

# Extension Master Food Volunteer Program

*Have a passion for food, nutrition, and wellness? Enjoy helping others? If yes, then learn more about Gaston County's new Extension Master Food Volunteer Program (EMFVP)!*

## 2023 TRAINING SCHEDULE:

Fall training with dates/times to be determined based on participants schedule.

## Benefits to You

- Gain cooking and knife skills
- Receive nutrition and food safety training
- Make connections to our local food system
- Meet new people who share your interest in food and nutrition - locally and statewide
- Be a part of NC Cooperative Extension's food, nutrition, and wellness workshops in Gaston County
- Make a difference throughout your community

## EMFVP Volunteer Opportunities

- Conduct cooking demos at farmers markets, churches, and other community locations
- Assist with physical activity and home canning workshops
- Provide educational outreach at health fairs and community festivals
- Assist with Extension youth-based nutrition and cooking workshops
- Help develop a local foods learning center

## NC Cooperative Extension's Newest Volunteer Program

### Program Requirements

- 30-hrs educational training
- 30-hrs "shadowing" an agent
- 20-hrs volunteer service annually
- 10-hrs continuing education annually

Training and continuing education provided through the Extension Master Food Volunteer Program. Learning activities conducted by Extension's registered dietitian, Linda J. Minges.



## Registration Process

1. Contact Extension Agent, Linda J. Minges, for complete details to determine if this program is right for you: linda\_minges@ncsu.edu or 704.922.2127
2. Complete application form - available online: gaston.ncsu.edu and by mail.
3. Complete the EMFVP training (30-hrs)

**Cost: \$30-ECA member; \$40-non-ECA member (valued over \$1,000)**

**Scholarships available upon request.**  
*For accommodations for persons with disabilities, contact instructor.*



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# NC STATE

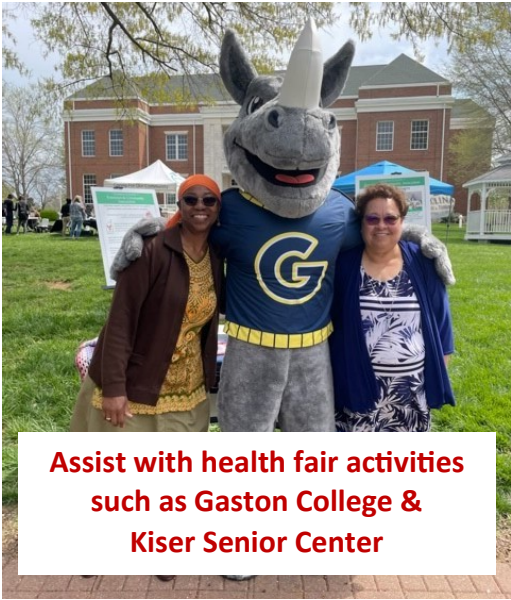
# Extension Master Food Volunteers



**Conduct Cooking Demos & Food Tastings**



**Participate in podcasts, radio interviews & webinars**



**Assist with health fair activities such as Gaston College & Kiser Senior Center**



**Provide know-how on local foods and healthy tips**



**Support LIFT: Lifelong Improvements Through Fitness Together Workshops and functional fitness tests**

**Volunteers connect with others while learning how to Eat Smart & Move More!**



**Teach knife skills during workshops**

