

K-State Research and Extension News for 9/21/22

**Become an Extension Master Food Volunteer**

*Submitted by Franny Eastwood, Family & Consumer Science Agent*

K-State Research and Extension in the Marais des Cygnes District is excited to once again offer a program for people who love to cook, love to learn and share recipes and want to give back to the community. The Extension Master Food Volunteer Program allows people with an interest in cooking and nutrition to take their expertise to a higher level, while developing new avenues for helping the community.

The Kansas Master Food Volunteer Program provides a foundation of knowledge to volunteers in the subject areas of food safety, food science, food preparation and food preservation.

**Below are all the details to help you get started in this opportunity:**

***Who Can Become an Extension Master Food Volunteer?*** Anyone who loves to prepare food, and with an interest in food safety and health can apply for the Master Food Volunteer Program in the Marais des Cygnes District. If you want to improve your cooking and nutrition knowledge and you like to work with people, the Master Food program is for you.

***What Will Be Required of Me?*** You will be required to complete a six-week training that is a combination of self-paced online modules and three in-person cooking experiences. The training is guided by County Extension professionals. After training is complete, be committed to donating at least 40 hours of approved service back to the community, as your schedule allows. A high school diploma or equivalent is required. Finally, you must enjoy working with adults and/or youth and be willing to share your love of food through various food-related projects and events.

Applications are **due Dec 1<sup>st</sup>, 2022** and forms are available by calling the Mound City Extension Office at 913-795-2829. **Training** will begin online the week of January 15<sup>th</sup> and run through the week of Feb 19<sup>th</sup>. For more information, contact: Franny Eastwood, Extension Agent, Family & Consumer Sciences, Marais des Cygnes District (Linn and Miami Counties), 913-795-2829 or [fmeastwo@ksu.edu](mailto:fmeastwo@ksu.edu).