Become a Master Food Volunteer!

K-State Research and Extension is excited to offer a program for people who love to cook, are passionate about nutrition, health & wellness, love to learn and want to give back to the community.

What are the benefits of becoming a Master Food Volunteer (MFV)?

- Develop new avenues for serving the community.
- Meet others who share a passion for food.
- Participate in classes, by either leading or assisting, to teach others about food.
- Learn up-to-date practices on food safety and nutrition.
- Take your knowledge of food to the next level.
- Have a great time doing something you love!

What is required of MFVs?

- Volunteers go through approx 40-hour training course, taught by County Extension professionals, State Extension Specialists and industry professionals.
- After training, volunteers give 40 hours of service back to the community under the guidance of their county or district K-State Extension Agent.
- Volunteers must enjoy working with youth and/or adults and be willing to share your love of food through various food-related projects and events.
- If you own or work with any food-related business, you cannot promote those products as a Master Food Volunteer.

How do I apply?

- Application forms are available online at www.maraisdecygnes.k-state.edu or by calling (913) 795-2829.

When do training classes meet?

- The course is online and you can work at your own pace.
- You will be required to attend two hands-on trainings at your local county office.

For more information, contact:
Franny Eastwood, MS, MPH, RD, LD
Nutrition, Health & Wellness Agent
((913) 795-2829
fmeastwo@ksu.edu
There is a $120 fee to complete the online course and become a Master Food Volunteer. The fee includes the cost for technology, background check, an apron, nametag and teaching supplies for this training. The Marais des Cygnes District provides scholarships to cover the costs. Serious applicants only, please.

INSTRUCTIONS: Please print neatly or type and return to your county agent at the address below. Once your application has been received, we will contact you to arrange an informational interview to answer questions and review program requirements.

Name (print) __________________________ Date of application ______ County __________________________

Address ______________________________ City __________________ Zip Code __________________________

Phone (day) __________________ Phone (evening) __________________ email __________________________

Years of food experience ________________________________________________________________

Why do you want to become a Master Food Volunteer?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

How did you learn of the Master Food Volunteer Program?
____________________________________________________________________________________
____________________________________________________________________________________

Types of food/nutrition experience and related training:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

List areas of specialties or hobbies related to food/nutrition:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

List experiences in working with the community, schools, churches, youth, senior citizens, etc.:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Please list any group affiliations related to food/nutrition:
____________________________________________________________________________________
Return Application to:
Franny Eastwood
Marais des Cygnes Extension
115 S. 6th St.
PO Box 160
Mound City, KS 66056

Applications are due Wednesday, December 1st, 2023

K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, please contact the Marais des Cygnes Extension Office at (913)795-2829.