

## **KBREC Faculty and Staff Biographical Sketch**

**Name:** Barbara Templeton  
**Job Title:** Nutrition Instructor

### **Professional Background:**

Employed by Klamath Basin Research and Extension Center since 2001.  
Bachelors Degree in Home Economics and Business, Oregon State University, 1972.  
Certification in Home Economics Education, K-12, Oregon State University, 1975.  
Home Economics Educator and substitute teacher in Oregon Schools, 1976-1982.  
Licensed Financial Planner, 1986. County Administrator, Kodiak, Alaska, 1988-1999.  
Graduate studies in Public Administration, 1991-92.

### **Current Program Assignments:**

Coordinator for Oregon Family Nutrition Program. This program targets individuals and families who meet food stamp eligibility requirements. I teach nutrition education in city and county schools whose student populations qualifying for free or reduced school lunches exceeds 50%. The core nutrition education for school age children includes the connection between nutrition and health, the importance of being physically active, food safety skills, and trying healthy new foods. Our classroom-based program links with the cafeteria, and includes take-home messages for parents. Adult classes also include food resource management and family meal planning.

Manager for Master Food Preserver/Family Food Educator Program. This program combines with the *Oregon Family Nutrition Program* by training “master food preservers” as Family Food Education Volunteers. The model is based upon the Master Gardner Program and certification requires that the educators “give back” the hours spent receiving training by volunteering an equal number of hours to the *Oregon Family Nutrition Program* as well as other community events. Many of the volunteer hours are spent at school and community events and demonstrating easy healthy recipes at our local food pantries.

**Emerging Areas of Interest:** Innovative teaching methods to combat food insecurity in rural families. Fostering family nutrition behavior change by linking nutrition education in the elementary school classrooms to the family decision makers in the home.

### **Professional Principles:**

I teach in order to provide students with the opportunity to develop important life-long skills. It is not sufficient to simply obtain knowledge. All students deserve to receive the tools to develop skills that empower them to improve the quality of their lives. Through research-based education, individuals and families are equipped to take many small steps toward healthier behaviors. My ultimate goal is to help families to become strong, self-sufficient, and involved in our community, ultimately resulting in a stronger, healthier community.