



Master Food Volunteer Program

Combine your love of cooking, nutrition, physical activity, and helping others by becoming a Virginia Cooperative Extension Master Food Volunteer.

The Master Food Volunteer Program helps Extension reach more Virginians with up-to-date, research-based knowledge on food preparation, nutrition, food safety, and physical activity.

Who Can Become A Volunteer?

Anyone who has an interest in food preparation, nutrition, food safety, or physical activity can apply. Applicants should possess a desire to enhance their skills and knowledge and enjoy working with people. There is no prior educational requirement for those interested in becoming a Master Food Volunteer.

Opportunities for Service:

Volunteers help support Extension's family and consumer sciences agents through education and outreach efforts. There is something for everyone!

- Health fairs
- Food demonstrations
- Women, Infants, and Children's Program (WIC)
- Farmers market displays
- Grocery store displays
- 4-H youth programs
- Judge at fairs
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation
- In-school and after-school programs
- Assist with education at food distribution sites
- Health ministries in your community
- Cooking classes

What Is Expected?

- Apply for and complete the mandatory 30-hour Master Food Volunteer training course
- To help support program costs and materials, a fee is required to participate in the training.
- Identify volunteer opportunities that suit your skills and interests
- Reciprocate with 30-hours of service within one year of training

Training Includes:

- Basic Nutrition
- Meal Planning
- Cooking Techniques
- Food Safety
- Exercise and Healthy Lifestyles
- Working with Diverse Audiences

What Participants Are Saying:

"I really enjoyed the interactive activities, including group activities. I am a hands-on person and learn best from seeing and doing."

"[I learned about] all of the community programs that are out there through the Extension program that we could be of service in, especially helping low-income families."

"This was an excellent review of all the topics each of us should have learned at our mothers knees—that doesn't happen in this day and age."

To request more information, please visit our survey:

https://vce.az1.qualtrics.com/jfe/form/SV_54kg8HzNpWIDAHA



Visit our website: www.ext.vt.edu

Produced by Virginia Cooperative Extension, Virginia Tech, 2022

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VT/922/FST-76NP/FST-430NP