

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 seven local units with a total of 12 counties and 87 volunteers. This year, Sedgwick county dropped out of the program.

Volunteers provided education during 2016 in the following ways:

- Taught home food preservation
- Taught Fish for Beginners and using herbs in cooking
- Prepared food and delivered the food to local Hospice
- Taught Senior chair exercise and yoga classes
- Taught Kids in the Kitchen classes
- Assisted with K-State BBQ 101
- Taught Artisan bread making class
- Assisted with Food & Field Olympics at local schools
- Conducted Cooking camp for 4-H members
- Baked bread to celebrate Kansas day at schools
- Helped plan and run local Chefs Challenge
- Wrote food related news articles
- Coordinated meals for CIRCLES Coalition
- Taught 4 Course Living classes
- Worked with Master Gardeners, Farmers Markets, and Walk Kansas
- Worked with special needs consumers on nutrition and cooking
- Taught classes on Cooking for One or Two
- Helped with County Fair Foods exhibits and judging
- And much more!



What was the impact?

In 2016, MFV reported 9,617 hours of volunteer time in their communities. This equals a value of \$211,766.34 based on the Independent Sector's Value of Volunteer Time for Kansas as \$22.02/hour for 2015. They also made 9,345 contacts when conducting their programs.

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

