

The NC Cooperative Extension Master Food Volunteer (EMFV) program provides citizens with an opportunity to extend the work of Cooperative Extension by providing unbiased, research-based information on food systems, cooking and food safety to our community.

Under the guidance of Family and Consumer Sciences Extension agents, volunteers complete a 30-hour training program and a 30-hour service commitment. Upon completion of training and service, volunteers earn the status of Extension Master Food Volunteer.

## What is expected?

- 1** Complete the EMFV application process including references and background check.
- 2** Complete the mandatory 30-hour MFV training program.
- 3** Communicate volunteer opportunities that suit your skills and interests to your agent.
- 4** Contribute 30 hours of service including shadowing within the first year of service.

## Who can become a volunteer?

Anyone who has an interest in food preparation, food systems, nutrition, or food safety can apply. Ideal candidates will possess a desire to enhance their skills, increase their knowledge and enjoy working with people.

## Opportunities for Service

Health fairs  
Food demonstrations  
Farmers market displays  
Grocery store displays  
4-H youth programs  
Newspaper or newsletter articles on healthy living  
In-school and after-school programs  
Health ministries in your community  
Cooking classes  
and more

