The 2021 Master Food Volunteer
Training classes will be held Wednesdays and Thursdays from 9am to 4pm on Sept. 22, 23, 29, 30 and Oct. 6, 7, 13 and 14. Training is held at the Johnson County Extension Office.
11811 S Sunset Drive, Suite 1500
Olathe, Kansas 66061. 913-715-7000
Or the K-State Olathe Campus, Olathe, KS

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 and Miami County. Our educational classes offer research-based, non-biased information that help you make informed decisions throughout many areas of your life.

Applications are due Sept 17, 2021
The fee is $100 and full or partial scholarships are awarded based on availability. For an application, visit us online.
www.maraisdescygnes.ksu.edu

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!
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. 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 our communities better places 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 Extension Master Food Volunteer program!

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.maraisdescygnes.ksu.edu or contact Franny Eastwood, Family & Consumer Sciences Agent 913-795-2829 fmeastwo@ksu.edu

Beverly Burke, MFV, teaching participants at the Knowledge@Noon holiday program “Gifts from the Kitchen.”