

What is expected?

Complete the EMFV application process including references and background check

30 hours of core training

30 hours of shadowing FCS Agent

20 hours of volunteer service per year

10 hours of continuing education per year

Opportunities for Service

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

For more information, please contact Der Holcomb at 828-632-3125 or email dxiong@ncat.edu

To learn more about the Alexander County Extension Office Center and our monthly activities, please visit our website at alexander.ces.ncsu.edu or follow us on facebook at Alexander County Cooperative Extension

North Carolina State University and North Carolina A&T State University commit themselves to positive actions to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Der Holcomb at 828-632-3125/dxiong@ncat.edu, or in person at the Cooperative Extension office at least 14 days prior to the event.

Extension Master Foods Volunteer Training Program

Extension Demo Kitchen
151 West Main Ave
Taylorsville, NC
9:00am - 12:00pm

**Selected Wednesday from
January 15th - April 29th**

**Information Session on December
4th from 10am - 11am in the
Extension Demo Kitchen**

Cost of Program: \$50

What is EMFV?

The Extension Master Food Volunteer (EMFV) program is designed to engage residents in food and nutrition programming in their community and train volunteers to further expand the reach of N.C. Cooperative Extension. Volunteers who complete the training and pay their membership fee become a part of the State-Wide Extension Master Food Volunteer Group

Why become an EMFV?

Combine your love of cooking, nutrition, physical activity, and helping others by becoming a North Carolina Extension Master Food Volunteer



2020 Training Schedule

Wednesday January 15th:
Orientation

Wednesday January 22nd:
Program management

Wednesday February 12th:
Food Safety

Wednesday February 19th:
Nutrient Basics

Wednesday March 4th:
Diversity & Inclusion

Wednesday March 11th:
Food Systems

Wednesday, April 1st:
Cooking Techniques 1

Wednesday April 8th:
Cooking Techniques 2

Wednesday April 15th:
Cooking Demo 1

Wednesday April 22nd:
Cooking Demo 2

**Wednesday January 29th,
February 26th, & March
25th**

Optional Day: Field Trip

2020 Extension Master Foods Volunteer Program Sign up for the Informational Session on December 4th from 10am - 11am

Name:

Phone Number:

Address:

City:

E-Mail:

Please mail your form to Alexander Cooperative Extension Service to:

Atten: Extension Master Foods Volunteer, 151 West Main Ave, Taylorsville, NC 28681

NC STATE

Extension Master Food Volunteer Program