

# **Jenna DeBaun Anding, PhD, RDN, LD**

## **Professor & Extension Specialist**

Texas A&M AgriLife Extension Service  
Department of Nutrition, Texas A&M AgriLife Extension Service  
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### **Education and Training**

Ph.D. Nutrition, Texas A&M University, College Station, TX, 1994  
Dietetic Internship, Texas A&M University, College Station, TX, 1992  
M.S. Nutrition, Texas A&M University, College Station, TX, 1991  
B.S. Agricultural Education (Teaching Option), Texas A&M University, College Station, TX, 1987

### **Licenses and Certifications**

L.D. (Licensed Dietitian), Texas State Board of Examiners of Dietitians, 1994  
R.D. (Registered Dietitian), Commission on Dietetic Registration, 1992  
Texas Educator (Life Certificate), Secondary Biology and Vocational Agriculture, Texas State Board for Educator Certification, 1988

### **Experience**

#### ***Texas A&M AgriLife Extension Service, Department of Nutrition, College Station, TX***

*Professor & Extension Specialist, January 2021*

Professor, Associate Department Head and Extension Specialist June 2014 – December 2021

Associate Professor, Associate Department Head and Extension Specialist, September 2004 – May 2014

Assistant Professor & Extension Specialist, January 1999-February 2004

Currently responsible for the development and evaluation of evidence-based educational programs in nutrition, food safety, food preservation, and food resource management for use by County faculty. Serve as principal investigator for the *Better Living for Texans* (SNAP-Ed) program, train Extension personnel and Extension volunteers to use appropriate educational methods and techniques for communicating with clientele. Conduct educational programs at the county level as requested by Agents. Serve on graduate student committees and teach/guest lecture in undergraduate nutrition courses as requested.

As Associate Department Head, led the administrative oversight of the Foods and Nutrition unit including the development of outreach programs, supervision of six faculty and staff, and administrative oversight of grants, contracts, fee-based programs, and state budgets totaling more than \$10 million annually.

#### ***University of Houston, Department of Human Development and Consumer Sciences, College of Technology***

*Assistant Professor & Didactic Program Director, August 1995 – December 1998*

Directed accredited program and prepared 10-year self-study for re-accreditation by the Accreditation Council for Education in Nutrition and Dietetics (formerly the Commission on Accreditation for Dietetics Education). Promoted program to students in pre-medicine, pre-pharmacy, and pre-nursing, resulting in an

increased enrollment of greater than 20% from 1995 to 1998. Taught 9 course credits each semester and developed new junior-level course in nutrition assessment and planning.

***Integrated Health Services, Houston, TX***

*Consulting Dietitian, July 1995 – September 1998*

Provided medical nutrition therapy to skilled nursing and high acuity patients.

Conducted nutrition assessments on all patients, including those receiving nutrition support.

***Bayshore Medical Center, Pasadena, TX***

*Clinical Dietitian, January 1995 – July 1995*

Provided medical nutrition therapy to patients in acute care setting (Skilled/Rehabilitation).

Conducted nutrition assessments, nutrition consultations and diet education to patients.

***Texas A&M University, Department of Animal Science, Human Nutrition Section, College Station, TX***

*Assistant Lecturer, June 1994 – August 1994. Taught NUTR 430 (Community Nutrition)*

*Teaching Assistant, August 1992 – May 1994*

*Graduate Assistant, Extension Foods and Nutrition, June 1990 – July 1991*

***United States Department of Agriculture, Soil Conservation Service, Grimes County, TX***

*Soil Conservationist, January 1988 – June 1989*

Provided technical assistant to landowners in pasture management, soil conservation, and erosion control.

Developed conservation plans and designed erosion control structures for landowners.

**Teaching Activities – Texas A&M**

***Graduate Student Committee Member (2001-present)***

All participation on graduate student committees is at the member level.

Megan Rogers, Agricultural Leadership Education and Communication, M.S. 2023-

Jewel Glover, Agricultural Leadership Education and Communication, M.S. 2023-

Bethany Busa, Agricultural Leadership Education and Communication, M.Ag., (non-thesis) 2021-2022

Caitlin Benge, Agricultural Leadership Education and Communication, M.S., 2021-2023

Gabrielle Sanders, Agricultural Leadership Education and Communication, M.S., 2019

Keehyun Lee, Agricultural Economics, Ph.D., 2017-present

Hala Nawaiseh, Nutrition, Ph.D., 2016 – 2019. *An-M-Health Intervention Using Smartphone Apps to Improve Physical Activity and Monitoring Sugar-sweetened Beverages in College Students: A Randomized Controlled Trial*

Kristen Hicks, Nutrition, Ph.D., 2014 – 2017. *Physician Nutrition Education Program (PNEP): Survey and Continuing Medical Education (CME) Development to Increase Nutrition Knowledge*

Sally Graham, Nutrition, M.S., (non-thesis), 2017

Zubaida Qamar, Nutrition, Ph.D., 2013 – 2016. *Development, implementation, and evaluation of a web-based nutrition education program for South Asians in the U.S*

Brenda Bustillos, Nutrition, PhD., 2013 – 2016. *Examining Hunger and Food Insecurity Among Older Adults of Mexican Heritage in Texas-Mexico Border Colonias: A Holistic Approach*

Brittany Postert, Agriculture Leadership, Education, and Communication, M.S., 2015. *The Effects of the Texas Learn, Grow, Eat, Go Program and the Influence on Knowledge, Attitudes, and Behavior of Children Regarding Physical Activity, Nutrition, and Perception of Health*

Christina Curry, Nutrition, MS., 2015. *Chemoprotective effects of flaxseed lignans enterodiol and enterolactone in non-transformed colonocytes*

Chang Ho Hur, Urban & Regional Science, MS., 2012 – 2014. *The Effects of Low-income Housing Tax Credit Developments on Access to Affordable and Nutritious Food and the Geography of Opportunity*

Laura Thomas, Nutrition, Ph.D., 2010 – 2012. *It Just Tastes Better When It's In Season*

Lindsey Briggs Field, Nutrition, M.S., 2009 – 2011. *Evidence-based reviews: History, Utility, and Application*

Christine Sceets, Nutrition, M.S., 2009 – 2011. *Indicators of Success when Incorporating Whole Grains into School Health: Healthier US School Challenge*

Kelli Denise Gerard, Nutrition, M. Ag., 2010 – 2011

Laura Jeaness, Nutrition, M. Ag., 2010 – 2011

Christina Ketterer, Nutrition, M. Ag., 2010

Jaclyn Stewart, Nutrition, M. Ag., 2008 – 2010

Cheree Sisk, Nutrition, M.S., 2008 – 2009. *Using Multiple Household Food Inventories to Measure Food Availability in the Home over 30 Days: A Pilot Study.* Committee member

Jennifer Gutierrez, Nutrition, M.S., 2006 – 2007. *Increasing BMI is a Risk Factor for the Onset of Asthma in Pre-adolescent and Post-adolescent Children*

Jennifer Creel, Nutrition, M.S., 2006. *The availability of healthy food options in fast food outlets in 6 rural counties*

Brenda Bustillos, Nutrition, M.S., 2006. *Measuring Availability of Healthful Foods in 2 Rural Texas Counties*

Mi Jeong Kim, Nutrition, Ph.D., 2002 – 2005. *Parenting Style and Older Children's and Young Adolescents' Dietary Intake and Nutritional Status*

Glenda Crawford, Nutrition, M.S., 2001 – 2005. *Effect of Carbohydrate and Carbohydrate-Protein Supplementation on Power Performance in Collegiate Football Players Performing a Simulated Game Task*

Bob Calvin, Health and Kinesiology, M.S., (non-thesis option). 2004 – 2005

Genevieve Connors, Nutrition, M.S., 2001 - 2003. *Parental Use of Child Feeding Practices and Outcomes in Child and Adolescent Nutrition*

Aielie Halepeska, Nutrition, M.S., 2001 – 2003. *The relationship between maternal employment and adolescent*

*nutritional status and risks to cardiovascular health*

### **Direction of Undergraduate Students**

Belicia Claudette Parga. Food Science, 2009 (co-directed with Dr. Matt Taylor). *Risky Eating Behaviors of Undergraduate Students*

Castillo Zuleyma. Food Science, 2016 (co-directed with Dr. Matt Taylor). *Food Safety Violations Observed Among Mobile Food Units in Three Texas Communities*

### **Graduate Courses – Texas A&M**

Fall 2023, NUTR 689: Synthesis, Dissemination and Implementation of Evidence to Practice and Policy (10 students, co-instructor)

### **Undergraduate Courses – Texas A&M**

Fall 2020, NFSC 481, Senior Seminar (17 students)

### **Invited Guest Lectures at Texas A&M University**

ALED 339 Agricultural Extension Philosophy and the Land-Grant Mission  
Fall 2020-21. *Family and Community Health Programming in Texas*

NUTR 430 Community Nutrition

*Summer 2019. Reaching People Where They Are: Promoting Healthy Eating Behaviors to Low-Income Audiences*

*Fall 2013 – 2015. Improving Access to Healthy Foods and Physical Activity*

*Spring/Fall 2003 – 2007. Designing Education Materials for Low-literacy Audiences*

NUTR 210 Nutrition Horizons

Fall and Spring 2009 – 2015. *Addressing the Nutrition and Health needs of Individuals and Families in Texas: The Role of Family & Consumer Sciences in AgriLife Extension*

Spring 2009. *Economic and Food Safety Considerations related to Organic Foods*

Spring 2005. *Spotting Junk Science and Nutrition Quackery*

ALED 441 Extension Education, Spring 2008 – 2009, Fall 2010 and 2011. *Addressing the Health and Nutrition Needs of Texans: The role of Family and Consumer Sciences in Extension*

Texas A&M University, Department of Animal Science, Faculty of Nutrition Seminar Series, March 2003  
*Food Security: Nutrition, Health, and Psychosocial Consequences*

### **Additional Teaching Responsibilities**

Preceptor, Texas A&M University Dietetic Internship Program

Community Nutrition rotation with Texas A&M AgriLife Extension Service, 2000 – 2005; 2009, 2013

### Invited University Seminars, Guest Lectures and Presentations (outside of Texas A&M)

Virginia Cooperative Extension. Virtual webinar series, April 2023. *Balancing Life: Mindful Eating\**

Mississippi State University. FNH/CVM 8333 Food Safety and Security in Public Health. March 2023. *Reducing Food Waste in the Home.\**

OneOp (formerly Military Families Learning Network). February 2023. *Waste Not, Want Not: Reducing Food Waste in Your Communities.\**

Virginia Cooperative Extension. Virtual webinar series, January 2023. *Balancing Life: Keeping New Year's Resolutions.\**

Virginia Cooperative Extension. Virtual webinar series, June 2022. *Balancing Life: Managing Stress Eating.*

Prairie View A&M University. Virtual Interaction Program for World Food Day, October 2021  
*Food Insecurity in Texas\**

Mississippi State University. FNH/CVM 8333 Food Safety and Security in Public Health, March 2021  
*Food Waste in the United States.\**

University of Texas MD Anderson Cancer Center (Houston, TX), January 2015  
*Improving the Diet and Physical Activity Behaviors Among Low-income Audiences in Texas*

University of Arkansas, Department of Food Science (Fayetteville, AR), October 2010  
*When Bigger Isn't Better: Addressing the Obesity Epidemic from an Extension Perspective*

University of Arkansas, Department of Food Science (Fayetteville, AR) October 2006  
*Folic Acid Fortification and Its Impact on Health*

University of Arkansas, Center for Food Safety 18<sup>th</sup> Annual Food Safety Consortium, October 2006  
*Addressing Food Safety Education Needs of Retail Food Service Establishments: An Extension Response*

University of the Incarnate Word (San Antonio, TX), October 1999  
*Food Insecurity: Prevalence, Assessment, and Nutritional Consequences*

### **Previous Teaching Experience**

#### University of Houston (1995 – 1998)

HDCS 1332 Food, Nutrition, and Society (3 credits)

Freshman level course designed for non-nutrition majors. Explored basic principles of nutrition.

HDCS 2332 Normal Nutrition (3 credits)

Sophomore level course that introduced students to carbohydrates, fats, proteins, vitamins, and minerals. Additional topics discussed included digestion and absorption of nutrients, and the relationship between diet and chronic disease.

HDCS 3332 Purchase and Marketing of Food Service Systems (3 credits)

Junior level course which emphasized food purchasing for institutional settings. Food safety and marketing efforts also were included.

HDCS 3333 Nutrition Assessment and Planning (3 credits)

Junior level course which focused on the fundamentals of nutritional assessment and medical terminology. Students learned how to interpret laboratory values, assess dietary intake information, and estimate nutrient needs for patients with special dietary needs. Students also gained experience in anthropometric measurements and in calculating diabetic diets. Responsible for the development of this course.

HDCS 4332 Food Service Systems Management (3 credits)

Senior level course that explored various aspects of foodservice management including menu planning, facility layout and design, safety and sanitation, financial management and human resources management.

HDCS 4333 Clinical Nutrition (3 credits)

Senior level capstone course that emphasized nutritional intervention in pathological conditions based on biochemical, physiological, and psychological effects of disease states; application of diet therapy principles and nutritional assessment.

HDCS 4334 Community Nutrition (3 credits)

Senior level course that introduced state, federal and local programs that promote nutrition on the community level. Focused on nutrition education, community assessments, and working with individuals of different cultural and socioeconomic backgrounds.

Texas A&M University (1994)

NUTR 430 Community Nutrition (3 credits)

Senior level course that surveyed health and nutrition programs, food labeling and safety, and consumer education.

**Cooperative Extension Experience**

Extension and Public Presentations (Texas A&M AgriLife Extension)

**County Programs**

*Since 2001, 115 county programs have been conducted at the request of Extension personnel, reaching 5,091 individuals across the state. Presentations marked with an \* were delivered virtually.*

Program Titles (last 10 years)

Anding J. (May 2023). Food Preservation workshop (2-day working on boiling water bath and pressure canning). Grayson County, Denison, TX.

Anding J. (January 2023). *Issues and Trends in Home Food Preservation*. Texas A&M AgriLife Extension From the Ground Up Conference, Waco, TX.

Anding J. (October 2022). *Implementing Healthy Food Policies in ECE Centers*. Titus County, Mt. Pleasant, TX.

Anding J. (June 2022). *Food Preservation: Water bath canning*. Gillespie County, Fredericksburg, TX.

Anding J. (June 2022). *Food Preservation: Water bath canning*. Brazos County, Bryan, TX.

Anding J. (June 2022). *Drying Herbs*. Austin County Master Gardeners.\*

Anding J. (May 2022). *Food Preservation*. Austin County. Sealy, TX.

Anding J. (May 2022). *Implementing Healthy Food Policies in ECE Centers*. Webb and Starr Counties.

Anding, J. (February 2022). *Feeding the Soul with Healthy Food*. Texas A&M AgriLife Extension Well-Church Conference.\*

Anding, J. (February 2022). *Implementing Healthy Food Policies in ECE Centers*. AgriLife Extension Multi County Childcare Conference, La Grange, TX.

Anding, J. (January 2022). *Unmasking our Immunity with Healthy Eating Habits*. AgriLife Extension From the Ground Up Conference, Waco, TX.

Anding, J. (May, 2021). *Using Food Policies to Support Healthy Eating Practices in Childcare Settings*. AgriLife Extension Virtual ECE Mini-Conference (encore presentation).\*

Anding, J. (May, 2021). *Introduction to Home Food Preservation*, Central Region\*

Anding J. (March, 2021). *Promoting Heart Health Through Food*. Robson Ranch residents, Denton County, Denton, TX.\*

Anding, J., (January, 2021). *Using Food Policies to Support Healthy Eating Practices in Child Care Settings*. AgriLife Extension Virtual ECE Mini-Conference.\*

Anding, J., (October, 2020). *Myth-busting Your Diet: Good Nutrition & Cognition*. Robson Ranch residents, Denton County, Denton, TX.\*

Anding, J., (August, 2020). *Making Jerky*. District 3 Virtual food Preservation Series.\*

Anding, J., (November, 2019). *Using Food Policies to Support Healthy Eating Practices in Child Care Settings*. Collin County Conference for Childcare, Plano, TX.

Anding, J., (August, 2019). *Promoting Healthy Eating Habits to Young Children*. Starr County Childcare Conference, Rio Grande City, TX.

Anding, J., (June, 2019). *Eating Healthy in Urban Communities: Challenges and Opportunities*. Houston Urban Food Conference, Houston, TX.

Anding, J., (April, 2019). *Food Allergies and How to Manage them in Child Care Settings*. Harris County Childcare conference, Houston, TX.

Anding, J., (March, 2019). *Low Carbohydrate Diets for Weight Loss and Health*. Burleson County Women's Forum, Caldwell, TX.

Anding, J., (February, 2019). *Playing with Your Food: How to Teach Nutrition to Preschool Children (and their Parents)*. Multi-County Child Care Conference, LaGrange, TX.

Anding, J., (January, 2019). *Reaching People Where They Are: Promoting Healthy Eating Behaviors to Low-Income Audiences*. From the Ground Up Conference: Connecting Agriculture & Health, Waco, TX.

Anding, J., (October, 2018). *Food Allergies and How to Manage them in Child Care Settings*. Child Care Conference for Home and Center Based Providers, Dallas, TX.

Anding, J., (September, 2018). *Popular Diets for Weight Loss and Health*. Healthy Living Conference, Laredo, TX.

Anding, J., (August, 2018). *Preserving the Harvest: Pickles*. Kaufman County, Terrell, TX.

Anding, J., (July, 2018). *Food Preservation: Drying and Pressure Canning*. Panola County, Gary, TX.

Anding, J., (May, 2018). *Popular Diets for Weight Loss and Health*. Starr County, Rio Grande City, TX.

Anding, J., (March 2018). *Food Preservation Basics*. Kaufman County Backyard Basics Program, Kaufman, TX.

Anding, J., (February, 2018). *Food Allergies and How to Manage them in Child Care Settings*. Multi-County Child Care Conference, La Grange, TX.

Anding, J., (January, 2018). *Pressure Canning*. Upshur and Gregg Counties, Big Sandy, TX.

Anding, J., (August, 2017). *Food Allergies and How to Manage them in Child Care Settings*. Starr County Child Care Conference, Rio Grande City, TX.

Anding, J., (February, 2017). *Canning Basics and Drying Fruits, Vegetables, and Herbs*. East Texas Fruit and Vegetable Conference, Angelina County, Lufkin, TX.

Anding, J., (December, 2016). *Understanding Food Packaging and Marketing Claims and Reducing Food Waste in the Home*. From the Ground Up – Connecting Agriculture and Health Conference, Waco, TX.

Anding, J., (December, 2016). *Reducing Food Waste in the Home*. EarthKind Living Expo, Anderson County, Palestine, TX.

Anding, J., (November, 2016). *Reducing Food Waste in the Home*. EarthKind Living Expo, Hopkins County, Sulphur Springs, TX.

Anding, J., (October, 2016). *Food Preservation Workshop*. Travis County, Austin, TX.

Anding, J., (August, 2016). *Helping Parents Raise a Happy, Healthy Eater*. Starr County Child Care Conference, Rio Grande City, TX.

Anding, J., (June, 2016). *Fresh Meals for the Summer*. Hidalgo County, McAllen, TX.

Anding, J., (June, 2015). *Making and Preserving Jams*. Angelina County, Lufkin, TX.

Anding, J., (April, 2015). *Preserving Your Garden Harvest*. Anderson County, Palestine, TX.

Anding, J., (March, 2015). *Preserving Food Safely for a Cottage Food Business*. Nacogdoches County, Nacogdoches, TX.

Anding, J., (March, 2015). *Home Food Preservation*. Lamar County, Paris, TX.

Anding, J., (September, 2014). *Preserving Fruit and Tomato Salsa*. Hardeman County, Quanah, TX.

Anding, J., (September, 2014). *Drying Fruits, Vegetables, & Herbs Safely*. Leon County Master Gardeners, Centerville, TX.

Anding, J., (August, 2014). *Off to a Good Start: Feeding Infants, Toddlers, and Preschoolers*. Starr County Childcare Conference, Rio Grande City, TX.

Anding, J., (January, 2014). *Preserving the Harvest: Preserving Low and No-Added Jam, Canning Fruit Jam*,



*Canning Pickles, and Drying Fruits, Vegetables, and Herbs.* Hidalgo County, Edinburg, TX.

Anding, J., (January, 2014). *Preserving the Harvest: Canning Fruit Jam.* Cameron County, San Benito, TX.

Anding, J., (December, 2013). *Cooking Up a Cottage Food Business.* Nacogdoches County, Nacogdoches, TX.

Anding, J., (July, 2013). *Preserving the Harvest: Canning Fruit Jam and Drying Fruits, Vegetables, and Herbs.* Hidalgo County, Pharr, TX.

Anding, J., (June, 2013). *Canning Jams and Jellies.* Baylor County, Seymour, TX.

Anding, J., (June, 2013). *Canning Jams and Jellies.* Hardeman County, Quanah, TX.

Anding, J., (June, 2013). *Food Preservation in the 21<sup>st</sup> Century.* Austin County, Sealy, TX.

Anding, J., (April, 2013). *Food Preservation in the 21<sup>st</sup> Century.* Fayette County, LaGrange, TX.

Anding, J., (April, 2013). *Drying Fruits, Vegetables, and Herbs.* Leon County, Centerville, TX.

Anding, J., (March, 2013). *Preserving the Harvest in the 21<sup>st</sup> Century.* Kendall County, Boerne, TX.

Anding, J., (January, 2013). *Preparing and Storing Rice Safely.* Western Belt Rice Conference, Wharton County, El Campo, TX.

Anding, J., (August, 2012). *Food Preservation (7-hour workshop).* Hidalgo County, McAllen, TX.

Anding, J., (July, 2012). *Food Preservation in the 21<sup>st</sup> Century (7-hour workshop).* Austin County, Sealy, TX.

Anding, J., (June, 2012). *Food Preservation in the 21<sup>st</sup> Century (7-hour workshop).* Fayette County, LaGrange, TX.

Anding, J., (March, 2012). *Coloring Our Children's Plates with Fruits and Vegetables.* Head Start, Brazos County, College Station, TX.

Anding, J., (November, 2011). *When Bigger Isn't Better: Extension's Response to the Obesity Epidemic in Texas.* District 9 Judges & Commissioner's Workshop, Montgomery County, Conroe, TX.

Anding, J., (September, 2011). *Drying Fruits, Vegetables, and Herbs.* Ellis County, Waxahachie, TX.

### ***Invited Presentation at Request of Organizations Outside of Extension***

*Since 2001, 54 public programs/presentations have been conducted at the request of organizations outside of AgriLife Extension, reaching 2,243 individuals across the state. Post-program evaluations averaged 4.9 (1=highly dissatisfied; 5=highly satisfied). Presentations marked with an \* were delivered virtually.*

### **Program Titles (last 10 years)**

Anding, J. (September, 2022) Diet and Cognition: *Healthy Aging and Remembering It.* Texas Extension Educators Association annual meeting, Lubbock, TX.

Anding, J. (June 2022). *Balancing Life: Stress Eating.* Virginia Cooperative Extension.\*

Anding, J. (June, 2021). *Cool Meals During Hot Summer Months.* Partners Resource Network, Regions 16/17. \*

Anding, J., (September, 2020). *Food Preservation*. Leon County Master Gardener Club, Centerville, TX. \*

Anding, J., (September, 2019). *Food Preservation*. Leon County Master Gardener Club, Centerville, TX.

Anding, J., (April, 2019). *Eating with Purpose and Without Guilt*. Texas Veterinary Medicine Diagnostic Laboratory Staff. Texas A&M University, College Station, TX.

Anding, J., (February, 2019). *Promoting Heart Health through Food*. Extension Service Club, College Station, TX.

Anding, J., (September, 2018). *Preserving Jams and Preserves*. Leon County Master Gardener Club, Centerville, TX.

Anding, J., (August, 2018). *Food Handler Certification Course*. Region 6 Education Service Center, Walker County, Huntsville, TX.

Anding, J., (June, 2018). *Canning Basics: Water bath and Pressure Canning*. Anderson County Master Gardener Club, Palestine, TX.

Anding, J., (September, 2017). *Canning basics and Drying Fruits, Vegetables and Herbs*. Leon County Master Gardener Club, Centerville, TX.

Anding, J., (March, 2017). *Caring for Older Adults: Nutrition & Hydration*. First Baptist Church Caregivers Conference, Bryan, TX

Anding, J., (September, 2016). *Drying Fruits, Vegetables, and Herbs*. Leon County Master Gardener Club, Centerville, TX.

Anding, J., (May, 2016). *Power Up with Protein*. National Active and Retired Federal Employees Club, College Station, TX.

Anding, J., (September, 2015). *Making and Preserving Jams*. Leon County Master Gardener Club, Centerville, TX.

Anding, J., (November, 2014). *Food Insecurity*. Texas Food Bank Network VISTA training, Austin, TX.

Anding, J., (August, 2014). *Food Insecurity*. Texas Food Bank Network VISTA training, Austin, TX.

Anding, J., (March, 2014). *Eating Out Can Be Healthy: Tips for Restaurant Dining*. Texas A&M HR Liaison Network Conference, College Station, TX.

Anding, J., (February, 2014). *Watching the Waistline When Eating Out*. Texas A&M University Recreation Center, College Station, TX.

Anding, J., (October, 2013). *Food Safety: It's in Your Hands* (Food Handler's course. Chartwells foodservice employees at TAMU. College Station, TX.

Anding, J., (September, 2013). *The Cottage Food Law and Food Preservation*. Leon County Master Gardeners, Centerville, TX.

Anding, J., (March, 2013). *Gluten Free Diets*. Texas A&M Recreation Center, College Station, TX.

Anding, J., (November, 2011). *Eating Healthy in a Hurry*. Texas A&M Recreation Center, College Station, TX.

Anding, J., (March, 2011). *Going Green with Organic Foods*. Texas A&M University Recreation Center, College

Station, TX.

### ***Extension Faculty Professional Development***

*Since 1999, a total of 88 Agent and Volunteer trainings have been conducted at the request of Regional Program Leaders and Agents within AgriLife Extension. These trainings have a cumulative reach that exceeds 4,540 educators. Overall satisfaction with my trainings has averaged 4.7 (1=highly dissatisfied; 5=highly satisfied) based on evaluations. Trainings noted with an \* were conducted virtually.*

#### **Professional Development Topics/Presentations (last 10 years)**

Anding J. (March 2023). Reducing Food Waste in the Home. Texas A&M AgriLife Extension Service Master Wellness Volunteer Training.\*

Anding J. (February 2023). *Food Preservation: WaterBath Canning, Freezing, and Drying*. Texas A&M AgriLife Extension Service Master Wellness Volunteer and Agent Training, Dallas, TX.

Anding J. (February 2023). *Maintaining Brain Health and Cognitive Function as We Age*. Texas A&M AgriLife Extension Health Summit, College Station, TX.

Anding, J. (November, 2022). Food Safety Quarterly Update: Food Labeling, Waste, and Safety.\*

Anding, J. (August, 2022). Food Safety Quarterly Update: Food Preservation. FCH quarterly update.\*

Anding, J. (July, 2022). Community Readiness and Community Gardens. BLT Gardening Conference, College Station, TX.

Anding, J. (May, 2022). *Reaching the BLT/SNAP-Ed Audience*. BLT 101, College Station, TX.

Anding, J. (February, 2022). *Diet and Brain Health*. FCH quarterly update.\*

Anding, J. (November, 2021). *Protein Needs as We Age*. FCH quarterly update.\*

Anding J. (September, 2021). *Unmasking Our Immunity with Healthy Eating Habits*. State EFNEP/BLT Conference, San Antonio, Texas.

Anding J. (July, 2021). *Keeping Nutrition R.E.A.L.* Texas Extension Association of Family and Consumer Sciences Annual Meeting, Tyler, Texas.

Anding J. (May, 2021). *Communicating Food and Nutrition Information During Recipe Demonstrations and Presentations*. Cooking with Confidence Agent Training. \*

Anding, J., (March, 2021). *Reducing Food Waste in the Home*. Master Wellness Volunteer Training. \*

Anding, J., (February, 2021). *Do You Know What You Ae Eating? Understanding Food Packages and Marketing Claims*. Path to the Plate Agent Training. \*

Anding, J., (September, 2020). *BLT: Looking Back, Looking Ahead*. Better Living for Texans (SNAP-Ed) State Training. \*

Anding, J., (July, 2020). *Food and Nutrition Trends and Unit Update*. Family & Community Health (FCH)

Strategy Session. \*

- Anding, J., (January, 2020). *Eating with Purpose and Without Guilt (Mindful Eating)*. County Agents, SNAP-Ed and EFNEP educators. \*
- Anding, J., (August, 2019). *Recruiting Low-Income Audiences to Come (and Come Back) to Our Programs*. Better Living for Texans (SNAP-Ed) State Training, College Station, TX.
- Anding, J., (July, 2019). *Making Sense of Diet Recommendations. What Do We Tell Our Program Participants?* AgriLife FCH and Health Agents. \*
- Anding, J., (May, 2019). *Food Allergies and How to Manage Them in Extension Programming Events*. District 3 Agents.\*
- Anding, J., (February, 2019). *What We Eat, What We Should Eat, and Why?* Path to the Plate Agents. \*
- Anding, J., (February, 2019). *Reducing Food Waste in the Home*. AgriLife Master Wellness Volunteers. \*
- Anding, J., (January, 2019). *Food Preservation* (one-day workshop on canning and drying). South Region County Agents (District 9, 11, & 12), LaGrange, TX.
- Anding, J., (August, 2018). *Healthy Aging: Be Well, Live Well*. Better Living for Texans Educators. \*
- Anding, J., (March, 2018). *Nutrition Essentials* (6-hour training on Carbs, Fats, Protein, Vitamins and Minerals). District 8 County Agents, Hillsboro, TX.
- Anding, J., (March, 2018). *Nutrition Essentials* (6-hour training on Carbs, Fats, Protein, Vitamins and Minerals). District 3 County Agents, Vernon, TX.
- Anding, J., (February, 2018). *Reducing Food Waste in the Home*. AgriLife Master Wellness Volunteers. \*
- Anding, J., (February, 2018). *Popular Diets for Weight Loss and Health*. AgriLife FCH Agents.\*
- Anding, J., (September, 2017). *Connecting Nutrition to Demonstrations*. Central Region FCH County Agents, Granbury, TX.
- Anding, J., (June, 2017). *Do You Know What You Are Eating? Understanding Food Packaging and Marketing Claim* Path to the Plate Agent Training, College Station, TX.
- Anding, J., (April, 2017). *Home Food Preservation* (one-day workshop on water-bath and pressure canning techniques). West Region County Agents, San Angelo, TX.
- Anding, J., (April, 2017). *Home Food Preservation* (one-day workshop on water-bath and pressure canning techniques) Central Region County Agents, Weatherford, TX.
- Anding, J., (February, 2017). *Nutrition Effects on Chronic Disease*. North/Central Region Extension Health Summit, Lubbock, TX.
- Anding, J., (February, 2017). *Nutrition Effects on Chronic Disease*. South/Southeast Extension Health Summit, San Antonio, TX.
- Anding, J., (February, 2017). *Nutrition Effects on Chronic Disease*. East/Central Extension Health Summit, Arlington, TX.

Anding, J., (September, 2016). *Addressing Food Waste at the Local Level*. Master Wellness Volunteers, Collin County.\*

Anding, J., (August, 2016). *Food Waste and Food Safety: Reducing one without compromising the other*. AgriLife BLT/EFNEP Statewide training, San Antonio, TX.

Anding, J., (June, 2015). *Food Preservation* (water bath canning, pressure canning and dehydration). East Region County FC Agents (Districts 4, 5, & 8), Nacogdoches, TX.

Anding, J., (June, 2014). *Water Bath and Pressure Canning* (one-day training on canning techniques). District 3 County FCS Agents, Weatherford, TX.

Anding, J., (February, 2014). *Food Preservation: Jams and Water bath Canning*. East Region County FCS Agents (Districts 4 & 5), Nacogdoches, TX.

Anding, J., Garrett, J. and Boening, J. (July, 2013). *Home Food Preservation* (one-day training on food preservation). South and West Region County FC Agents, LaGrange, TX.

Anding, J., (February, 2013). *Myth Busting for Better Nutrition*. South Region County FCS Agents (Districts 9, 11, & 12), Columbus, TX.

Anding, J., (February, 2013). *Myth Busting for Better Nutrition*. East Region FCS Agents and Master Wellness Volunteers (Districts 4, 5, & 8), Allen, TX.

Anding, J., (July, 2012). *Understanding the Dates on Food Labels*. Statewide training for FCS and EFNEP Educators.\*

Anding, J., (February, 2012). *In Search of Repeat Business: Marketing Food and Nutrition Programs to Limited – Resource Audiences*. East Region FCS Agent Retreat (Districts 4, 5, & 8), Allen, TX.

Anding, J., (January, 2012). *Food Preservation Issues & Concerns for Home Food-Based Business*. South & West Region FCS Agents, San Antonio, TX.

Anding, J., (January, 2012). *Eating Healthy on a Budget*. EFNEP and BLT Agent/Educator quarterly update. \*

Anding, J., (January, 2012). *Food Safety for Consumers: What Do They Need to Know?* Cooperative Extension Program Agents at Prairie View A&M University. Houston, TX.

Anding, J., (February, 2012). *Keeping Food Safe for You and Your Family*. El Paso County Master Wellness Volunteers. \*

Anding, J., (November, 2011). *Food Safety Update*. South Region BLT Program Assistant Retreat (Districts 9, 11, & 12), Corpus Christi, TX.

Anding, J., (September, 2011). *BLT Program Curricula Update*. FCS Agent and BLT Educators. \*

Anding, J., (June, 2011). *Disaster Preparedness*. EFNEP State Meeting, Bryan, TX.

Anding, J., (May, 2011). *Home Food Preservation*. South Region County FCS Agents, LaGrange, TX.

Anding, J., (April, 2011). *Sports and Energy Drinks: Help or Hype?* EFNEP Agent/Educator quarterly update. \*

Anding, J., (February, 2011). *Food Resource Management*. East Region County FCS Agents (Districts 4, 5, & 8), Allen, TX.

Anding, J., (January, 2011). *Food Resource Management*. EFNEP Assistant training. College Station, TX.

Anding, J., (February, 2011). *Keeping Food Safe for You and Your Family*. Wellness Volunteer Training, El Paso County. \*

***Invited presentations at Multi-State, State, and/or Regional Conferences (scientific and professional meetings are reported in a separate section)***

Anding J. (September 2019). *Judging Home Preserved Foods*. Texas Extension Education Association (TEEA) Annual Meeting, San Marcos, TX.

Anding J. (June 2019). *Eating for Cognition*. Texas Extension Association of Family and Consumer Sciences Annual Conference, McKinney, TX.

Anding J. (October 2013). *Identifying and Reducing the Risk of Foodborne Illness Among Older Adults*. Texas Association of Nutrition and Food Service Professionals (District 4) Fall Workshop. Galveston, TX.

Anding J. (April 2013). *SNAP-Ed Program Design: How Much is Enough to Make a Difference?* Presented at Texas Food Bank Network Conference, Ft. Worth, TX.

Anding J. (October 2006). *Addressing Food Safety Education Needs of Retail Food Service Establishments: An Extension Response*. Presented at the 18<sup>th</sup> Annual Food Safety Consortium, Fayetteville, Arkansas

Anding J. (March 2005). *Obesity in America: Health Issues, Economic Impact, and Potential Solutions*. Presented at the 87<sup>th</sup> Annual Texas Association of Family and Consumer Sciences Meeting, Dallas, Texas.

***Citations in newspaper, magazine, radio, or television (last 5 years)***

December 2020. Trends in Nutrition for 2021 and Beyond. *AgriLife Today*. Texas A&M AgriLife Communications.

December 2020. How to Keep A New Year's Resolution. *AgriLife Today*. Texas A&M AgriLife Communications.

November 2020. How to Make Healthier Thanksgiving Recipes. *AgriLife Today*. Texas A&M AgriLife Communications.

January 2020. Set realistic goals to keep New Year's resolutions. *AgriLife Today*. Texas A&M AgriLife Communications.

September 2019. Intermittent fasting for weight loss: the basics. *AgriLife Today*. Texas A&M AgriLife Communications.

April 2019. Where to Pick the Best Texas Produce for Canning. *Texas Highways Magazine*. Texas Department of Transportation.

January 2019. Planning, Commitment Key to Keeping New Year's Resolutions. *AgriLife Today*. Texas A&M AgriLife Communications.

Spring 2017. Do Nutrition Well. *Spirit Magazine*. Texas A&M Foundation.

## External Funding

### Current Funding – External Competitive

Walker, JR (PI) and **Anding J (Co-I)**, White J, Kirk A, Shafer S, Faries M, Outley C. Working on Wellness Environments. Centers for Disease Control & Prevention, 9/30/2018 – 9/29/2023, \$5,181,230.

### Previous Funding – Internal Competitive

Taylor, M, Palma, M **Anding, J (Co-I)**. Using Artificial Intelligence (AI)-Generated Food Purchase Recommendations to Improve Diet Quality and Food Safety among Economically Disadvantaged Texans. Texas A&M AgriLife Research SBS Seed Grant Program, 11/20 – 10/21, \$35,000.

### Previous Funding - External Competitive

Krueger AD (PI) and **Anding (Co-PI)**. Texas Taking Control Diabetes Education. Texas Department of State Health Services, 9/1/2020 – 8/31/2021, \$100,000.

Rice, C. and Anding, J. (**Co-PI for 2014; PI beginning 2015**). Working on Wellness/Trabajando en el Bienestar. DHHS-Centers for Disease Control & Prevention, 10/2014 – 9/2017, \$3,549,513.

Anding, J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/16 – 9/17, \$7,094,065.

Anding, J (PI). Nutrition Risk Assessment Training. Contract awarded by the North Central Texas Area Agency on Aging, 9/15 – 10/15, \$12,598.

Anding, J (PI). Growing and Nourishing Healthy Communities. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/14 – 9/15, \$355,449.

Anding, J (PI). Growing and Nourishing Healthy Communities. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/13 – 9/14, \$402,575.

Rice C, and **Anding J (Co-PI)**. Transforming Texas: Healthy People in Healthy Communities. Grant awarded by Texas Department of State Health Services, 2/2012 – 9/2014, \$901,893.

Robinson SF, and **Anding J (Co-PI)**. Nutrition and Pregnancy: Folic Acid Awareness Program. Funded by the Houston Endowment Foundation, 2000 – 2003, \$360,000.

McIntosh W A, Kubena K S, Torres C, Davis G, Nayga R, **Anding J (Co-I)**. Parental time, Role Strains, Coping, and Children's Diet and Nutrition. Submitted to the Economic Research Service Food Assistance and Nutrition Research Program, USDA, 200-2002, \$251,957.

### Previous Funding – External Contracts

Anding, J (PI). Community Partner Program. Contract awarded by Texas Health and Human Services Commission, 9/1/2016 – 8/31/2017, \$2,517,130.

Anding, J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/15 – 9/16, \$6,305,691.

Anding, J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/14-9/15, \$4,552,965.

Anding, J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/13-9/14, \$3,443,431.

Anding, J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2012 – 9/30/2013, \$3,567,256.

Anding, J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2011 – 9/30/2012, \$3,567,256.

Anding J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2010 – 9/30/2011, \$3,567,256.

Anding J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, \$3,559,418, 10/1/2009 – 9/30/2010.

**Anding J (PI)**, Perrott J. Grown-Ups Need Dairy Products Too! Southwest Dairy Farmer's Association, 4/2009 – 12/2009, \$10,395.

Anding J (PI). The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2008 – 9/30/2009, \$3,325,649.

**Anding J (PI)**, Warren J. The Better Living for Texans SNAP-Ed Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2007 – 9/30/2008, \$3,165,440.

Anding J (PI). The Better Living for Texans Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2006 – 9/30/2007, \$2,971,848.

**Anding J (Co-PI)**, Bowser N, Ressler A, Warren J. The Better Living for Texans Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2005 – 9/30/2006, \$3,095,404.

Klish W, Wilson D, Wong W, Pohl J, Grimes R, Varni JW, Butte N, Gibbs M, O'Rear J, Rajab MH, Watts M, Kim HS, **Anding J, (Co-I & Contract Manager)** Moore P, Booth T, Lacewell R, Gilliland D. Pediatric Obesity Prevention Study (POPS). Texas Department of Agriculture, 9/1/2004 – 8/31/2005, \$120,000.

Fehlis CP, Volanty MK, **Anding J (Co-PI)**, Ressler A, Kirk A, Bowser N, Van Lannen P. The Better Living for Texans Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2004 – 9/30/2005, \$2,316,281.

Fehlis C P, Volanty M K, Van Laanen P, Ressler A, Kirk A, Bowser N, and **Anding J (Co-PI)**. Food Stamp Nutrition Education Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2003 – 9/30/2004, \$3,116,100.

Van Laanen P, Ressler A L, Kirk A B, Bowser N, and **Anding J (Co-I)**. Food Stamp Nutrition Education Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2002 – 9/30/2003, \$3,432,736.



Van Laanen P, Ressler A , Kirk A B, **Anding J (Co-I)**, Fehlis C F. Food Stamp Nutrition Education Program. Contract awarded by USDA Food and Nutrition Service through Texas Health and Human Services Commission, 10/1/2001– 9/30/2002, \$4,034,028.

### Gifts

Anding, J. Better Living for Texans support of Organ Wise Guys program. Gift awarded by Health Care Service Corporation, October 2011, \$76,115.

Anding, J. Better Living for Texans support of Organ Wise Guys program. Gift awarded by Health Care Service Corporation, October 2010, \$77,028.

### **Refereed Publications, Extension Programs and Curricula and Other Scholarly Work**

For publications and scholarly work with multiple authors, Anding's contribution is identified by the following: underline = primary author; † = co-author; \* = graduate committee member.

### Refereed Journal Articles

**Anding J.** An Assessment of Canning Practices among Food Preservation Workshop Participants during COVID-19 in Texas. *Journal of Human Sciences and Extension*. 2022 10(3), 8. DOI: <https://doi.org/10.55533/2325-5226.1432>

**Anding J**, Smith M, and Cummings S. Stress, Sleep, and Exercise Habits Among Extension Employees During the COVID-19 Pandemic. *Journal of Extension*. 2022; 60(4), Article 1.

Walker JR, **Anding J**†, Dudensing RM, Lavinghouze RS, Jauregui VL, Coates K. From evidence-based implementation guides to meaningful action: Public health practitioners use readiness assessments to build bridges to successful community prevention implementation. *Health Promotion Practice*. 2022; 23 (Suppl 1): 118S-127S.

Hendricks MB, Nolen TN, Thippareddi H, **Anding J**†, Moore LL, Griffin D, and Taylor TM. Sanitary Carcass Dressing and Food Safety Practices in South Central U.S. Small and Very Small Establishments Manufacturing Fresh and Not-Ready-to-Eat Pork Products. *Food Production Trends*. 2018; 1:52-62.

Dittmar RS, **Anding J**†, Green S. Improving Food Safety Knowledge through an Online Training Program. *Journal of Extension*. August 2014.

McIntosh WA, Kubena KS, Tolle G, Dean W, Kim M, **Anding J**†. Determinants of children's use of and time spent in fast food and full-service restaurants. *Journal of Nutrition Education and Behavior*. 2011; 142-149.

McIntosh WA, Kubena KS, Tolle G, Dean WR, Jie-sheng J, **Anding J**†. Mothers and Meals: The Effects of Mothers' Meal Planning and Shopping Motivations on Children's Participation in Family Meals. *Appetite*. 2010; 55: 623-628.

Sisk C, Sharkey JR, McIntosh WA, and **Anding J**\*. Using Multiple Household Food Inventories to Measure Food Availability in the Home Over 30 Days: A Pilot Study. *Nutrition Journal*. 2010; 9:19.

Bustillos B, Sharkey JR, **Anding J\***, McIntosh WA. Availability of healthier food alternatives in traditional, convenience, and non-traditional types of food stores in two rural Texas counties. *Journal of the American Dietetic Association*. 2009; 109:883-889.

Creel JS, Sharkey JR, McIntosh A, **Anding J\***, and Huber JC. Availability of Healthier Options in Traditional and Nontraditional Rural Fast-Food Outlets. *BMC Public Health*. 2008; 8:395.

Kim MJ, McIntosh WA, **Anding JD\***, Kubena KS, Reed D, Moon GS. Perceived parenting behaviors predict young adolescents' nutritional intake and body fatness. *Journal of Maternal and Child Nutrition*. 2008; 4:287-303.

**Anding JD**, Boleman C, Thompson BM. Self-reported changes in food safety behaviors among food service employees: impact of a retail food safety education program. *Journal of Food Science Education*. 2007; 6:72-76.

Pohl, JF, **Anding J<sup>†</sup>**, Wong W, Grimes R, Varni JW, Olvera N, Bush J, Butte N, O'Rear J, Rajab MH, Watts M, Kim HS, Booth T, Kjar D, Burwinkle T, Wilson D, Klish W. Pediatric Obesity in Texas: Does the Texas Public School Nutrition Policy Affect Child Nutrition? *Texas Medicine*. 2006; 102:47-57.

**Anding J**, Gorman MA, Osborn L. Food Security Status Among Households Receiving WIC Benefits. *Journal of Family and Consumer Sciences*. 2006; 98:33-38.

**Anding J**, Robinson SF, Van Laanen P. Change in Knowledge Regarding Folic Acid and Neural Tube Defect Knowledge Among Lay Educators in South Texas. *Journal of Family and Consumer Sciences*. 2003; 95:76-80.

Robinson SF, **Anding J<sup>†</sup>**, Garza B, Hinojosa, I. Designing Nutrition Education Programs to Reach Mexican American Populations. *Journal of Extension*. 2003; 41.

**Anding J**, Fletcher R, Van Laanen P, Supak C. The Food Stamp Nutrition Education Programs on Selected Food and Nutrition Behaviors Among Texans. *Journal of Extension*. 2001; 39.

**Anding J**, Suminski RR, Boss L. Dietary Intake, Body Mass Index, Exercise, and Alcohol: Are College Females Following the Dietary Guidelines for Americans? *Journal of American College Health*. 2001; 49:167-171.

Suminski RR, **Anding J<sup>†</sup>**, Zhang JJ, Smith DW, Kang J, Utter AC. Risk and reality: The association between cardiovascular disease risk factor knowledge and selected risk reducing behaviors. *Journal of Family & Community Health*. 1999; 21:851-62.

**Anding JD**, Kubena KS, McIntosh WA, and Wolinsky I. Dietary intake and the contribution of snacks among adolescents during the summer months. *Journal of Consumer Studies & Home Economics*. 1998; 22:131-138.

**Anding JD**, Kubena KS, O'Brien B, McIntosh A. Blood lipids, cardiovascular fitness, obesity, and blood pressure: The presence of potential coronary heart disease risk factors in adolescents. *Journal of the American Dietetic Association*. 1996; 96:238-242.

### Published Abstracts

**Anding JD** and Scott AR. Risky Food Consumption Behaviors among Women Enrolled in the Expanded Food and Nutrition Education Program. *Journal of Nutrition Education and Behavior*. 2011 (Supplement): 43: S28.

Scott AR and **Anding JD<sup>†</sup>**. Handwashing practices of low-income women enrolled in the Expanded Food and Nutrition Education Program of Texas. *Journal of the American Dietetic Association*. 2009 (Supplement): 109: A-65.

**Anding, JD**, Dittmar, RS, Boleman C. Self-reported adoption of food safety habits after completing a Certified Food Managers Course: Does education, years of food service experience or job responsibility make a difference? *Journal of Food Protection*. 2009 (Supplement A): 72:39.

**Anding JD** and Scott AR. Refrigerator and Food Thermometer Use Among Households Enrolled in EFNEP. *Journal of Nutrition Education and Behavior*. 2009 (Supplement): 41: S19

Robinson SF, Carpenter NA, **Anding JD**<sup>†</sup>. Evaluation of *Get the Facts*: An Education Series on Label Reading. *Journal of the American Dietetic Association*. 2007; 107:A101.

**Anding JD**, Kirk A, Ressler A, Van Laanen. Food security status among food stamp households in Texas. *Journal of the American Dietetic Association*. 2003; 103:A-41.

Robinson SF, **Anding J**<sup>†</sup>. The Perception, Knowledge, and Behavior of South Texas Mexican Americans Related to the Role of Folic Acid in Preventing Birth Defects. *Journal of the American Dietetic Association*. 2002; 102 (Supplement): A-41.

**Anding JD**, Osborn LA, Gorman MA, Murphy MA. Food Security Among Households Receiving WIC Benefits. *Journal of the American Dietetic Association*. 2001; 101 (Supplement): A-77.

Murphy MD, Osborn LA, Gorman MA, **Anding JD**<sup>†</sup>. The Effect of Group Nutrition on the Dietary Habits of Division I University Female Athletes. *Journal of the American Dietetic Association*. 2001; 101 (Supplement): A-85.

Osborn LA, Gorman MA, VanBeber AD, Murphy MD, Hampton MS, **Anding JD**<sup>†</sup>. Perceived accuracy of nutrition information sources and usage frequency of nutrition information sources by an adult population. *Journal of the American Dietetic Association*. 2000; 100 (Supplement): A-39.

Suminski RR, **Anding J**<sup>†</sup>, Jackson AS, Poston WS, Foryet JP. The development of a 10-item eating attitudes test in a non-clinical population of young adults. *Journal of the American Dietetic Association*. 1998; 98 (Supplement): A:78.

**Anding JD**, Kubena KS. Snacking, obesity, cardiovascular fitness and television viewing among adolescents. *Journal of the American Dietetic Association*. 1995; 95 (Supplement): A-98.

Kubena KS, **Anding JD**<sup>†</sup>, McIntosh WA, O'Brien B. Magnesium and serum lipids in adolescents. *Federation of American Societies for Experimental Biology*. 1995; 9:A-452.

**Anding JD**, Kubena KS, McIntosh WA, and O'Brien B. Diet and health behaviors of 14- and 15-year-old adolescents during summer months. *Federation of American Societies for Experimental Biology*. 1994; 8:A-274.

**Anding JD**, Kubena KS, McIntosh WA. A comparison of willingness to follow US dietary guidelines with actual compliance among 14- and 15-year-old adolescents during summer months. *Journal of the American Dietetic Association*. 1994; 94 (Supplement): A-56.

**Anding JD**, Kubena KS. A comparison of dietary intake and obstetric performance in low-income adolescents and women. *Journal of the American Dietetic Association*. 1992; 92 (Supplement): A-49.

**Anding JD**, Kubena KS. Dietary intake and obstetric performance of low-income adolescents and adult women. *American Journal of Clinical Nutrition*. 1992; 56:766.

## Book Chapters

**Anding J** and Crandall P. *Food Safety and Organic Produce: Research Opportunities from the Consumer Perspective*. In: Ricke S and Jones FT. *Perspectives on Food Safety Issues of Animal Derived Foods*. University of Arkansas Press. 2010.

**Anding JD**. Life Cycle and Group-Specific Nutritional Concerns of Athletes: Pregnancy and Lactation. In: Wolinsky I and Driskell J. *Nutritional Applications in Exercise and Sport*. CRC Press. 2000.

**Anding JD**. Weight Gain. In: Driskell J and Wolinsky I. *Sports Nutrition: Energy and Macronutrients*. CRC Press. 2000.

**Anding JD**, Wolinsky I, Klimis-Tavantzis DJ. Chromium. In: Driskell J and Wolinsky I. *Sports Nutrition: Vitamins and Trace Elements*. CRC Press. 1997.

## **Extension Factsheets and Publications**

### USDA Commodity Foods

Anding J. (2001, rev.2008). *Cooking with All-purpose Flour*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-67.

Anding J. (2001, rev. 2008). *Cooking with Applesauce*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-86.

Anding J. (2001, rev. 2008). *Cooking with Beef Chuck Roast*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-72.

Anding J. (2001, rev. 2008). *Cooking with Black-Eyed Peas*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-76.

Anding J. (2001, rev. 2008). *Cooking with Canned Beef Stew*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-80.

Anding J. (2001, rev. 2008). *Cooking with Canned Pork*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-68

Anding J. (2001, rev. 2008). *Cooking with Canned Salmon*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-85.

Anding J. (2001, rev. 2008). *Cooking with Ham*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-82.

Anding J. (2001, rev. 2008). *Cooking with Corn Syrup*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-74.

Anding J. (2001, rev. 2008). *Cooking with Cornmeal*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-69.

Anding J. (2001, rev. 2008). *Cooking with Dried Potatoes*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-89.

Anding J. (2001, rev. 2008). *Cooking with Dry Beans*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-77.

Anding J. (2001, rev. 2008). *Cooking with Dry Egg Mix*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-90.

Anding J. (2001, rev. 2008). *Cooking with Dry Spaghetti*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-83.

Anding J. (2001, rev. 2008). *Cooking with Green Beans*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-94.

Anding J. (2001, rev. 2008). *Cooking with Ground Beef*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-71.

Anding J. (2001, rev. 2008). *Cooking with Ground Pork*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-79.

Anding J. (2001, rev. 2008). *Cooking with Macaroni*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-93.

Anding J. (2001, rev. 2008). *Cooking with Non-fat Dry Milk*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-81.

Anding J. (2001, rev. 2008). *Cooking with Oatmeal*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-88.

Anding J. (2001, rev. 2008). *Cooking with Processed Cheese*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-87.

Anding J. (2001, rev. 2008). *Cooking with Prunes*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-92.

Anding J. (2001, rev. 2008). *Cooking with Raisins*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-91.

Anding J. (2001, rev. 2008). *Cooking with Rice*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-73.

Anding J. (2001, rev. 2008). *Cooking with Trail Mix*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-78.

Anding J. (2001, rev. 2008). *Cooking with Tuna*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-75.

Anding J. (2001, rev. 2008). *Cooking with Walnuts*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-84.

### Food Resource Management

Anding J. (2000). *Fresh Fruits: Getting the Most Nutrition for Your Dollar*. College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-29

Anding J. (2000). *Canned and Frozen Vegetables: Getting the Most Nutrition for Your Dollar*  
College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication, E-35

Anding J. (2000). *Dried Beans and Peas: Getting the Most Nutrition for Your Dollar*  
College Station, TX: Texas Agricultural Extension Service, The Texas A&M University System, Publication E-43

Anding J. (2000). *Spotting Best Buys with Unit Pricing*  
College Station, TX: Texas Agricultural Extension Service. The Texas A&M University System, Publication E-15

Anding J. (2000). *Fresh Vegetables: Getting the Most Nutrition for Your Dollar*  
College Station, TX: Texas Agricultural Extension Service, The Texas A&M University System, Publication E-28

### Food Safety

Anding J. (2008). *Keeping Food Safe When Cooking Outdoors*  
College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System, Publication E-144

Anding J. (2005, rev 2017). *Handling Food and Supplies during Power Loss*  
College Station, TX: Texas Cooperative Extension, The Texas A&M University System, Publication ER-017

Anding J. (2005, rev 2017). *Identifying and Handling Spoiled/Unsafe Food After a Disaster*  
College Station, TX: Texas Cooperative Extension, The Texas A&M University System, Publication ER-021

Anding J. (2005). *Foods: What to Keep and What to Throw Away When the Power Goes Out*  
College Station, TX: Texas Cooperative Extension, The Texas A&M University System, Publication ER-023

## **Extension Education Programs & Curricula**

### Gardening and Nutrition

**Anding J<sup>†</sup>**, Carranza R, Custodio R, Herrera J, Kaspar V, Kunkle S, Morado Y, Storz B (2016). *Growing and Nourishing Healthy Communities Garden Course*. A 6-part series on basic gardening. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System

Genzer SS, Seagraves R, **Anding J<sup>†</sup>**, Whittlesey L, Aguilar O, Graves G, Klemmer C, Koch S, Lineberger S, Reed D, Robinson S, Sebesta C, Van Laanen P, Wagner A, Walton-Robinson C, Welsh DF, Woodson D, Zajicek J (2001) *Health and Nutrition from the Garden*, College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

### Food Waste

**Anding J.**, Garret S, Dittmar RS, Albers, M. (2022). *Get a Taste for Reducing Food Waste*. A 4-part series aimed at reducing food waste in the home. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

### Fruit and Vegetable Consumption

Anding J. (2005, rev. 2012). *Coloring Our Children's Plates with Fruits and Vegetables*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

**Anding J<sup>†</sup>** and Boleman R. (2007). *Phyte for Health with Fruits and Vegetables*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

### Folic Acid Awareness

Anding J. (2003). *Multivitamin Pills: What Women Need to Know Before They Become Pregnant*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

Robinson SF and **Anding J<sup>†</sup>**. (2002). *Celebrando las Mujeres (Celebrate the Woman)*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

Robinson SF and **Anding J<sup>†</sup>**. (2001). *Celebrando los Ninos (Celebrate the Children)*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

### Adult Weight Management

Anding, J. (2020). *Mindful Eating*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding, J. (2020). *Cake, Carrot, or Casserole? How to Manage Stress Eating*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2001; rev. 2008 & 2012). *Watching the Waistline When Eating Out*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2010; rev. 2011). *Urban Myths and Misconceptions about Maintaining a Healthy Weight*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2005; rev. 2008, 2011). *Portion Distortion: Why Getting More Food for Your Money is Waistful. The Healthy Weight Plate*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2000; rev. 2008), *Eating Less & Moving More for Healthful Weight Management*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2000; rev. 2008; 2011). *Getting the Skinny on Fad Diets*. College Station, Texas AgriLife Extension Service, The Texas A&M University System.

### Dietary Supplements

Anding J. (2001, rev. 2008). *Weeding Through the Facts and Fiction About Herbal Medicine*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2003). *Multivitamin Supplements: What Consumers Need to Know*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

### Food and Resource Management

Anding J. (2017, rev 2019). *Do You Know What You Are Eating? Understanding Food Packaging and Marketing Claims*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2011, rev 2018). *Dining at the Dollar Store*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2010). *Living, Eating, and Saving Some Green*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2010). *Back to Basics*. A three-session series on food resource management, food safety, and food preparation. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2010). *Saving Money When Eating Out*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding, J. (2000, rev. 2008). *Feeding the Family Without Starving the Wallet*. College Station, TX: Texas AgriLife Extension Service, the Texas A&M University System.

**Anding J<sup>†</sup>**, Robinson SF, Thompson B, Van Laanen P. (2003). *Eat Better to Live Better*. 2003. Three-session series on meal planning, food safety and food resource management. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

### Food Safety

Anding J. (2018). *Disaster Preparedness: Food and Water Supplies to Have on Hand*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2011). *Don't Get Bugged from Foodborne Illness*. Three-session series on food safety. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2008, rev. 2012). *Understanding the Dates on Food Labels*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2011, rev 2020). *Fast Food with Slow Cookers*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2010, rev. 2018). *Feeding Your Family When Disaster Strikes*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2008; rev. 2011). *Cooking Food Outdoors Safely*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2008). *Going Green with Organic Foods*. College Station, TX: Texas AgriLife Extension Service, The Texas A&M University System.

Anding J. (2007). *Keeping Food Safe for You and Your Family*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

Anding J. (2007). *Pack a Safe Lunch*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

Anding J. (2007). *Keep Your Baby Safe From Food borne Illness*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

Anding J. (2007; rev. 2009). *Food Safety Before and During Pregnancy*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System.



Anding J<sup>†</sup>. (2006; rev. 2011). *Cooking is a Matter of Degrees*. (originally developed by Drs. Van Laanen and Thompson - revised and expanded by Anding). College Station, TX: Texas Cooperative Extension, The Texas A&M University System.

Anding J. (2006 rev. 2009, 2018). *Keeping Food and Water Safe after a Disaster*. College Station, TX: Texas Cooperative Extension, The Texas A&M University System

### Home Food Preservation

Anding J. (2019). *Judging Home Preserved Foods*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2018). *Preserving the Harvest: Introduction to Home Food Preservation*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2018) *Preserving the Harvest: Freezing fruits and vegetables*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2009, rev. 2018). *Preserving the Harvest: Drying Fruits, Vegetables, and Herbs*. College Station, TX: Texas AgriLife Extension Service. The Texas A&M University System.

Anding J. (2018). *Preserving the Harvest: Jams and Jellies*. College Station, TX: Texas AgriLife Extension Service. The Texas A&M University System.

Anding J. (2018). *Preserving the Harvest: Tomatoes and Salsa*. College Station, TX: Texas AgriLife Extension Service. The Texas A&M University System.

Anding J. (2018). *Preserving the Harvest: Pickles*. College Station, TX: Texas AgriLife Extension Service. The Texas A&M University System.

Anding J. (2013). *Making low- and no-added sugar jams and jellies*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2009). *Canning Food at Home Safely*. College Station, TX: Texas AgriLife Extension Service. The Texas A&M University System.

### Nutrition, Health and Wellness

Albers M, **Anding, J<sup>†</sup>**, Carpenter C, Hammond-Krueger D. *Get the Facts*. (2019). A four-session series on using the Nutrition Facts food panel. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2019). *Eating with Purpose and Without Guilt*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2019). *Walk N Talk: Rethink Your Drink*. Eight-week series on choosing healthy beverages to accompany the 8-week physical activity program Walk Across Texas. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

**Anding J.**, Krueger DH, Prouse J, Dittmar J, Albers, M, and Robinson S. (2018). *Be Well, Live Well*. A five-session, nutrition-focused series on healthy aging. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

Anding J. (2017). *Resolve to Have a Healthy 2018*. College Station, TX: Texas A&M AgriLife Extension Service, The Texas A&M University System.

### **Chapters in Monographs**

Anding, J. (2004). Food Insecurity. In R.S. Day (Ed.), *Nourishing the Future: the Case for Community-Based Nutrition Research in the Lower Rio Grande Valley*. Houston, TX: The University of Texas Health Science Center

Robinson, SF and Anding, J<sup>†</sup>. (2004). Maternal Nutrition and Birth Outcomes. In: R.S. Day (Ed.), *Nourishing the Future: the Case for Community-Based Nutrition Research in the Lower Rio Grande Valley*. Houston, TX: The University of Texas Health Science Center.

Anding, J<sup>†</sup> and Robinson, SF. (2004). Neural Tube Defects. In: R.S. Day (Ed.), *Nourishing the Future: the Case for Community-Based Nutrition Research in the Lower Rio Grande Valley*. Houston, TX: The University of Texas Health Science Center.

### **On-line courses**

**Anding J.** (2020). *Food Policies to Support Healthy Eating Behaviors*. Texas A&M AgriLife Extension Service. The Texas A&M University System.

**Anding J.** (2017). *Food Allergies and How to Manage Them in Childcare Settings*. Texas A&M AgriLife Extension Service. The Texas A&M University System.

**Anding J.** and Dittmar RS. (2013). *Cottage Food Law*. Online course for individuals interested in starting a cottage food business. Texas A&M AgriLife Extension Service. The Texas A&M University System.

**Anding J.** (2012). *Nutrition Essentials: Protein*. Online course for Family and Consumer Sciences teachers and County Extension Agents. Texas A&M AgriLife Extension Service. The Texas A&M University System.

Dittmar RS, and **Anding J<sup>†</sup>**. (2008). *Food Safety: It's in Your Hands*. Online course for food service employees. Accredited by the Texas Department of State Health Services. Texas A&M AgriLife Extension Service. The Texas A&M University System.

### **Grant and Contract Reports**

McIntosh A, Davis G, Nayga R, **Anding J<sup>†</sup>**, Torres, Kubena K, Perusquia E, Yeley G, You W. *Parental Time, Role Strain, and Children's Fat Intake and Obesity-Related Outcomes*. USDA/ERS Report No. 19, June 2006.

**Anding J<sup>†</sup>**, Pohl J, Rajab MH, Burwinkle T, Varni JW, Wong W, Grimes R, Butte N, O'Rear J, Watts M, Kim HS, Booth T, Kjar D, Olvera N, Bush J, Wilson D, Klish W. *Pediatric Overweight Prevention Study (POPS): The Acceptability and Satisfaction with the Texas Department of Agriculture's Public School Nutrition Policy Guidelines Among Fourth-Grade Students and their Parents*. Submitted to the Texas Department of Agriculture, September 2005.

**Anding JD<sup>†</sup>**, Robinson SF. *Nutrition and Pregnancy*. Submitted to the Texas A&M Health Science Center and Houston Endowment, Inc., March 2004.

## Annual Plan/Report to USDA/CSREES

Texas A&M AgriLife Extension Service Annual Report for the Better Living for Texans Program (2002-present) and food safety/Food Protection Management Program (2005-present).

## **Scientific and Professional Presentations**

### Professional/National Meetings

**Anding J**, Walker JR, Dudensing R, Jauregui V. *Building your readiness toolkit*. National Association of Community Development Extension Professionals. Indianapolis, IN. [Submitted](#).

**Anding J**, Walker JR, Dudensing R, Jauregui V, Coates K. *The Importance of Understanding Community Readiness to Implement Policy, System, and Environmental Changes for Obesity Prevention*. National Health Outreach Conference, Kansas City, MO. [Submitted](#).

**Anding J**, Krueger D, Prouse J, Laguros M, Faries M, Nelson R. (May 2021) *Impact of Be Well, Live Well; a Food and Nutrition Education Program for Adults 50 years of Age and Older*. National Health Outreach Conference. [Submitted](#). Conference held virtually due to COVID-19 pandemic.

Anding J. (October 2014). *Improving the availability of healthy foods to SNAP and SNAP-eligible audiences: Growing and Nourishing Healthy Communities project*. Presented at the annual SNAP Director's conference, New Orleans, LA. [Invited](#)

Anding J. (June 2013). *Growing Healthy Kids: Unlocking the Potential of Our Children Through Nutrition and Physical Activity*. Presented at the Avance Summer Training & Peer Networking Summit. San Antonio, Tx. [Invited](#)

Anding J. and Scott A. (July 2011). *Risky Food Consumption Behaviors Among Women Enrolled in the Expanded Food and Nutrition Education Program (EFNEP)*. Presented at the Society for Nutrition Education annual conference. Kansas City, MO. [Submitted](#)

Anding J. (July 2009). *Refrigerator & Food Thermometer Use Among Households Enrolled in the Expanded Food and Nutrition Education Program (EFNEP)*. Presented at the Society for Nutrition Education annual conference. New Orleans, LA. [Submitted](#)

Anding J and Dittmar RS. (October 2009). *Characteristics of Certified Food Manager program participants: Implications for Health Inspectors and Educators*. Texas Environmental Health Association annual meeting, Austin, TX. [Invited](#)

Anding J. (April 2008) 9<sup>th</sup> Annual Adolescent Medicine Conference, University of Texas Health Science Center, Tyler. *Diet and Supplement Behaviors of Adolescents*. Tyler, TX. [Invited](#)

Anding J. (December 2005). *The Importance of Nutrition in the Prevention of Birth Defects: Education Outreach in South Texas*. Presented at the National Urban Symposium, Dallas, Texas. [Submitted](#)

Anding J. (September 2004). *Satisfying the Low-Carb Craze*. Certified Angus Beef National Conference, San Antonio, TX. [Invited](#)

Anding J. (March 2004) *The Impact of the Better Living Texans/Food Stamp Nutrition Education Program on Selected Food and Nutrition Behaviors Among Food Stamp and Food Stamp-Eligible Audiences*. Presented at the USDA Food Stamp Nutrition Education Conference, Columbus, OH. [Submitted](#)

Anding J. (October 2003). *Food Security Status Among Food Stamp Households in Texas*. Presented at the American Dietetic Association Food and Nutrition Conference & Expo, San Antonio, TX. [Submitted](#)

Anding J. (July 2001). *The Food Stamp Nutrition Education Program Impact on Food Security in Texas*. Presented at the Society for Nutrition Education Annual Meeting, Oakland, CA. [Submitted](#)

Anding J. (May 2000). *Securing Food During Insecure Times: Exploring Food Security and Its Impact on Health*. This 1 ½ hour interactive workshop was developed and presented at the Priester National Extension Health Conference, Dallas, TX. [Submitted](#)

Anding J. (July 2000). *The Food Stamp Nutrition Education Program Impact on Selected Food and Nutrition Behaviors Among Texans*. Presented at the Society for Nutrition Education Annual Meeting, Charleston, SC. [Submitted](#)

Anding J. (October 1994). *A comparison of willingness to follow US dietary guidelines with actual compliance among 14-and 15-year-old adolescents during summer months*. Presented at the 77<sup>th</sup> Annual Meeting of the American Dietetic Association, Orlando, FL. [Submitted](#)

Anding JD. (April 1994). *Diet and health behaviors of 14- and 15-year-old adolescents during summer months*. Paper 1581, presented at the Federation of American Societies for Experimental Biology, Anaheim, CA. [Submitted](#)

Anding JD. (April, 1992). *Dietary intake and obstetric performance of low-income adolescents and adult women*. Paper 68, presented at the annual meeting of the American Society of Clinical Nutrition, Baltimore, MD [Submitted](#)

## **Service**

### *Membership in Professional Organizations*

National Association of Community Development Extension Professionals, 2022-present

Academy of Nutrition and Dietetics, 1990 - present

International Association for Food Protection, 2007 - 2015

Society for Nutrition Education, 1999-2003; 2009 - 2015

- Abstract reviewer for SNE Annual Conference, 2001, 2009-present
- Chair-Elect for Food and Nutrition Extension Education division (2009-2010)
- 2010 FNEE Preconference planning committee, Member
- Proposal reviewer for 2010 Annual Conference
- Chair FNEE Division, 2010-2011
- 2011 FNEE Preconference planning committee, Chair

Reviewer for the following professional journals

- *Journal of Extension*
  - o *Senior editor 2023 -*

- *Associate Editor for FCS January 2021 -2023*
- *Journal of the Academy of Nutrition and Dietetics*
- *Journal of Food Science Education*
- *Texas Public Health Association*
- *Journal of Human Sciences and Extension*

### Department Service

Strategic Planning Committee, Chair, 2020

Post-tenure Review Committee, Chair, 2019

Faculty Advisory Committee, Department of Nutrition & Food Science member, 2005 – present; Chair, 2019  
Department Climate Committee, Member, 2016-present

Awards Committee, Member 2015-present

#### Search Advisory Committees

Extension Program Specialist I, Chair, 2021

Assistant Professor & Extension Nutrition Specialist, Chair, 2020, 2022

IT Manager Search Committee, Chair, 2019.

Assistant Professor & Extension Specialist, Chair, 2016

Assistant Professor, Member, 2015

Assistant Professor and Extension Specialist, Chair, 2013

Head, Department of Nutrition and Food Science, Member 2013-2014

Lecturer, Member, 2013

Department Business Administrator, Member, 2011

Head, Department of Nutrition and Food Science, Member, 2008–2009

Assistant/Associate Professor, Cellular/Molecular Nutrition, Member, 2005-2006

Head, Department of Nutrition and Food Science, Member, 2004-2005

Promotion & Tenure Committee member, 2009-2020

Didactic Program in Dietetics Accreditation Subcommittee Member 2009 - 2015

Texas Human Nutrition Conference Planning Committee Member, 2005-2007

By-laws committee Member for Department of Nutrition and Food Science, June-September 2004

### College of Agriculture and Life Sciences Service

Promotion and Tenure Committee, Member, 2019-2020.

Committee on Administrative Structural Changes for Department of Nutrition and Food Science Member, 2019.

Vice Chancellor's Award in Excellence Selection Advisory Committee Member, 2013-2015

COALS External Grant and Contract Committee Member, 2011

Executive Committee, Intercollegiate Faculty of Nutrition, Member, 2006- 2009

Food & Nutritional Sciences Implementation Team Member, September 2001-March 2002

Ag Program Conference Planning Committee (Co-chair for Extension), 2001

Visioning Network Member for Agriculture Program 21, 2000

Texas A&M AgriLife Extension Service

Search Advisory Committees

Extension Program Specialist, Agricultural Leadership, Education & Communication, Member, 2021

Assistant Professor & Extension Specialist, Family & Community Health, Member, 2020

Assistant Professor & Extension Specialist, Family Development Resource Management, Member 2008-09

Director for Texas AgriLife Extension Service, Member, 2011-2012

Associate Director for Human Sciences, Member, September 2004

Health and Wellness Strategy Team, Member, 2020

Extension Specialist/Program Specialist Evaluation Guidelines (AG-478 revision) Committee, Chair, 2019

Extension Program Specialist Promotion Guidelines committee, Member, 2018-2019

Agency Peer Review Advisory Committee for Extension Program Specialist, Member, 2019-2020

Agency Peer Review Advisory Committee for Extension Specialists, Chair, 2018

Path to the Plate Advisory Committee, Member, 2017

Extension Employee Wellness Taskforce, Member, 2014

Extension Emergency Management Steering Committee Member, 2010 – 2012

On-Line Course Development and Management Task Force Member, 2011

Family & Consumer Sciences Partial Cost Recovery Task Force Member, 2011

Disaster Case Management Project Advisory Committee Member 2009-2010

Onboarding Task Force Chair for Extension Specialist, 2008

Extension Spirit Committee, Member, 2000- 2007

- Work/Life Balance subcommittee Member 2004-2005; chair 2006-07

National Urban Symposium: Youth & Family Wellness Conference Committee, 2004-2005

- Poster and Oral Presentation Subcommittee Chair

Texas Cooperative Extension Specialist Association Annual Meeting Committee Member, 2003

Ag Program State Headquarters Conference Co-Chair, 2002

Texas Community Futures Forum response team for Ag Awareness Member, 2000-2002

Extension Evaluation Committee Member, 2001-2002

### Texas A&M University Service

Institutional Review Board  
Chair, 2021 – present  
Vice Chair, 2020-2021  
Member, 2013-2020

### National/Federal Government

USDA AFRI grant proposal panel review Member, CARE grant program. 2017

USDA Supplemental Nutrition Assistant Program Education Program Development Team Member. 2012-2015

Institute of Medicine, Food and Nutrition Board External Review Committee Member for the report *Accelerating Progress in Obesity Prevention*, 2011

USDA Hunger Free Communities Grants Technical Panel Review Committee, Member, 2010

### Statewide Service

Texas Department of Agriculture Farm to School Task Force (formed from SB 1027) Member 2010

Texas State Nutrition Action Committee Member, 2005 – 2010

Texas Department of Agriculture, 2009 ARRA Equipment Assistance Grants, proposal reviewer

Texas Fruit and Vegetable Network Member, 2004 – 2005

American Cancer Society, Texas Div., Nutrition & Physical Activity Committee Member, 2000 – 2005

Special Food Programs Advisory Committee, Texas Dept. of Human Services Member, 2001 – 2003

### University of Houston Service

Student traffic court, 1996 – 1997

Health Professions Advisory Committee, Member, 1995 – 1996

Search Committee for UH Dietetic Internship Director, 1995 – 1996

Dietetic Internship Advisory Committee, Member, 1995 – 1997

### **Professional Honors and Awards**

Cross-Program: Team Award for the Southern Region and National winners (*Working on Wellness Environments* team). National Association of Community Development Extension Professionals. 2022

Extension Superior Service Team Award (for *Working on Wellness in Starr County* project). Texas A&M AgriLife Extension Service, 2015

Family Health and Wellness Team Award (1<sup>st</sup> place for *Step Up and Scale Down*), National Extension Association of Family and Consumer Sciences, 2013

Food Safety & Marketing Package Award (for *Preserving the Harvest*), Texas Extension Association of Family & Consumer Sciences, 2013

Texas A&M University Vice Chancellor's Award in Excellence for Extension Specialist, 2010

Distinguished Scientist Award, Texas Dietetic Association, April 2009

Food Safety Team Award, National Extension Association for Family & Consumer Sciences, September 2008

Food Safety Team Award, Texas Extension Association of Family and Consumer Sciences, August 2008

Association for Communication Excellence in Agriculture, Natural Resources, and Life and Human Science. Bronze Award for Targeted Publications (*Coloring Our Children's Plates with Fruits and Vegetables* educational program), June 2007

Texas A&M University Vice Chancellor's Award in Excellence for Diversity, 2003