

# Extension Health, Nutrition and Exercise Sciences

(also known as Extension Food and Nutrition)

in the College of Human Development and Education, NDSU



Web site: [www.ag.ndsu.edu/food/](http://www.ag.ndsu.edu/food/)

**Specialists: Julie Garden-Robinson (front) and Abby Gold (back)**

Julie and Abby are located in Evelyn Morrow Lebedeff Hall (EML— with each letter spoken separately) on the NDSU campus. The address is 1400 Centennial Blvd., Fargo, ND 58105.

#### Julie Garden-Robinson

Julie has been a full-time specialist at NDSU since 1997. Her areas of expertise include nutrition recommendations and program development for adults and children, but many of her major projects are grant-funded and focus on healthy babies and children. Her program titles include Eat Smart. Play Hard., On the Move to Better Health, Banking on Strong Bones, Teens Serving Food Safely and Folic Acid Now.

Julie has many PowerPoint and other programming and handout files located at [www.ag.ndsu.edu/ext-emp/emp-aic.htm](http://www.ag.ndsu.edu/ext-emp/emp-aic.htm) (click on "File Transfer" and log in where indicated).

Another main area of expertise for Julie encompasses nutrition labeling rules and food safety regulations for consumers, food entrepreneurs and small businesses. Julie also teaches the National Restaurant Association's ServSafe classes for food protection managers and others who handle food consumed by the public.

E-mail: [julie.garden-robinson@ndsu.edu](mailto:julie.garden-robinson@ndsu.edu) Phone: (701) 231-7187

#### Abby Gold

Abby started as a specialist in August 2008. Abby will divide her time between a half-time position at NDSU and a half-time position across the Red River with the University of Minnesota. Abby's unique role with two Extension Services (North Dakota and Minnesota) is to create a cross-pollinating relationship between the two states. Resources and methods from both states are ready to be shared across borders.

Abby has a bachelor's degree in human nutrition from the University of Massachusetts, Amherst, a master's degree in public health nutrition from the University of Minnesota and a doctorate in health communication from North Dakota State University. Abby's areas of expertise and experience include general nutrition, wellness, diabetes, maternal and child nutrition, environmental nutrition and intercultural health. Using the combination of three disciplines—nutrition, public health and communication—Abby's goal is to assess, plan, implement and evaluate health and nutrition education programs that meet the needs of the community.

E-mail: [abby.gold@ndsu.edu](mailto:abby.gold@ndsu.edu) Phone: (701) 231-7478

Extension Food and Nutrition has food and nutrition resources (books, including children's stories; videos; CD's; props; costumes; and lesson material) that may be used for programming. For information, e-mail [Shelly.Ann.Johnson@ndsu.edu](mailto:Shelly.Ann.Johnson@ndsu.edu) or call (701) 231-8592.

## Welcome to North Dakota State University Extension Service!