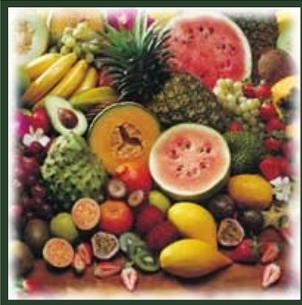


Do You:

- Love to Cook?
- Want to Learn More About Nutrition and Wellness?
- Enjoy Volunteering?
- Want to Make a Difference in Your Community?



**Extension is looking for
qualified applicants to become
Master Food Volunteers**



VIRGINIA COOPERATIVE EXTENSION

Arlington Office
3308 S Stafford Street
Arlington, VA 22206
(703) 228-6400
jabel@vt.edu
<http://offices.ext.vt.edu/arlington/>

Comments from previous participants:

"I really enjoyed the interactive activities, including group activities. I am a hands on person and learn best from seeing and doing."

"[I learned about] all of the community programs that are out there through the Extension program that we could be of service in, especially helping low-income families."

"This was an excellent review of all the topics each of us should have learned at our mothers knees---that doesn't happen in this day and age."

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Cristin Sprenger at (540) 245-5750 / TDD 1-800-828-1120 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Alma C. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg.

Virginia Cooperative Extension MASTER FOOD VOLUNTEER

THE ULTIMATE FOOD EXPERIENCE



**Fridays, April 27, May 4, 11,
and 18; 9:00-3:00
4/27 & 5/11: 12011 Govt. Ctr.
Pkwy., Fairfax
and
5/4 & 5/18: 3308 S. Stafford
Street, Arlington**

**Virginia
Cooperative Extension**

A partnership of Virginia Tech and Virginia State University www.ext.vt.edu

 **VirginiaTech**
Invent the Future



VIRGINIA STATE UNIVERSITY

Master Food Volunteer:

Training Information:

What: Master Food Volunteer Training

When: April 27, May 4, 11, and 18

Time: 9:00 a.m.—3:00 p.m.

Location:

4/27 & 5/11: 12011 Govt. Ctr. Pkwy. in Fairfax

5/4 & 5/18: 3308 S Stafford Street in Arlington

Become a Master Food Volunteer~



Opportunities for Service:

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

- Cooking demonstrations
- Nutrition and cooking classes for adults
- Cooking classes at senior centers
- Nutrition classes for parents of pre-schoolers
- In school and after school programs
- Health Fairs
- Farmers market displays
- Grocery store displays
- Support for 4-H Youth Programs
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation
- Assist with education at food distribution sites
- Create your own!

Training will include:

- Basic Nutrition
- Meal Planning
- Cooking Techniques
- Food Safety
- Working with Diverse Audiences

What to Expect:

- Apply for and complete the 30-hour Master Food Volunteer training course.
- Identify volunteer opportunities that suit your skills and interests.
- Reciprocate 30-hours of service



Fee of \$95 will cover lunches, training materials, apron, tote bag, and supplies.

To apply or get more information contact:

Jennifer Abel or Katie Strong
703/228-6417; 703/228-7636
jabel@vt.edu; kstrong@vt.edu

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