

How to Become a Virginia Cooperative Extension Master Food Volunteer

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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.

Anyone with 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.

What would I do?

- Represent VCE at health fairs
- Offer cooking classes and food demonstrations
- Host farmers market or grocery store displays
- Assist with youth programs (4-H)
- Author articles on healthy eating, physical activity, and food preparation
- Assist with education at food distribution sites

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 may be required to participate in the training.
- Reciprocate with 30 hours of service within one year of training
 - Reciprocate with 20 hours of service in subsequent years (15 of direct service, 5 of continuing education)

What does the training cover?

- History of Cooperative Extension
- Basic food safety, food allergens, and safe cooking techniques
- Nutrition
- Physical activity
- Healthy lifestyles
- Risk management

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..."

Contact your local Extension agent for more information

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