

Master Family and Consumer Sciences Volunteer Program Summary

Institution: Virginia Tech

Program: Master Food Volunteer Program

Contact: Melissa Chase, Ph.D., Consumer Food Safety Program Manager
Email: mechase@vt.edu
Program Information URL: <http://www.fcs.ext.vt.edu/fnh/mfv/index.html>

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

Any adult who has an interest in food preparation, nutrition, food safety, or physical activity is eligible to apply, provided the program is currently offered in the county or city in which they reside. Interested applicants may contact Dr. Chase to inquire as to the availability of the program in their specific locality. In addition, although no prior educational requirements are needed, interested applicants must complete an application and participate in an in-person interview with the supervising Family and Consumer Sciences Extension Agent with whom they will volunteer.

In addition, initial training requirements include the following:

- Complete the mandatory 30-hour Master Food Volunteer Training course;
- Pay the required fee for the course;
- Identify volunteer opportunities with the supervising Family and Consumer Sciences Extension Agent;
- Reciprocate a minimum of 30 volunteer hours within the first year of training.

Volunteer opportunities may include (but are not limited to):

- Health fairs
- Farmers market food demonstrations
- Grocery store displays
- 4-H youth programs
- In-school and after-school programs
- Family Nutrition Program outreach
- Judge at fairs
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation
- Health ministries within the local community
- Cooking classes