

K-State Research and Extension News

## **Become a Master Food Volunteer!**

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

K-State Research and Extension is excited to offer a program for people who love to cook, are interested in nutrition, love to learn and want to give back to the community.

### **What are the benefits of becoming a Master Food Volunteer (MFV)?**

- Develop new avenues for serving the community.
- Meet others who share a passion for food.
- Participate in classes, by either leading or assisting, to teach others about food.
- Learn up-to-date practices on food safety and nutrition.
- Take your knowledge of food to the next level.
- Have a great time doing something you love!

### **What is required of MFVs?**

Volunteers go through a flexible 6-week training course, taught by County Extension professionals, State Extension Specialists and industry professionals. After training, volunteers give 40 hours of service back to the community under the guidance of their county or district K-State Extension Agent. Volunteers must enjoy working with youth and/or adults and be willing to share your love of food through various food-related projects and events. If you own or work with any food-related business, you cannot promote those products as a Master Food Volunteer.

### **How do I apply?**

If you live in Linn or Miami County, application forms are available online at [www.maraisdecyignes.k-state.edu](http://www.maraisdecyignes.k-state.edu) or by calling (913)795-2829. Scholarships are available for low or no cost applications.

### **When do training classes meet?**

- The course is online and you can work at your own pace.
- You will be required to attend two hands-on local trainings.

**For more information, contact:** Franny Eastwood, Nutrition, Health & Wellness Agent at (913) 795-2829 or email at [fmeastwo@ksu.edu](mailto:fmeastwo@ksu.edu)