

MAKING A DIFFERENCE



Grand Challenges

K-State Research and Extension develops and delivers practical, research-based solutions to challenges faced by all Kansans, which includes the grand challenges:

- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

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K-State Research & Extension
 Master Food Volunteers
www.ksre.ksu.edu/mfv



Grand Challenge: Global Food Systems, Health, Developing Tomorrow's Leaders

Title: Master Food Volunteers

The Master Food Volunteer (MFV) program allows Extension Agents to expand their foods and Nutrition program and reach a larger audience. This gives K-State Research and Extension a broader presence in their communities. Statewide, the MFV program is active in eight local units with a total of 14 counties and 145 volunteers.

Volunteers provide education in the following ways:

- Teaching home food preservation
- Nutrition education for Walk Kansas program
- Preparing and teaching a Vegetarian foods class
- Teaching Kitchen Magic with Herbs
- Teaching special needs cooking class
- Staffing booth on Healthy Drinks at local fair
- Conducting Senior chair exercise class
- Helped with foods judging at county fair
- Taught Aging with Attitude
- Planned and taught classes on DASH diet plan
- Participated in local 4th grade Ag Day
- Taught Cooking 101
- Volunteered at National Festival of Breads
- Planned and conducted with Kids Cooking Camp
- Preparing meals for Hospice House
- Teaching handwashing to 3rd grade children
- Teaching Strong People classes



What was the impact?

In 2015, MFV reported 8,755 hours of volunteer time in their communities. This equals a value of \$189,458 based on the Independent Sector's Value of Volunteer Time for Kansas as \$21.64/hour for 2014.

Volunteers are dedicated to this program in many ways. Their passion for education and teaching about food is very evident in their work.