

## **Master Family & Consumer Sciences Volunteer Program Summary**

Institution: Penn State Extension

Program: Certified Food & Wellness Volunteer Program

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Penn State Extension has recently developed a Certified Food & Wellness Volunteer Program patterned after the Master Gardener Program. Penn State Extension developed 14 lessons on-line via a course management system and a 5 hour face-to-face training on offering food demonstrations. The overall training is approximately 40 hours, and volunteers are expected to provide up to 40 hours back in service.

The program objectives are: Participants will improve nutrition, food safety, and food preparation knowledge, confidence to teach basic nutrition, food preparation skills and skills to reach diverse audiences, one or more healthful food practices, and complete up to 40 hours of service within one year; increase or assist in outreach to FCS programs by 5% in the five participating pilot counties.