



# K-STATE

Research and Extension

Master Food Volunteer



**BECOME A  
MASTER  
FOOD VOLUNTEER  
TODAY!**

**CONTACT YOUR COUNTY  
OFFICE TO LEARN MORE!**



## WHY?

Increase your knowledge of  
nutrition, health, wellness, cooking  
techniques, & food safety

**Make new friends with similar interests**

SHARE YOUR PASSION OF HEALTH AND  
FOOD WITH OTHERS

***Get to know your community  
in a new & exciting way***

*Have fun!*