

### Profile

I grew up in Calhoun County, Florida and began my career with UF/IFAS Extension in 2020.

As a Family and Consumer Sciences (FCS) Agent, I provide research-based education and programming to help improve the lives of residents in Jackson County. My responsibilities include planning, implementing, and evaluating educational programs that focus on health, wellness, food safety, nutrition and community/family resource management.

I collaborate and partner with local community members and organizations to ensure programming focuses on the needs of those in our community.

# Contact

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**Terri Keith** Jackson County Extension Agent I, Family and Consumer Sciences Northwest Extension District

# **Educational Programs**

#### Health, Wellness, Food Safety and Nutrition in Jackson County

Behavior changes, physical activity, food safety, and nutrition play important roles in helping residents lead healthier lives and reducing illness and the rates of chronic diseases. I provide education and information targeting health risk factors, encouraging better health choices and general wellness, food safety and nutritional information.

#### **Community/Family Resource Management in Jackson County**

Financial education is valuable for all individuals regardless of income level. I provide programming on financial resource management, financial literacy and homebuyer education.

## Experience

Family and Consumer Sciences Agent UF/IFAS Extension, Jackson County – Marianna, FL 2020-present

Health & Safety Instructor American Red Cross, North & Central Florida Territory – Jacksonville, FL 2011-2012, 2014-2015

Training Scheduler American Red Cross, North & Central Florida Territory – Gainesville, FL 2012-2014

Health & Safety Director American Red Cross, North Central Florida Chapter – Gainesville, FL 2008-2011

# **Professional Preparation**

Bachelor of Science in Health Education, University of Florida, 2008

Associate in Arts, Chipola College, May 2005