

Master Food Volunteers participate in a variety of community activities including:

- Monthly Knowledge @ Noon Classes
- Programs for all ages
- Diabetes nutrition classes
- Holiday cooking/Gifts From the Kitchen
- Extension-sponsored programs (Ag Day, Kansas Day, Mom's Club, 4-H Food day, Fair - Learning Corners and food preservation classes, etc.)
- Local media outreach-newspaper columns, health fair displays and More...



Class of 2011
Barbara Wilson, Jacqueline Davis
& Beverly Burke

TRAINING DATES/Fee—2017
The 2017 Master Food Volunteer
Training classes will be held **Wednesdays and Thursdays, February 15, 16, 22 and 23, March 1, 2, 8 & 9.** Snow make-up date: March 15 & 16, **9 a.m. - 4 p.m.** Training is held at the Johnson County Extension.
11811 S Sunset Drive, Suite 1500
Olathe, Kansas 66061. 913-715-7000

As a part of the K-State Research and Extension program, we draw upon research and other resources available from Kansas State University and extend it to you right here in Linn/Miami Counties. Our educational classes offer research-based, non-biased information that can help you make informed decisions throughout the many areas of your life.

Applications are due January 27, 2017.
The fee is \$75. For an application, visit us online. www.maraisdescygn.es.ksu.edu

MARAIS DES CYGNES DISTRICT K-STATE RESEARCH & EXTENSION

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K-STATE
Research and Extension
Marais des Cygn
Extension District

K-State Research & Extension is an equal opportunity provider and employer.


K-STATE
Research and Extension
Master Food Volunteer

Do You Like ...

- To Cook?
- To Volunteer?
- To Meet New People?
- To Learn About Nutrition?

then the
**Extension
Master Food
Volunteer**
program may be for you!

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Marais des Cygn
District

What Is The Extension Master Food Volunteer Program?

The Extension Master Food Volunteer program utilizes the expertise of nutritionists, registered dietitians, food scientists and culinary experts to train volunteers in the areas of nutrition, cooking, food safety and preservation.

Master Food Volunteers are all about food, promoting good health and giving back to our community. Trainees who complete the program requirements become a part of a special volunteering team and participate in activities of their choosing. All activities are geared toward the single purpose of educating the public and enhancing health and wellbeing.

Volunteers come from all walks of life and are all ages, male and female, new mothers and retirees, rural residents and suburbanites.

But they all share a passion for continued learning and a love of nutrition and cooking. Our volunteers extend this passion and knowledge throughout our community, making Miami County a better place to live.

Our volunteer opportunities are endless! Cooking demonstrations, teaching classes to adults and children, or writing informative articles that help improve people's lives - these are just a few of the opportunities available! Whatever your interests, there is a place for you in the Marais des Cygnes District Extension Master Food Volunteer program!



Cwen Sims-Charter Member-Class of 2002 at the County-wide Ag Day. Whole grain program, "Wheat from Field to Table" for 4th graders.

Nutrition Matters!

- Healthful diets help children grow, develop and do well in school.
- Proper nutrition enables people of all ages to work productively and feel their best.
- Eating right and exercising reduces the risk for chronic diseases.

Ready To Volunteer?

To become an Extension Master Food Volunteer, you must:

- Enjoy being a lifelong learner
- Live in Linn or Miami County
- Have at least a high school diploma or the equivalent
- Enjoy working with others in a fun, educational environment
- Participate in the 40-hours of training
- Commit to volunteer at least 40 hours of approved service in the community during the first year as a Master Food Volunteer

If you would like to be considered for this volunteer organization or desire more information, please visit:

www.maraisdescygn.es.ksu.edu

or call

Diane Burnett, Family &
Consumer Sciences Agent
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