

# **K-STATE**

## **Research and Extension**

### **Master Food Volunteer**

#### **Become a Master Food Volunteer!**

K-State Research and Extension is excited to offer a program for people who love to cook, are passionate about nutrition, health & wellness, love to learn and want to give back to the community.

#### **What are the benefits of becoming a Master Food Volunteer (MFV)?**

- Develop new avenues for serving the community.
- Meet others who share a passion for food.
- Participate in classes, by either leading or assisting, to teach others about food.
- Learn up-to-date practices on food safety and nutrition.
- Take your knowledge of food to the next level.
- Have a great time doing something you love!

#### **What is required of MFVs?**

- Volunteers go through approx 40-hour training course, taught by County Extension professionals, State Extension Specialists and industry professionals.
- After training, volunteers give 40 hours of service back to the community under the guidance of their county or district K-State Extension Agent.
- Volunteers must enjoy working with youth and/or adults and be willing to share your love of food through various food-related projects and events.
- If you own or work with any food-related business, you cannot promote those products as a Master Food Volunteer.

#### **How do I apply?**

- Application forms are available online at [www.maraisdecygnnes.k-state.edu](http://www.maraisdecygnnes.k-state.edu) or by calling (913) 795-2829.

#### **When do training classes meet?**

- The course is online and you can work at your own pace.
- You will be required to attend two hands-on trainings at your local county office.

#### **For more information, contact:**

Franny Eastwood, MS, MPH, RD, LD  
Nutrition, Health & Wellness Agent  
(913) 795-2829  
[fmeastwo@ksu.edu](mailto:fmeastwo@ksu.edu)

**KSTATE RESEARCH & EXTENSION MASTER FOOD VOLUNTEER APPLICATION**

There is a \$120 fee to complete the online course and become a Master Food Volunteer. The fee includes the cost for technology, background check, an apron, nametag and teaching supplies for this training. The Marais des Cygnes District provides scholarships to cover the costs. Serious applicants only, please.

INSTRUCTIONS: Please print neatly or type and return to your county agent at the address below. Once your application has been received, we will contact you to arrange an informational interview to answer questions and review program requirements.

Name (print) \_\_\_\_\_ Date of application \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_ email \_\_\_\_\_

Years of food experience \_\_\_\_\_

Why do you want to become a Master Food Volunteer?

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How did you learn of the Master Food Volunteer Program?

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Types of food/nutrition experience and related training:

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List areas of specialties or hobbies related to food/nutrition:

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List experiences in working with the community, schools, churches, youth, senior citizens, etc.:

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Please list any group affiliations related to food/nutrition:

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Signature \_\_\_\_\_ Date \_\_\_\_\_

Return Application to:

Franny Eastwood

Marais des Cygnes Extension

115 S. 6th St.

PO Box 160

Mound City, KS 66056

**Applications are due Wednesday, December 1st, 2023**

K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, please contact the Marais des Cygnes Extension Office at (913)795-2829.