

Master Family & Consumer Sciences Volunteer Program Summary

Institution: University of Maine Extension

Program: Master Food Preserver and Eat Well Volunteer Programs

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The Master Food Preserver serves as a volunteer and resource in the community to provide the public with research-based information from the University of Maine Cooperative Extension and USDA.

Through an application process, any Maine resident 21 years or older is eligible to take the Master Food Preserver course. To become a Master Food Preserver, accepted applicants must meet the following qualifications:

- Attend the 10-art, 35-hour Master Food Preserver course including hands-on kitchen lab sessions.
- Complete lab quizzes and pass the final written exam.
- Complete at least 20 hours of volunteer service as a Master Food Preserver.
- Complete quarterly reports on the number of public contacts made.

After completing the training, the volunteer will have an opportunity to choose their volunteer experiences. The 2-hour commitment can be fulfilled by:

- Helping others to learn, and provide research-based information from UMaine Extension.
- Providing information at local farmers' markets, fairs, or community events.
- Conducting presentations and workshops as part of a team or on your own for community groups and schools.
- Preparing educational displays, writing articles for newsletters, newspapers, etc.

In addition, as a spin-off of the Master Food Volunteer Program, UMaine has initiated a pilot Eat Well Volunteer Program that is specific in:

1. Recruiting potential clients for the Eat Well Program (EFNEP).
2. Providing food and nutrition education interactive displays at food pantries that receive our Maine Harvest for Hunger fresh vegetable donations.