

2025 Volunteer Training Course

February 11 - June 3



Learn to lead workshops for smart food prepping, cooking smart & eating smart

What is the Extension Master Food Volunteer Program?

The Extension Master Food Program is designed to enhance public education in nutrition, local foods, and food safety. It provides educational assistance to residents concerning nutrition through the utilization of trained and supervised volunteers.

Program Requirements

- 30-hrs educational training (see other side for details)
- 30-hrs “shadowing” an agent
- 20-hrs volunteer service annually
- 10-hrs continuing education annually

Benefits to You

- Gain cooking and knife skills, nutrition and food safety training
- Make connections to our local food system
- Meet new people who share your interest in food and nutrition
- Be a part of N.C. Cooperative Extension’s Family & Consumer Science Program
- Make a difference throughout your community

Volunteer Opportunities

- Provide educational outreach at health fairs and community festivals
- Assist with Extension youth-based nutrition and cooking workshops
- Conduct programs/cooking demos at farmers markets, churches, and community locations

How can I become an Extension Master Food Volunteer?

- Contact your Family & Consumer Science Agent to discuss if this program is right for you.
- The Agent will provide you with further details.

Cost: \$50

**Includes online access
to all course materials
valued over \$1,000**

Contact: Linda Minges 704-922-2127 or linda_minges@ncsu.edu

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Registration Process

1. **Contact the Extension Agent:** For complete details and to determine if this program is right for you, please contact: Linda Minges - linda_minges@ncsu.edu or 704-922-2127
2. **Complete the Application Form:** available online at gaston.ncsu.edu and can also be obtained by mail
3. **Background Check:** A background check will be processed for each individual.
4. **Complete the 2025 Training Course:** The training course is 30 hours and will take place from February 11th to June 3rd, 2025.

Hybrid Training Schedule

- **Week 1:** February 11 - Program Management (In-Person meeting)
- **Week 2:** February 25 - History of Extension & FCS Online session and live webinar (Q&A session from 10-11 AM)
- **Week 3:** March 11 - Racial Equity, Diversity, and Inclusion
Online session and live webinar (Q&A session from 10-11 AM)
- **Week 4:** March 25 - Risk Management
Online session and live webinar (Q&A session from 10-11 AM)
- **Week 5:** April 8 - Teaching Strategies
Online session and live webinar (Q&A session from 10-11 AM)
- **Week 6:** April 22 - Programs that Work
Online session and live webinar (Q&A session from 10-11 AM)
- **Week 7:** May 6 - Changing Health Behaviors
Online session and live webinar (Q&A session from 10-11 AM)
- **Week 8:** May 20 - Nutrition 101, Food Systems & Local Food (In-person meeting)

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Training Format

- **Weekly Online Sessions:** Each week, participants will receive a new online session/topic to watch. This includes videos, activities, and resources.
- **Live Webinars:** Live Q&A webinars will be available from 10:00 AM to 11:00 AM (Week 2 through Week 7). The webinars will also be recorded for convenience.
- **In-Person Sessions:** There will be two in-person sessions (Week 1 and Week 8) scheduled for hands-on activities. Dates and times will be determined.

Special Accommodations: If you require accommodations due to a disability, please contact the instructor.

