Delivery</i>		
Instruction for nutrition education classes and events, listed by audience		
I. High School Students	Understanding Cooking and Nutrition, Food Hero cooking, physical education activities	100
II. Middle School Students	The Power of Choice, Nutrition Voyage, Show Me Nutrition, Coordinated Approach to Child Health (CATCH), Exercise Your Options, Live it!, Iron Chef in the Nutrition Kitchen, Kids in the Kitchen, Food Hero cooking, physical education activities	424
III. Preschool and Elementary School Students	CATCH, Kids in the Kitchen, Enjoying our Healthy Harvest, BE Physically Active 2Day (BEPA 2.0), Food Hero, physical education activities	72

IV. Youth with Developmental Disabilities	Kids in the Kitchen, MyPlate, Food Hero cooking, menu planning, physical education activities	67
V. Adults/Older Adults	Eating Smart and Being Active, Plan Shop Save Cook, Eat Together Eat Better, MyPlate, Navigating Healthy Eating for Older Adults, What's the Deal with Sugar and Sodium, Simply Good Eating, Food Hero cooking	26
VI. Latinx Families (co-taught)	Cooking Matters for Families, MyPlate for My Family, Eat Together Eat Better, Food Hero activities	21
Nutrition education events, all audiences	Food Hero Social Marketing, Rethink Your Drink	395
Total nutrition education classes and events		1,105
<i>b. Leadership & Program Development</i>		
SNAP-Ed staff and volunteer trainings	Evidenced-based curricula, PSE changes, School Physical Activity and Nutrition-Environmental Tool (SPAN-ET), program orientation, nutrition updates on emerging and trending nutrition topics	72
SNAP-Ed community partner trainings	CATCH, BEPA 2.0, Color Me Healthy, Food Hero, PSE	50
SNAP-Ed regional and statewide trainings and presentations	SPAN-ET, Food Safety, Interventions in School Mealtime Settings, PSE, Curricula fidelity, Iron Chef in the Nutrition Kitchen, program and policy updates	19
Total trainings and presentations		141
<i>c. Supervision & Leadwork</i>		
Nutrition education classes and events delivered by supervised Extension EPAs	Numerous SNAP-Ed curricula and activities	6,525

Nutrition education classes and events delivered by supervised Extension volunteers and interns	Iron Chef in the Nutrition Kitchen, Food Hero and garden activities	15
Total classes and events taught by EPAs, volunteers, and interns		6,540
Total sections a, b and c		7,786
Program Participant Information May, 2010 – June, 2020		
Type	# of Participants	
<i>a. Teaching & Program Delivery</i>	10,138	
<i>b. Leadership & Program Development</i>	2,266	
<i>c. Supervision & Leadwork</i>	146,712	
Total participants	159,166	

Selected Sample of Non-Credit Courses, Workshops, Trainings and Events

a. Teaching and Program Delivery

Community Nutrition and Physical Activity Instruction

Oregon State University has a multi-year contract to deliver nutrition education to SNAP-eligible youth and families. Teaching occurs in schools with >50% students enrolled in free/reduced meals program, and in partnership with agencies serving SNAP-eligible families and older adults. Evidence-based curricula approved for SNAP-Ed use in Oregon, including OSU Food Hero social marketing resources, are used for instruction of adults and children with learning objectives to eat healthy foods and increase physical activity. Single sessions and multi-series classes were taught in English and collaboratively in bilingual English/Spanish.

Russell, S. (2020). Lincoln County Head Start/Food Hero and BEPA 2.0 series, Toledo, Lincoln City OR. 28 sessions of 45 minutes each, 100 participants.

Russell, S., Botello-Salgado, B. (2020). Latinx Community/Plan, Shop, Save, Cook virtual series/bilingual, Newport, OR. 4 sessions of 2 hours each, 6 participants.

Russell, S., Botello-Salgado, B. (2020). Learning is Fun Together Kindergarten Readiness for children and parents /Eat Together, Eat Better series/bilingual, Newport, OR. 2 sessions of 90 minutes each, 13 participants.

Russell, S. (2019). Newport High School Education for Community Employment and Life Program/Food Hero series and grocery store tours, Newport, OR. 16 sessions of 35 minutes to 1.5 hours each, 42 participants.

Russell, S. (2019). Samaritan Center for Health Education Diabetes Prevention/Fruits and Vegetables are Nutritious, Delicious and In-Season class, Newport, OR. 1 session of 90 minutes, 10 participants.

Russell, S. (2019). Taft Elementary Third Graders/Food Hero and garden series, Lincoln City, OR. 18 sessions of 1 hour each, 144 participants.

Russell, S., Botello-Salgado, B. (2019). Latinx Community/Cooking Matters for Families series/bilingual, Newport, OR. 6 sessions of 2 hours each, 6 participants.

Russell, S. (2018). 21st Century Afterschool Program/CATCH series, Waldport, OR. 12 sessions of 1 hour each, 45 participants.

Russell, S. (2018). Newport Farmer's Market/Cooking Matters at the Store tours, Newport, OR. 2 sessions of 1.5 hours each, 20 participants.

Russell, S. (2018). Taft Elementary School/Food Hero garden series, Lincoln City, OR. 12 sessions of 1 hour each, 148 participants.

Russell, S. (2018). Crestview Heights Elementary School/Pick of the Month Tasting Program event series, Waldport, OR. 9 sessions of 1.5 hours each, 330 participants.

Russell, S. (2017). Parents as Teachers/Food Hero class, Waldport, OR. 1 session of 1 hour, 8 participants.

Russell, S. (2017). Lincoln City Food Pantry/Food Hero event series, Lincoln City, OR. 4 sessions of 2 hours each, 140 participants.

Russell, S. (2017). Newport 60+ Center TOPS group/Healthy Eating and Weight Loss class, Newport, OR. 1 session of 1 hour, 10 participants.

Russell, S. (2015). Culver Middle School 6th/7th/8th Grade Health. Math, Afterschool/recipe development project, CATCH and Iron Chef in the Nutrition Kitchen series, Culver, OR. 61 sessions of 45 minutes to 1.5 hours each, 174 participants.

Russell, S. (2015). Central Oregon Council on Aging /Food Hero event series, Prineville, Madras, OR. 6 sessions of 1 hour each, 300 participants.

Russell, S. (2015). JUNTOS at the Madras Aquatic Center/Family Food Hero series, Madras, OR. 4 sessions of 1 hour each, 65 participants.

Russell, S. (2014). Mosaic Medical/nutrition series, Prineville, OR. 8 sessions of 1 hour each, 16 participants.

Russell, S. (2014). 4-H After the Bell Afterschool Program/nutrition Series, Prineville, OR. 6 sessions, 45 minutes each, 60 participants.

Russell, S. (2014). Culver High School Health/Understanding Cooking and Nutrition series, Culver, OR. 19 sessions, 50 minutes each, 19 participants.

Russell, S. (2013). Willow Creek Community Garden/nutrition and cooking classes, Madras, OR. 2 sessions of 1.5 hours each, 14 participants.

Russell, S. (2013). Community FCD Group/Healthy Aging class, Antelope, OR. 1 session of 1.5 hour, 12 participants.

Russell, S. (2012). Jefferson County Middle School 6th/7th/8th Health/recipe development project, CATCH and Iron Chef in the Nutrition Kitchen series, Madras, OR. 76 sessions of 50 minutes each, 210 participants.

Russell, S. (2012). Madras High School Transition Program/nutrition and cooking series, Madras, OR. 11 sessions of 1.5 hours each, 15 participants.

Russell, S. (2011). Culver Elementary Life Skills Program/recipe development project, CATCH and Iron Chef in the Nutrition Kitchen series, Culver, OR. 7 sessions of 1 hour each, 12 participants.

Russell, S. (2011). Jefferson County Middle School 6th/7th/8th Health series, Madras, OR. 50 sessions of 50 minutes each, 115 participants.

Russell, S. (2010). Culver High School Health/Understanding Cooking and Nutrition series, Culver, OR. 22 sessions of 50 minutes each, 70 participants.

Russell, S. (2010). Madras High School Health and PE/Understanding Cooking and Nutrition and PE card series, Madras, OR. 7 sessions of 50 minutes each, 175 participants.

b. Leadership and Program Development

Statewide, Regional, County Trainings Provided for Partners, Volunteers, Staff

At the state and local levels, SNAP-Ed program is successfully implemented, and in some instances program reach is expanded, by providing leadership, adequate training and program development and support for partnering organizations, volunteers, and program staff.

Russell, S., Devlin, E. (2019). SPAN-ET Regional Training, The Dalles, OR. 1 session of 4 hours, 11 participants.

Russell, S. (2019). CATCH Trainings, Lebanon, Alsea, Siletz, Newport, OR. 4 sessions of 1.5 to 2 hours each, 38 participants.

Russell, S., Devlin, E. (2019). SPAN-ET training, Portland, OR. 1 session of 4 hours, 5 participants.

Russell, S., Hoisington, A. (2018). Food Safety statewide webinar. 1 session of 1.5 hours, 90+ participants.

Russell, S., Dodge Vera, T. (2018). SPAN-ET training, Eugene, OR. 1 session of 4 hours, 8 participants.

Russell, S. (2018). CATCH Trainings, Lebanon, Alsea, Newport, OR. 3 sessions of 2 hours each, 35 participants.

Russell, S. (2018). Promoting Health School Mealtime Environments statewide webinar. 1 session of 1.5 hours, 90+ participants.

Russell, S., Dodge Vera, T. (2017). SPAN-ET statewide webinar. 2 sessions of 2 hours each, 20+ participants.

Russell, S., Devlin, E. (2017). SPAN-ET training, Portland, OR. 1 session of 6 hours, 5 participants.

Russell, S., Jepson-Sullivan, R. (2017). New Curriculum Fidelity Guidelines statewide webinar. 1 session of 1.5 hours, 90+ participants.

Russell, S., Hoisington, A. (2016). Fidelity Refresher statewide webinar. 1 session of 1.5 hours, 90+ participants.

Russell, S., Hoisington, A., et al. (2016). PSE 101 statewide webinar. 1 session of 1.5 hours, 90+ participants.

Russell, S., Hoisington, A. (2015). Central Oregon Head Start Train the Trainer for Color Me Healthy and Food Safety. 2 sessions of 1 hour each, 120 participants.

Russell, S., Ahern, K. (2015). Deschutes County Volunteer Training Nutrition Trends Update. 2 sessions of 2 hours each, 23 participants.

Russell, S. (2014). Crook and Jefferson County PSE Community Training and Collaboration. 27 sessions of 1.5 hours, 55 participants.

Russell, S. (2014). Central Oregon Council on Aging Healthy Choice Grant. 1 session of 1 hour, 10 participants.

Russell, S., Boley, S., & Ostby, J. (2013). Kids in the Kitchen statewide curriculum webinar. 1 session.

Russell, S. (2013). Jump into Food and Fitness statewide curriculum webinar. 1 session.

Russell, S. (2012). Crook and Jefferson Counties Staff Training Nutrition Update on Antioxidants. 1 session of 1 hour, 3 participants.

Russell, S. (2011). Crook, Deschutes, Jefferson Counties and Warm Springs Staff Training Nutrition Update on 2010 Dietary Guidelines for Americans. 1 session of 1 hour, 12 participants.

Russell, S. (2010). Crook and Jefferson Counties and Warm Springs Staff Training Nutrition Update and Questions. 2 sessions of 1 hour each, 11 participants.

c. Supervision and Leadwork

Graduate and Undergraduate Student Advising

Callard, Chloe (Summer 2020). University of Northern Colorado, Dietetic Intern

Luff, Natasha (Summer 2010) Oregon State University Public Health Intern

2. Team or Collaborative Efforts

Extension fieldwork involves collaboration with key stakeholders in the community to promote healthy behaviors, improve the built environment and economic conditions so that individuals and families can more readily make choices that promote good health and reduce risk of chronic disease and obesity. Extension strives to ensure all community members have equal opportunity to be healthy where they live, work and play. Integrated efforts with both external partners as well as Extension colleagues across disciplines help to build capacity and health equity while addressing food insecurity, and access to physical activity, healthy food and a vibrant community.

Latinx Community Engagement in Lincoln County (2020-2022).

My contributions have been to provide expertise related to nutrition and foods systems; to provide input and programs that serve vulnerable populations; to draft a script that focuses on how to access food during isolation and quarantine; to review public service announcement scripts (for videos); and to provide SNAP-Ed leadership.

A multi-faceted team was formed to address immediate concerns of barriers to health access and information in underserved Latinx communities in Lincoln County that have been magnified during the COVID-19 outbreak. Ongoing and long-term goals are to address inequity and improve community resilience by improving systems and services, such as ensuring communication is presented and received in culturally-meaningful ways through effective channels. The Guatemalan community is particularly vulnerable as few agencies offer resources in the Mam language, which is a non-written, primary language for this community. Lincoln County SNAP-Ed's current role in this group has been to increase community engagement, organize and facilitate community listening sessions (with Mam and Spanish interpretation), and offer expertise and services to help improve safe and adequate access to food for families in quarantine. SNAP-Ed will continue to work collaboratively at multiple levels with Extension programs and community partners to guide cultural adaptations to food systems and resources. Specifically, SNAP-Ed will explore opportunities to integrate the Healthy Community Outreach (HCO) Project PLANT (Partnership Links Agriculture and Nutrition Together) efforts into this initiative.

Key Collaborators: Dusti Linnell, Beatriz Botello-Salgado, Wiley Thompson, Oralia Mendez, Kacey Purcell, Chloe Callard, Lincoln County Health and Human Services

Lincoln County Transportation Routes for Improved Food Access (2020-2022).

My contributions have been to attend meeting(s) in order to provide input and SNAP-Ed leadership, including guidance on implementing PSE strategies.

Concerns about immigrant families' access to food complicated by a lack of transportation to their benefits' office had been raised by a local pastor. Community meetings in response to this identified problem were attended by the Lincoln County Commissioner and representatives from Lincoln County Transportation, and the local Jobs Opportunity and Basic Skills (JOBS) program. The result has been a plan to add bus routes, specifically for grocery shopping, and to look into hiring more bilingual bus drivers. Lincoln County Transportation is also planning to put bus schedules out in Spanish and have information in Spanish available on their website. The JOBS program plans to have the bus route schedule available to families. In this ongoing effort, SNAP-Ed will further explore possibilities for waiving bus fees as well as improving communication strategies around transportation to better reach community members that speak Mam.

Key Collaborators: Beatriz Botello-Salgado, County Commissioner, Lincoln County Transportation, JOBS, Newport First Baptist Church

Rural Roots (2020-2021).

My contributions have been to serve as PI on the grant and to provide ongoing SNAP-Ed leadership to support project coordination, planning and future implementation.

Rural Roots is a newly-funded Farm to School project that focuses on the Eddyville Charter School community. The funding will support Lincoln County SNAP-Ed's goal to increase engagement and multi-level programming in this PSE-ready rural community. Rural Roots aims (1) to empower students to discover, implement, and promote opportunities for changing the nutrition environment in their school, while (2) engaging students and school partners in efforts to incorporate Oregon grown produce in school meals, and (3) providing hands-on edible garden education for students and families, coordinating with existing school garden and greenhouse activities. These efforts will result in (4) sustainable programs and resources that promote Oregon produce in the cafeteria, classroom, households, and community.

Key Collaborators: Jennifer Pettit, Beatriz Botello-Salgado, Eddyville Charter School, DHS Newport SSP, Rootopia, Food Hero

HCO Project PLANT (2019-2021).

My contributions have been to serve as PI on the grant and provide SNAP-Ed leadership to support project coordination and planning, including managing project adjustments for COVID-19.

Project PLANT works to address the issue of inadequate access to healthy food for Lincoln County's most vulnerable community members, including those with limited-income, older adults, immigrants and refugees. Of note, the Latinx community accounts for 25-30% of the population in Newport and Lincoln City, and these cities have a growing number of Guatemalan refugees, many of which exclusively speak Mam. Therefore, it is important that Extension programs are developed and/or adapted with strong consideration for the unique needs of Lincoln County's diverse Latinx cultures, including offering resources in both Spanish and Mam.

Project PLANT efforts incorporate strategies for program sustainability, statewide dissemination, and PSE changes. Project PLANT is organized into two key efforts:

Effort 1: Lincoln County SNAP-Ed is working with DHS Newport SSP Family Coaches, Housing Authority of Lincoln County (HALC), Northwest Coastal Housing (NWCH) and the Lincoln County Extension Service Horticulture and Agriculture (LCESHA) programs to further develop, plan, implement, and evaluate a nutrition and seed delivery program – currently referred to as Feed Seeds. The Feed Seeds program will reach limited-income families residing in HALC and NWCA housing units located throughout Lincoln County. The Feed Seeds effort will produce new and/or adapt

existing materials to include as part of a nutrition and growing kit that the DHS Newport SSP Family Coaches can bring along to home visits. Due to COVID-19 the implementation phase of this program, scheduled for spring, was temporarily suspended in order to determine a new mode of operation. The kits are now being assembled by SNAP-Ed and dropped off at the Newport Farmer's Market for partner-managed distribution to SNAP-Match recipients. Kits have also been assembled and dropped off for DHS Newport SSP staff to manage distribution to their clients. Each kit currently contains seeds, a pot, growing medium, and Food Hero resources (cookbook, Growing in Oregon Monthly and activity sheets for youth). After evaluation the kits will be modified as needed based on participant input. Training materials and a train-the-trainer plan will also be developed to support expansion of program reach. In order to foster collective impact, this effort will include integration of activities with a HALC pilot program, Wellness to Smiles, which aims to expand housing site services to residents living in and near low-income housing complexes. New avenues for offering food preservation activities are also being explored as part of this effort.

Effort 2: Lincoln County SNAP-Ed will work with Centro de Ayuda, Latinx community leaders, LCESHA programs, an Oregon State University Extension Service 4-H/Agriculture state specialist, Food Hero, and other partners to develop new and/or adapt existing programs that will help immigrants and refugees better navigate local growing systems. Specifically, Latinx community members have anecdotally expressed interest in gaining knowledge and support to help with navigating the local growing system. Latinx community members have also commented that local grocery stores do not carry enough fresh produce and/or culturally-relevant produce and other nutritious foods. The initial step for this effort is to organize and implement focus groups with the Latinx community, and perhaps utilize other assessments as well in order to discover specific interests and barriers. Results will then be used to work with partners and community members to create and/or adapt culturally-relevant and solution-oriented programs. The focus groups were scheduled for spring, but are temporarily suspended due to COVID-19; however, Lincoln County SNAP-Ed is currently exploring the option to host virtual focus groups later this summer or fall. The possibility of integrating this effort into goals of the Latinx Community Engagement team is being explored.

Key Collaborators: Jennifer Pettit, Beatriz Botello-Salgado, DHS Newport SSP, HALC, LCESHA, 4-H, Food Share of Lincoln County, Centro de Ayuda, Newport Farmer's Market, Rootopia, Food Hero

Wellness to Smiles (2019-2021).

My contributions have been to serve on the project steering committee to provide ideas, and provide SNAP-Ed leadership, coordination and planning.

Lincoln County SNAP-Ed partners with Wellness to Smiles, a program that aims to connect healthcare/dental screening days offered by Advantage Dental, to healthy lifestyles by expanding housing site services to residents living in and near low-income housing complexes. The program is offered at sites in Yachats, Waldport and Newport. As part of this collaboration, the Food Share of Lincoln County expanded their outreach to underserved communities by providing produce drops on

the dental screening days. This provided an opportunity for Lincoln County SNAP-Ed to work collectively to align and integrate nutrition and food preservation activities with Wellness to Smiles dental screening days.

Key Collaborators: Beatriz Botello-Salgado, Jennifer Pettit, Centro de Ayuda, HALC, Advantage Dental, Food Share of Lincoln County, other local partners

Culinary Health Education and Fitness (C.H.E.F.) Program (2017-2021).

My contributions have been to teach annual CATCH trainings, which use a train-the-trainer systems approach and to provide SNAP-Ed leadership by helping to coordinate, plan, and implement activities on multiple project levels.

Lincoln County SNAP-Ed partners with Samaritan Health Services' C.H.E.F program, a grant-funded program that promotes healthy lifestyles to families by supporting CATCH, Pick of the Month (a tasting table program) and family cooking classes in Linn, Benton and Lincoln Counties. The initial phase of this program began around 2014, prior to when I began my role as the Lincoln County SNAP-Ed Coordinator. Since 2017, the program has undergone significant growth in terms of the number of schools participating in the CATCH and Pick of the Month (tasting table program) as well as an increase in outreach being provided to Latinx families. Notably, Lincoln County SNAP-Ed was able to instruct the first Spanish language C.H.E.F. Cooking Matters for Families class in 2019. Since then, C.H.E.F. has contracted with Lincoln County SNAP-Ed to fund more Spanish-language nutrition and cooking classes. A remote Cooking Matters class is currently being planned for local families. C.H.E.F. will fund groceries for participants and Lincoln County SNAP-Ed will provide the instruction. Centro de Ayuda and LISTOS (Latinx emergency preparedness program) will help recruit participants and deliver groceries to families that sign up for the class. Lincoln County SNAP-Ed also works with the C.H.E.F. program director and Lincoln County coordinator to teach annual CATCH trainings in Lincoln County, Siletz, Alesia and Lebanon, and to help coordinate Pick of the Month in Lincoln County.

Key Collaborators: Beatriz Botello-Salgado, Jennifer Pettit, C.H.E.F., Lincoln County School District Nutrition Services (Sodexo), Lincoln County schools, Linn, Benton, Lincoln Partners for Health

Jefferson County Middle School and Madras High School Nutrition Education Project (2014 to 2016).

My contributions were to serve as PI on the grant and hire and supervise the EPA delivering the grant program until I relocated to the Oregon coast in 2016.

This project was supported by a series of grants funded by the St. Charles Health System Community Benefit Program. The grant funded a .40 FTE position for a SNAP-Ed EPA to implement programming at Madras High School and Jefferson County Middle School. Prior to receiving the

grants, SNAP-Ed programming had been discontinued at these sites due to a budget shortfall and guidance changes that required SNAP-Ed staff to add PSE strategies to their efforts. The grant offered a way to continuing providing outreach to these schools that were long-term partners of SNAP-Ed.

Key Collaborators: Olivia Davis, St. Charles Community Benefit, Jefferson County Middle School, Madras High School

Iron Chef in the Nutrition Kitchen (2012 to 2016).

My contributions were to co-develop, implement and adapt the program, including meeting SNAP-Ed fidelity requirements, as well as providing trainings and sharing the program with peers.

Iron Chef in the Nutrition Kitchen (ICNK) was developed as a collaborative effort between Jefferson County SNAP-Ed & 4-H programs, and the Jefferson County Community Health Improvement Partnership. The program incorporates key goals from both Extension programs. It aligns with SNAP-Ed goals to promote safe food handling practices, increase cooking skills, and improve consumption of vegetables, fruits, and whole grains. It aligns with 4-H goals to increase youth confidence and encourage self-sufficiency. The program also engages community partners as cook-off judges and parents as spectators. ICNK was piloted at Jefferson County Middle School in 2013 and implemented again in 2014. In 2015, the program was expanded to Culver Middle School and later that year the first regional cook-off between schools was achieved. Following my relocation in 2016, the program was also expanded to Warm Springs and all three local schools competed in the regional cook-off. In 2016, ICNK was added to the Oregon SNAP-Ed Curricula Toolkit and has been utilized and/or adapted by several other counties over the years.

Key Collaborators: John Gandy, Sandi Boley, Jefferson County Community Health Improvement Partnership, Jefferson County Middle School, Culver Middle School, Lane County SNAP-Ed

Council on Aging in Central Oregon (COACA), Healthy Choices: Building Capacity for Improved Nutrition Grant Project (2014 to 2015).

My contributions were to write two letters of support, present at board meetings for the Madras and Prineville senior centers, and provide eight Food Hero tasting events and presentations at the senior centers. I also provided nutrition consultation to COACA staff and their registered dietitian who was responsible for developing a nutrition education training curriculum for COACA case workers and staff.

In 2014, I partnered with COACA on a grant-funded project aimed to improve nutrition of seniors. This project was a perfect fit for the non-SNAP-Ed funded portion of my FTE (.20), because the senior population was difficult to target for SNAP-Ed at that time. Recipe tasting ingredients and educational

resources were funded by a series of grants received by COACA to implement the Healthy Choices program.

Key Collaborators: COACA, Madras and Prineville Senior Centers

Central Oregon Intergovernmental Council (COIC) Garden Grants (2012 to 2014).

My contributions were to coordinate, plan and implement the SNAP-Ed garden activities.

Crook and Jefferson SNAP-Ed worked with COIC to coordinate and provide nutrition education classes that were funded by COIC mini grants to help improve Central Oregon's food security. This resulted in SNAP-Ed teaching Nutrition in the Garden Kitchen classes at Willow Creek Community Garden in Madras (2 classes), Metolius Community Garden in Metolius (2 classes), and Ward Park Community Garden in Prineville (4 classes). Garden harvest was included in the healthy cooking sessions and participants were able to take home garden produce following the classes. The classes resulted in some community members accessing the gardens for the first time.

Key Collaborators: Sandi Boley, Dorian Oppenlander, COIC, community garden coordinators

Moore Family Center Healthy Communities Outreach Project (2014).

My contributions were to serve as Co-PI on the grant along with the Deschutes County SNAP-Ed Coordinator. I provided SNAP-Ed leadership to support coordination and implementation of the grain kit activities in Crook and Jefferson counties and implemented the recipe development project with Culver math students.

Central Oregon received a Regional Healthy Communities Outreach grant to promote whole grains, fruits and vegetables. Outreach activities included creating regional whole grain kits that were integrated into SNAP-Ed, FCH, and 4-H activities. Each Central Oregon County was also allocated funds to focus on a unique project. In Jefferson County, SNAP-Ed implemented a recipe development project as part of STEM learning at Culver Middle School.

Key Collaborators: Katie Ahern, Sandi Boley, Dorian Oppenlander, Kristi Hiaasen, Culver Middle School, other Central Oregon FCH/SNAP-Ed/4-H program staff and community partners

SPAN-ET at Madras Primary School (2013).

My contributions were to serve as one of two trained SPAN-ET auditors and participate in the research study via a phone interview following the completion of the assessment.

Jefferson County SNAP-Ed implemented a SPAN-ET at Madras Primary School. This assessment was part of the Evaluating Implementation and Utility of SPAN-ET and HEAL MAPPS research project directed by SPAN-ET developer Deborah John. The purpose of the study was to evaluate how well the tools were implemented when used by trained practitioners and assess the perceived utility of the tools to identify and prioritize for intervention in the nutrition and physical activity context of the school and neighborhood/community environment.

Key Collaborators: Deborah John, Sandi Boley, Madras Primary School, Jefferson County School District

Other Collaborative Work

(2020 to Present) Member, Building Resilience in Lincoln County Latinx Communities Workgroup

(2020 to Present) Member, Lincoln County Equity and Inclusion Communications Subcommittee

(2020 to Present) Member, Lincoln County Transportation Improvements Workgroup

(2020 to Present) Member, Statewide SNAP-Ed Intellectual/Developmental Disabilities Workgroup

(2020 to Present) Leader, Statewide SNAP-Ed Cooking Matters Workgroup

(2020 to Present) Member, Statewide FCH Mental Health/Emotional Well Being Workgroup

(2019 to Present) Member, Wellness to Smiles Steering Committee

(2019 to Present) Member, Lincoln County Health Integration Network

(2019 to Present) Member, Lead Role, HCO Project PLANT Project Planning Committee

(2017 to Present) Member, Linn, Benton, Lincoln Partners for Health Community Coalition

(2017 to Present) Member, Lincoln County Community Health Improvement Partnership

(2017 to Present) Member, Lead Role, Jefferson County SNAP-Ed/C.H.E.F. Workgroup

(2018 to 2019) Member, City of Newport Master Parks Planning Committee

(2015 to 2016) Member, Better Together Bridge Programs Regional Workgroup

(2010 to 2016) Member, Jefferson County Community Health Improvement Partnership

(2010 to 2016) Member, Jefferson County Healthy Eating Active Living Community Coalition

(2015) Member, Crook County Community Health Improvement Partnership

(2013) Leader, Statewide SNAP-Ed Mixed Ages Curricula Review Workgroup

(2013) Member, Statewide SNAP-Ed High School Curricula Review Workgroup

(2012 to 2013) Member, Statewide Food Hero Campaign Evaluation Project

(2012) Co-Leader, Regional SNAP-Ed Native American Curricula Review Workgroup

3. Student and Participant/Client Evaluation – Citizen Assessment of Extension Teaching

Reported Item, “Overall Quality of Instruction in this Educational Event” using a 6-point rating scale: 1=very poor, 2=poor, 3=fair, 4=good, 5=very good, and 6=excellent

Date	Students	Class Title	Average Rating: Scale: 6=Excellent; 1=Very Poor
2019	6	Portland SPAN-ET training	5.0
2014	3	Nutrition Education Volunteer training	6.0
2014	22	Healthy Beverages – 7 th graders	5.1
2014	4	Nutrition Volunteer Training	6.0
2013	6	Nutrition Volunteer Training: Dietary Fats – The Good, Bad & Ugly	6.0
2013	14	High School Health Calcium Lesson	5.0
2013	6	Nutrition Education Volunteer training: carbohydrates, gluten, food allergies	5.50
2012	8	High school health lesson	5.25
2012	7	High school health fruit & veggie assessment/lesson	5.29
2012	23	8 th Grade Health Nutrition Class	5.29
2011	12	Nutrition update for EPAs/2010 Dietary Guidelines for Americans	5.6
2011	8	Nutrition Education Volunteer training	5.5
2011	12	Nutrition lesson at Jefferson County Middle School	5.7
2010	9	Nutrition update/staff questions for Crook, Deschutes, Jefferson EPAs	5.7
2010	2	Nutrition update/staff Questions for Warm Springs EPAs	5.0

Evidence of Program Impact

Lincoln County SNAP-Ed (2017 to Present). 3rd-5th grade participants in Lincoln County School District’s 21st Century after school program were surveyed before and after receiving

CATCH lessons delivered by SNAP-Ed. Results showed a 17% increase in the number of students who reported eating more than one type of vegetable on at least some days of the week; a 7% increase in the number of students who reported having more fruits and vegetables available at home; a 9% increase in the number of students who reported increasing their frequency of daily vegetable intake; and an 8% increase in the number of students who were able to correctly identify the fruit and vegetable recommendation of the MyPlate symbol.

Examples of PSE impact: A new policy was written by The Ridge, a low-income housing complex, following a discussion between SNAP-Ed and the Northwest Coastal Housing director. During the meeting the director explained that she wanted the resident-driven garden committee to incorporate growing vegetables in addition to the flowers and other nonedible plants that were typically grown. At that time, SNAP-Ed described PSE changes and encouraged the director to consider changing the policy, which she did. The director later shared that she had put the stipulation in writing, and the residents are currently growing an array of vegetables at the garden. During the partnership meetings, SNAP-Ed also encouraged the director to consider ways to make a fun policy or promote (PSE+P) the policy in a fun and family-friendly way such as policy poetry signage, perhaps that youth residents help to make. This effort is ongoing and will likely integrate/support other projects such as offering virtual nutrition classes linked to garden produce.

The Pick of the Month (C.H.E.F. tasting table program) was expanded from two to seven Lincoln County schools between 2017 and 2020, including Siletz Valley Charter School, a school previously unreachable by SNAP-Ed. The food purchasing/preparation for all of the Pick of the Month events is sustained by the Lincoln County School District Nutrition Services (Sodexo). SNAP-Ed staffs the events at only two schools, while the events at the other five schools are staffed by school staff/CATCH Champions, with minimal/as needed support provided by the Lincoln County C.H.E.F. program coordinator. This model has helped to achieve program growth and sustainability. Food Hero recipes, previously highlighted two times/year, are now highlighted four times/year.

Crook-Jefferson Counties SNAP-Ed (2014-2016). Students at Culver Middle School were surveyed before and after receiving Exercise Your Options lessons delivered by SNAP-Ed. Results showed an 18% increase in the number of students who reported eating breakfast; a 23% increase in eating a vegetable the day prior (not counting French fries or chips); a 24% increase in being physically active; and a 20% decrease in sedentary screen behaviors. In 2013, observational feedback solicited from adult instructors and volunteers teaching Iron Chef in the Nutrition Kitchen reported the following improved behaviors and skills for program participants:

Skills Improved: Knife skills, food preparation/safety (hand washing, cleaning surfaces), measuring techniques.

Behavior Changes: Use of vegetables in meals, choosing and incorporating a colorful variety of fruits and vegetables in meals.

Change in Social Skills: Sharing supplies, good teamwork (collaboration, compromise, leadership, communication).

Other comments: “During the challenge I observed parents/families discussing how proud they were of their children, and how impressed they were with the final products!”

PSE examples: An 8th grade student-driven project at Culver Middle School resulted in Food Hero recipes being sold at the Culver High School student store, where no healthy options had previously been sold.

SNAP-Ed worked with the Barnes Butte Elementary School principal and 5th Grade leadership students to add healthy options to the Perfect Attendance Classroom Celebrations program, funded by the PTO. Prior to SNAP-Ed involvement, classrooms selected from a menu of root beer floats, cotton candy and doughnuts.

Jefferson County FCH (2015). Participants from the Madras Senior Center were surveyed following Food Hero recipe tasting events and nutrition education presentations provided as part of the COACA Healthy Choices program. Results showed 79% of the respondents found the low-fat, low-sodium Beef and Barley Soup to be tasty or very tasty; 72% found the low-fat, low-sodium almond rice pudding to be tasty or very tasty; 83% identified that they had learned something new about low-sodium seasonings; and 81% indicated they were very likely to use low-sodium seasonings in their future meal preparations.

4. Peer Teaching Evaluations

Peer Review of Teaching Summary		
Year	Name of Class	Name of Peer Reviewer
2019	Portland SPAN-ET Training	Joanne Lyford
2019	The Gorge SPAN-ET Training	Erin Devlin
2018	Statewide Food Safety Webinar	Anne Hoisington
2015	Nutrition Education Volunteer Training	Katie Ahern
2014	Eat More of These Foods	Jeremy Green
2013	Nutrition Education Volunteer Training	Katie Ahern
2012	8 th Grade Nutrition Class	Katie Ahern
2012	7 th Grade Nutrition Class	Katie Ahern
2012	6 th Grade Nutrition Class	Katie Ahern
2011	Nutrition Update: Dietary Guidelines	Jamie Fitch

5. Other Assignments

Extension Program Leadership and Management

Limited income adults and children are at higher risk of obesity and resulting chronic disease due to lack of resources for healthy affordable food and often live in communities where physical activity facilities are lacking. Extension Family and Community Health Program supports community food security through education, outreach, and policy activities conducted through SNAP-Ed.

Behavioral-based education to promote healthy eating and choosing active lifestyles is based on the most recent Dietary Guidelines for Americans.

Lincoln County Extension Service SNAP-Ed (2017-Present, .50 FTE)

In my role as the Managing Faculty/Coordinator for the Lincoln County SNAP-Ed program, I manage an annual federal budget of \$246,000 and supervise two EPAs. I am responsible for submitting the Lincoln SNAP-Ed Unit plan every three years, and important plan updates every year. Planning is done in a Hub model, and in Lincoln County there are five Hubs that are grouped geographically. The Hub model supports multiple level programming and increases potential for multiple participant contacts and the likelihood that participants will make behavior changes for healthy eating and active living. I also ensure the Unit’s reporting is accurate and submitted quarterly and annually. Since 2017, I have worked with the Lincoln SNAP-Ed team and community partners to identify programming gaps and areas for growth and development. For example, we now have a Hub in Siletz that focuses on building relationships and understanding Native American cultural influences, in order to assist us in tailoring and expanding our program there in meaningful ways. I’ve also provides leadership for PSE work. The Unit has undergone considerable growth in this area over the past couple of years, resulting in several accomplished and emerging PSE changes. My approach to leadership includes incorporating routine input from EPAs on program coordination and planning and identifying strengths and interests of team members to develop a model that meets the community needs and harnesses innovative ideas. This approach has, in part, led to submitting grants for outside funding, improving outreach to underserved populations, and a cohesive and well-functioning team. In addition to leadership tasks, I teach/co-teach and staff SNAP-Ed events routinely throughout the SNAP-Ed Federal Fiscal Year.

Federal Fiscal Year	2020	2019	2018
Lincoln Budget	\$246,000	\$232,000	\$165,000

OSU Extension Service SNAP-Ed State Leadership Team (2017-Present, .45 FTE)

In my role as a SNAP-Ed State Leadership Team member, I work with the SNAP-Ed statewide program leader and a network of campus-based FCH and SNAP-Ed faculty and staff to extend knowledge and research of OSU to the communities of Oregon in a manner that is responsive to local needs, respectful of local norms and culture, and within the scope and guidance of the SNAP-Ed program. My work can be categorized into three areas: Programs, Training and Unit Resources (PTUR), Food Hero, and other tasks.

PTUR Team: I serve on the PTUR team and work with our team lead and other team members to routinely respond to Unit questions and input related to curricula options/fidelity, training needs/opportunities, applying program scope and guidance and other topics. As needed, I review curriculum, draft/update/review policies and guidelines, deliver/co-deliver and/or host and facilitate statewide trainings, webinars, meetings and conference sessions. I organize agendas and facilitate the monthly FCH and SNAP-Ed/EFNEP statewide Zoom meetings. I am also a SPAN-ET Master Trainer and have a lead role in coordinating with other Master Trainers to implement SPAN-ET training opportunities for Oregon SNAP-Ed.

Food Hero Team: I serve on the Food Hero social marketing team, working with other team members to provide nutrition expertise, discuss new ideas, review materials, answer Unit questions and requests, and generate solutions when complexities arise. I also serve as our translation coordinator, a role that involves organizing, tracking, and managing numerous translation projects that need to move between our contracted translator, in-program reviewers, and Spanish workgroup leader.

Other Tasks: In the nearly twelve years that I have worked for Extension SNAP-Ed I have had experience in different roles, settings, and levels of leadership and have an abundance of experience directly delivering SNAP-Ed activities. For this reason, I have been able to provide oversight to SNAP-Ed Units in leadership transition. For example, between January, 2017 and September, 2017, I served as the Interim Managing Faculty/Coordinator for the Marion-Polk-Yamhill (MPY) SNAP-Ed Unit, including supervising six EPAs, troubleshooting staffing and fiscal concerns, and submitting the annual budget and plan updates. I routinely bring my insights and ideas to our state team discussions and at times contribute to other teams such as the Planning, Evaluation and Reporting Team.

Federal Fiscal Year	2017
MPY Budget	\$412,000

Crook-Jefferson Counties SNAP-Ed (2010-2016, .80-1.0 FTE)

I served as the Managing Faculty/Coordinator for the Crook-Jefferson (CJ) SNAP-Ed Unit from 2012-2016, and served as an Instructor and supervisor for the Crook-Deschutes-Jefferson (CDJ) SNAP-Ed Unit from 2010-2012. In 2012, Deschutes County was split from Crook-Jefferson County Unit. During this time, I worked closely with the Deschutes County Managing Faculty, SNAP-Ed statewide program leader, and Central Oregon Regional Administrator to split budget, staffing, and ensure an overall smooth and equitable transition was achieved for staff and community partners. As the Crook-Jefferson Managing Faculty, I managed a federal budget of (up to) \$389,000 and supervised (up to) four EPAs and one AmeriCorps VISTA. I submitted the Crook-Jefferson Unit annual plan and budget and ensured accurate and timely quarterly and annual reports were completed. During this time, SNAP-Ed underwent temporary budget reductions and national guidance changes which I successfully navigated with input from EPAs and community partners. This process led to seeking innovative solutions and ultimately resulted in the St Charles Health System Community Benefit Program funding a 0.40 EPA position to serve two schools that we were not able to serve due to funding reductions and guidance changes. In addition to leadership tasks, I taught hundreds of SNAP-Ed classes during this time to a variety of audiences and was an early-implementer of PSE strategies.

Federal Fiscal Year	2016	2015	2014	2013
CJ Budget	\$389,000	\$370,00	\$380,000	376,000

C. SCHOLARSHIP AND CREATIVE ACTIVITY

Peer Reviewed and Invited Presentations

Refereed National/International Presentations

Russell, S. A., Gandy, J., Boley, S. (2015, October) Iron Chef in the Nutrition Kitchen. Oral presentation for the 4-H National Conference, Portland, OR. **Author and presenter.**

Russell, S.A., Ahern, K. (2015, June) Healthy Communities Outreach Project. Poster presented for the International Whole Grain Summit, Portland, OR. **Author and presenter.**

Refereed In-State Presentations

Russell, S.A., Gandy, J., Boley, S. (2015, March) Iron Chef in the Nutrition Kitchen. Poster presentation for the Oregon 4-H and FCH Staff Development Conference, Wilsonville, OR. **Author and presenter**.

Hiaasen, K., **Russell, S.A.** (2015, March) The Ochoco Milk Project. Poster presentation for the Oregon 4-H and FCH Staff Development Conference, Wilsonville, OR. **Presenter**.

Russell, S. A., Gandy, J., Boley, S. (2014, March) Iron Chef in the Nutrition Kitchen. Oral presentation for the Oregon 4-H and FCH Staff Development Conference, Wilsonville, OR. **Author and presenter**.

Invited Presentations

Russell, S.A., Ahern, K. (2015, June) Healthy Communities Outreach Project. Oral presentation (to a regional group) for the International Whole Grain Summit, Portland, OR. **Author and presenter**.

Russell, S.A., Ahern, K. (2014, June) Maximize Your Health, Minimize Your Budget. Oral presentation for the Central Oregon Food Summit. Bend, OR. **Author and presenter**.

Invited/Non-refereed Presentations

John, D., **Russell, S.A.**, Dodge Vera, T. (2020, January) SNAP-Ed Training. Webinar presentation for the Washington State SNAP-Ed Evaluation Team. **Discussant**.

Russell, S.A. (2019, August) Healthy Eating: Why We Care. Oral presentation for the Nutrition In-Service for Lebanon schools. Lebanon, OR. **Author and presenter**.

John, D., **Russell, S.A.** (2018, October) SNAP-Ed Training. Webinar presentation for the University of New Mexico Prevention Research Center. **Discussant**.

John, D., **Russell, S.A.**, Hatfield, A.M. (2017, November) SPAN-ET Training. Webinar presentation for Nevada SNAP-Ed. **Discussant**.

John, D., **Russell, S.A.**, Ahern, K., Dodge Vera, T., Hatfield, A.M., Harris, A. (2016, June) SPAN-ET Training Part A and B. Oral presentation for Extension Family and Community Health SNAP-Ed/EFNEP Training, Portland, OR. **Presenter**.

Russell, S.A., Haugen, D. (2012, June) Great Ideas Sharing Session: Garden Stretches. Oral presentation for OSU Nutrition Education Program Conference, Corvallis, OR.

Presenter.

Russell, S.A. (2012, June) Great Ideas Sharing Session: High School Fast Food Tri-Fold. Poster presented for OSU Nutrition Education Program Conference, Corvallis, OR.

Author and Presenter.

Public Communications, Marketing and Media

Digital Media

Russell, S., (January, 2020). Lincoln County Extension Service SNAP-Ed and Food Hero, radio interview. Hotline with Kathy Kraken on KNPT, KBCH, KWDP. Reach, 5000.

Russell, S., Botello-Salgado, B., et al. (February, 2019). Lincoln County Extension Service SNAP-Ed/Bilingual Programming, radio interview. Hot line with Kierra Morgan on KNPT, KBCH, KWDP. Reach, 5000.

Russell, S. (January, 2019). Lincoln County Extension Service SNAP-Ed, radio interview. Hotline with Kierra Morgan on KNPT, KBCH, KWDP. Reach, 5000.

Russell, S. (December, 2018). Food Safety, Food Hero and Healthy Eating, radio interview. KNPT, KBCH, KWDP. Reach, 5000.

Russell, S., Botello-Salgado, B. (October, 2018). SNAP-Ed Outreach in Lincoln County and Bilingual Programming, radio interview. Latin Corner with Angel Rolando Jimenez-Castillo on KYAQ. Reach, 3500.

Russell, S. (September, 2018). Lincoln County Extension Service SNAP-Ed, radio interview. Hotline with Kierra Morgan on KNPT, KBCH, KWDP. Reach, 5000.

Russell, S., Botello-Salgado, B. (August, 2018). Lincoln County Extension Service Program Introduction and Healthy Eating, radio interview. Latin Corner with Angel Rolando Jimenez-Castillo on KYAQ. Reach, 3500.

Russell, S. (June, 2018). Extension Spotlight on Food Hero/Bananas, recorded PSA. Aired on KNPT, KBCH, KWDP. Reach, 5000. [Extension Spotlight June 2018 Food Hero Chicken](#)

Russell, S. (May, 2018). Extension Spotlight on Food Hero/Chicken, recorded PSA. Aired on KNPT, KBCH, KWDP. Reach, 5000. [Extension Spotlight May 2018 Food Hero Chicken](#)

Russell, S. (February, 2018). Lincoln County Extension Service SNAP-Ed, radio interview. Hotline with Kierra Morgan on KNPT, KBCH, KWDP. Reach, 5000.

Print Media/Newspaper

Russell, S. (2014). “Promoting Health While on the Run.” The Central Oregonian. 2,976 readers. **(Interviewed and quoted)**. Also available online: [Promoting Health While on the Run](#)

Russell, S. (2013, January 25). Press Release: “OSU Nutrition Campaign Makes Kids Food Heroes.” The Madras Pioneer. 4,250 readers. **(Interviewed and quoted)**.

Russell, S. (2013). “Students Compete in Iron Chef Contest.” The Madras Pioneer. 4,250 readers. **(Article author)**.

Russell, S. (2013). “Part 1: OSU Extension Program Series: Nutrition Education Program.” The Madras Pioneer. 4,250 readers. **(Interviewed & quoted)**.

Competitive Grants and Contracts

Grants and Contracts Summary				
Year Funded	Funder	Project Purpose	Total Award	My Role
2021	Danone Institute North America	One Planet. One Health Initiative – Juntos en el Jardín	\$30,000	PI
2020	Oregon Department of Education	For Farm to School activities at Eddyville Charter School (Rural Roots)	\$10,000	PI
2020	Samaritan C.H.E.F. Program	To provide groceries for SNAP-Ed program participants	\$800	Contract
2019	OSU Moore Family Center	For HCO Project PLANT activities	\$25,000	PI
2016	St. Charles Community Benefit	To fund a 0.40 EPA position to serve middle and high school students	\$10,000	PI

2015	St. Charles Community Benefit	To fund a 0.40 EPA position to serve middle and high school students	\$6,970	PI
2014	St. Charles Community Benefit	To fund a 0.40 EPA position to serve middle and high school students	\$13,690	PI
2012	OSU Moore Family Center	For Central Oregon HCO project activities	\$25,000	Co-PI
Total			\$121,460	

D. Service

OSU Extension Service

- (2020) Member, Search Committee for Lincoln County Officer Manager position
- (2018 to 2019) Member, Awards Chair, 2019 FCH Spring Conference Planning Committee
- (2016) Interim Member, 2017 FCH Spring Conference Planning Committee
- (2017) Chair, Search Committee for Marion, Polk, Yamhill SNAP-Ed Coordinator position
- (2017) Chair, Search Committee for Lincoln County SNAP-Ed EPA position
- (2015) Chair, Search Committee for Crook-Jefferson SNAP-Ed EPA position
- (2014) Member, Search Committee for Family and Community Health and 4-H Program Leader positions
- (2014) Member, Search Committee for Deschutes County SNAP-Ed EPA position
- (2014) Member, Search Committee for Warm Springs Education Coordinator and County Leader position
- (2012) Member, Planning Committee for Oregon Nutrition Education Program Fall Conference
- (2010 to 2012) Member, Search Committee for Crook, Deschutes, Jefferson SNAP-Ed EPA positions

E. Awards

National and International

Russell, S., et al. (2021). NEAFCS 1st NEAFCS Communication Award 1st Place National Winner, for “Video.” Certificate Received.

State and Regional

Russell, S., et al. (2022). National Association of County Agricultural Agents Communications Award Regional Winner, for “Bilingual Learning Module/Notebook.”

Russell, S., et al. (2021). Greater Newport Vision 2020 Award for “Fostering Collaboration and Engagement.”

Russell, S., et al. (2018). OSUEA Community Partnership Award, for “Cooking Matters.” Certificate Received

Russell, S., et al. (2016). OSUEA Community Partnership Award, for “Iron Chef in the Nutrition Kitchen.” Certificate Received.

Russell, S., G. Hyde, et al. (2015). NEAFCS School Wellness 1st Place Western Regional Winner, for “High Speed Hand Washing.” Certificate Received.

Russell, S., et al. (2015). OSUEA School Wellness Award, for “SNAP-Ed school programming.” Certificate Received.

Russell, S., et al. (2015). OSUEA Family Health and Wellness Award, for SNAP-Ed programming. Certificate Received.

Russell, S. (2014). OSUEA Newer Faculty Award. Plaque Received.

Russell, S. (2014). OSUEA Communication Written Press Release Award, for “Iron Chef in the Nutrition Kitchen” article. Certificate Received.

F. Professional Membership

(2018 to Present) Member, NEAFCS, OSUEA Oregon

(2012 to 2016, 2018 to Present) Member, OSUEA, Oregon

(2016) Member, Society of Nutrition Education and Behavior

(2006 to 2015) Member, Academy of Nutrition and Dietetics

(2013) Member, Academy of Nutrition and Dietetics Research Group

(2012) Member, Academy of Nutrition and Dietetics Diabetes Practice Group