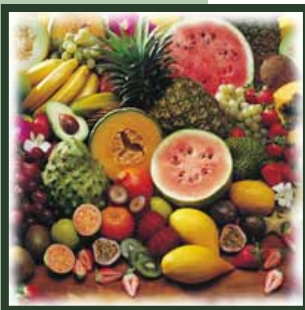


**Do You:**

- **Love to Cook?**
- **Want to Learn More About Nutrition and Wellness?**
- **Enjoy Volunteering?**
- **Want to Make a Difference in Your Community?**



**Extension is looking for qualified applicants to become Master Food Volunteers**



**VIRGINIA COOPERATIVE EXTENSION**

**Roanoke Office**  
3738 Brambleton Ave SW  
Roanoke, VA 24018  
540/772-7524  
dchappel@vt.edu  
<http://offices.ext.vt.edu/roanoke/>

**Comments from previous participants:**

“I really enjoyed the interactive activities, including group activities. I am a hands on person and learn best from seeing and doing.”

“[I learned about] all of the community programs that are out there through the Extension program that we could be of service in, especially helping low-income families.”

“This was an excellent review of all the topics each of us should have learned at our mothers knees---that doesn't happen in this day and age.”

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Deb Chappell at (540) 772-7524, TDD 1-800-828-1120 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Alma C. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg.

**Family & Consumer Sciences**

**MASTER FOOD VOLUNTEER**

**AN EDUCATIONAL FOOD EXPERIENCE**



**Tuesdays in October, 2011  
4, 11, 18, 25 & Nov. 1  
10:00 a.m. - 3:30 p.m.**

**Crockett Springs  
United Methodist Church at  
Camp Alta Mons  
Shawsville, VA**

**Virginia Cooperative Extension**

*A partnership of Virginia Tech and Virginia State University* [www.ext.vt.edu](http://www.ext.vt.edu)

**VirginiaTech**  
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**VIRGINIA STATE**

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## Master Food Volunteer:

### Training Information:

**What: Master Food Volunteer Training**

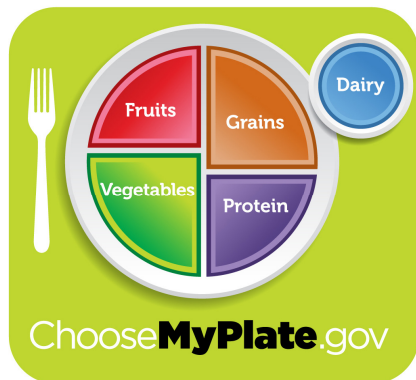
**When: Oct. 4, 11, 18, 25 & Nov. 1 2011**

**Time: 10:00 a.m.—3:30 p.m.**

**Location:**

**Crockett Springs United Methodist Church at Camp Alta Mons Shawsville, VA**

## Become a Master Food Volunteer~



### Opportunities for Service:

Support Family and Consumer Sciences (FCS) Educators with education and outreach. Volunteers are vital to FCS programs. There is something for everyone!

- Health fairs
- Food demonstrations
- Farmers market displays
- Grocery store displays
- Support for 4-H Youth Programs
- Judge at fairs
- Food preservation demonstrations
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation
- In school and after school programs
- Assist with education at food distribution sites
- Health Ministries in your community
- Cooking classes
- Create your own!

### Training will include:

- Basic Nutrition
- Meal Planning
- Cooking Techniques
- Food Safety
- Exercise and healthy lifestyles
- Working with Diverse Audiences

### What to Expect:

- Apply for and complete the 30-hour Master Food Volunteer training course.
- Identify volunteer opportunities that suit your skills and interests.
- Reciprocate 30-hours of service



This program is being supported by a grant from the Svoboda Fund of Virginia Cooperative Extension and therefore we are able to offer this training at a reduced cost to the participant.

Fee of \$45 will cover lunches, training materials, apron and tote bag and supplies.

To apply, or get more information, contact:

**Deb Chappell**  
**(540) 772-7524**

**E-Mail: [dchappel@vt.edu](mailto:dchappel@vt.edu)**

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