

How  
can **You**  
Make  
a **difference**  
in your  
community?



# Volunteer with the Family Nutrition Education program!

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## **Possible volunteer positions:**

- Provide hands-on learning opportunities for increased life skills whenever possible.
- Offer hands-on cooking lessons at local community centers or churches.
- Become a Health Leader in your church.
- Become an educated Home Visitor to better serve your clients.

## **Your major responsibilities:**

- Learn and share basic nutrition principles.
- Seek out opportunities to share personal life skills such as smart shopping techniques.
- Community outreach at clinics or fairs.
- Communicate regularly with Program Coordinator.
- Follow and implement the policies and procedures of the program sponsors.

# Learn and Share Basic Nutrition Principles

## WHEN and WHERE:

Training can be arranged at your school, church or center. We can train on Saturdays or evenings at the convenience of your members. Training modules are also available online.

## WHAT:

Training consists of:

- communication techniques,
- building positive relationships
- basic nutrition, shopping, and cooking techniques.

## TIME:

Training is completed in up to 16 hours. On going support is provided as you work with individuals and families.

## COST:

All curriculum materials are provided at no charge.

The volunteer family nutrition education program is a statewide educational initiative of the Virginia Cooperative Extension Smart Choices Nutrition Education Program (SCNEP).

For more information about this program, contact your local Virginia Cooperative Extension office or Judith Stevens at [jstevens@vt.edu](mailto:jstevens@vt.edu), 540/ 432-0932.

2322 Blue Stone Hills Drive,  
Suite 140, Harrisonburg, VA 22801



# If **YOU** want to help improve the **health** of your **COMMUNITY**.

Complete and Mail the form below.

Name \_\_\_\_\_  
(Please print)

Address \_\_\_\_\_  
(Street)

\_\_\_\_\_  
(City) (State) (Zip)

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

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