

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

Find more stories like this and more at :
www.ksu.edu/solutions

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



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 10 counties and 112 volunteers. This year, the Central Kansas district dropped out of the program. The bi-annual MFV State Conference was held in May 2017 in Manhattan, KS.



Volunteers provided education during 2017 in the following ways:

- Conducting several Kids in the Kitchen programs
- Prepared and helped provide Dining with Diabetes programs
- Attended advanced training on microbiomes at KU Medical Center
- Presented information on avoiding overeating and on meal planning
- Taught yoga classes and Senior chair exercise programs
- Helped plan and educate visitors for the Johnson county Extension 100th year anniversary celebration
- Planned and conducted Cooking for 1 or 2 classes
- Preparing meals for local Hospice House patients and families
- Planned and conducted 4-course living classes for special needs adults
- Conducted home food preservation classes
- Conducted class on Heart-Healthy Mediterranean Cuisine and Fish for Beginners
- Write monthly Healthy Tips newsletter
- Presented food demonstrations to food pantries
- Lots of grocery shopping, recipe testing, program planning assistance, and county fair help to local Extension Agents programs
- And much more!

What was the impact?

In 2017, MFV reported 10,719 hours of volunteer time in their communities. This equals a value of \$237,318.66 based on the Independent Sector's Value of Volunteer Time for Kansas as \$22.14/hour for 2016. They also made 6,334 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.