



Laurie Osgood

FCS Agent

850-662-3287

osgoodlb@ufl.edu

**2140 W. Jefferson St.
Quincy, FL 32351**

Educational Program Focus:

Health, Wellness, Nutrition and Food Safety

Provide education, research based information and assistance to the community to promote making healthy choices to better their health and well-being. This includes understanding nutrition content, food labels, dietary guidelines, MyPlate, meal planning and preparation, and food safety.

Family Resource Management

Teach quarterly homebuyer education program to prospective first-time homebuyers. Provide education, information and assistance to the community to be money-wise; when creating effective savings plans and budgets, credit and debt management, goal setting, decision making, and balancing future needs and wants, to encourage financial stability.

Developing Life Skills in 4-H Youth

Provide consumer decision making skills, nutrition, sun safety, food preparation, and food preservation skills to 4-H youth in order to become competent, caring, confident and contributing citizens.

Work Experience

- 2016- Present** Family & Consumer Science Agent, UF/IFAS Gadsden County Extension
2015-2016 Family Nutrition Program, Regional Trainer- UF/IFAS Extension, FNP
2012-2015 Hewlett Packard, Enterprise Services- Instructional Design Specialist
995-2012 Florida Department of Health, Health Educator- WIC, Chronic Disease, Tobacco Prevention and Community Health Assessment Programs

Education

- 1992** Bachelor of Science, Dual Majors; Dietetics and Exercise Physiology, Florida State University