

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
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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 seven local units with a total of 7 counties and 79 active volunteers. Due to the pandemic, volunteer opportunities were limited. Volunteers provided education during 2020 in the following ways:

- Assisting with Dining with Diabetes classes
- Planning and assisting with 4-H Food Challenge competition
- Created and conducted several virtual classes for consumers
- Planned and conducted Kids in the Kitchen classes
- Judged or assisted at County Fair foods competitions
- Write monthly newsletter on Healthy Tips
- Presented a series of Books & Bites virtual classes
- Presented several virtual classes to Silver Clovers, adults over age 50.
- Taught classes on Cooking with Teens
- Planned and conducted Food Fare classes
- Planned a Knowledge at Noon drive through Christmas food event
- Started monthly Four Course Living videos series, <https://www.johnson.k-state.edu/health-food-safety/four-course-living/class-sessions.html>
- Video Demonstrations <https://www.johnson.k-state.edu/health-food-safety/recipes/recipes.html>
- Participated in health fair at local Farmers Market
- Planned and presented virtual cooking series on Mexican cuisine, Soups & Stews, and Cooking for 1 or 2
- Taught basic nutrition and exercise balance in your life classes

What was the impact?

In 2020, MFV reported 3,962 hours of volunteer time and training in their communities. This equals a value of \$97,861.40 based on the Independent Sector's Value of Volunteer Time for Kansas as \$24.70/hour for 2019. They made 244 contacts when conducting their programs. Most contacts were mixed aged groups and female attendees.

We are working on transitioning the MFV training into Canvas Pro for online training. We hope to start a pilot in 2021, then launch in late 2021. Our goal is to reach more people interested in being volunteers in this program.

Volunteers are dedicated to this program in many ways. Their passion for education and teaching about food is very evident in their work. We thank them for their enthusiasm and dedication!