**Master Food Volunteer Program**

Combine your love of cooking, nutrition, physical activity, and helping others by becoming a Virginia Cooperative Extension Master Food Volunteer.

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

**Who Can Become A Volunteer?**

Anyone who has an interest in food preparation, nutrition, food safety, or physical activity can apply. Applicants should possess a desire to enhance their skills and knowledge and enjoy working with people. There is no prior educational requirement for those interested in becoming a Master Food Volunteer.

**Opportunities for Service:**

Volunteers help support Extension’s family and consumer sciences agents through education and outreach efforts. There is something for everyone!

- Health fairs
- Food demonstrations
- Women, Infants, and Children’s Program (WIC)
- Farmers market displays
- Grocery store displays
- 4-H youth programs
- Judge at fairs
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation
- In-school and after-school programs
- Assist with education at food distribution sites
- Health ministries in your community
- Cooking classes

**What Is Expected?**

- Apply for and complete the mandatory 30-hour Master Food Volunteer training course
- To help support program costs and materials, a fee is required to participate in the training.
- Identify volunteer opportunities that suit your skills and interests
- Reciprocate with 30-hours of service within one year of training

**Training Includes:**

- Basic Nutrition
- Meal Planning
- Cooking Techniques
- Food Safety
- Exercise and Healthy Lifestyles
- Working with Diverse Audiences

**What Participants Are Saying:**

“I really enjoyed the interactive activities, including group activities. I am a hands-on person and learn best from seeing and doing.”

 “[I learned about] all of the community programs that are out there through the Extension program that we could be of service in, especially helping low-income families.”

“This was an excellent review of all the topics each of us should have learned at our mothers knees—that doesn’t happen in this day and age.”

**For More Information, Contact:**

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