



Virginia Cooperative Extension
MASTER FOOD VOLUNTEER

Do you:

Love to cook? Enjoy volunteering?

Want to learn more about nutrition and wellness?

Want to make a difference in your community?

BECOME A MASTER FOOD VOLUNTEER!

Support Family & Consumer Sciences (FCS) with education and outreach. Volunteers are vital to FCS programs. There is something for everyone!

WHAT TO EXPECT

1. Apply, interview and complete a 30-hour Master Food Volunteer training course.
2. Identify volunteer opportunities that suit your skills and interests.
3. Reciprocate at least 30 hours of service within one year of training.

OPPORTUNITIES FOR SERVICE

- Cooking demonstrations
- Health fairs
- Nutrition and cooking classes for youth, adults, and seniors
- Farmers' market displays
- Food preservation workshops
- In-school and afterschool programs
- Create your own!

TRAINING TOPICS

Basic nutrition	Cooking techniques	Working with diverse audiences
Meal planning	Food safety	

TRAINING COST

Fee of \$65 will cover some meals, training materials, apron, tote bag, and supplies. See the website for scholarship opportunities.

TRAINING SCHEDULE

Saturday, April 5, 9:30 a.m. - 3:30 p.m.
 Tuesday, April 8, 6:00 p.m. - 8:30 p.m.
 Tuesday, April 15, 6:00 p.m. - 8:30 p.m.
 Saturday, April 26, 9:30 a.m. - 3:30 p.m.
 Tuesday, April 29, 6:00 p.m. - 8:30 p.m.
 Tuesday, May 6, 6:00 p.m. - 8:30 p.m.
 Tuesday, May 13, 6:00 p.m. - 8:30 p.m.
 Saturday, May 17, 9:00 a.m. - 3:00 p.m.

**Claude Moore Education Complex
 across from the Roanoke Higher Ed
 Center, Home of the Culinary Institute
 at Virginia Western**
 109 North Henry St., Roanoke
Limited Space!
Applications due March 24, 2014

LEARN MORE AND APPLY

offices.ext.vt.edu/roanoke/programs/fcs

Or contact the local FCS agent:

Deb Chappell
 540-772-7524
dchappel@vt.edu
 3738 Brambleton Ave. SW
 Roanoke, VA 24018



www.ext.vt.edu

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Roanoke Office, at 540-772-7524/TDD* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.

*TDD number is (800) 828-1120.