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Brief Bio: Kristine S. Saunders has both a BS and an MS in Nutrition and Food Sciences from Utah State University. She began her Utah State University extension career part-time as a nutrition specialist. After five years, she moved to a full-time county based position where she served for 13 years as the FCS Extension Agent for Cache County working with both adults and 4-H youth. In 1998, Kris became the Food Stamp Nutrition Education coordinator for Utah and was promoted to Extension Associate Professor with tenure in 1999. In 2005, Kris moved to Richfield, Utah where she is the Southwest Region Extension Director supervising Extension Agents in 11 counties. In addition to her many Extension activities, Kris has taught undergraduate classes at Utah State University for the department of Nutrition and Food Sciences, been a guest lecturer for academic courses, and supervised interns. For 6 years she hosted a weekly half hour television show called Healthy Kitchen where healthy eating and lifestyle issues provided topics for demonstration and discussion.