

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 11 counties and 163 active volunteers. Volunteers provided education during 2018 in the following ways:

- Helped plan, prep and deliver Dining with Diabetes classes
- Planned and presented Books & Bites Growing Futures programs
- Conducted several Kids in the Kitchen classes
- Conducted classes on small plate dining and cooking with cast iron
- Planned and prepared meals for local Hospice House
- Taught classes on preparing meals with fish
- Taught cooking classes at local Boys & Girls club and Women's shelter
- Taught Pie Baking 101 classes
- Presented Gifts from the Kitchen class
- Taught nutrition classes at Advice & Aid Pregnancy center
- Taught class on Hearty Soups & Stews
- Participated in local Ag Day event
- Presented class on Freezer Meals and Menu Planning
- Taught handwashing to students
- Participated in the 100th anniversary of Douglas County Extension
- Presented class on Eat the Rainbow
- Taught a Four Course Living class
- Taught class on Mediterranean diet
- Planned and presented a pickling, fermentation and preserving herbs classes
- Taught classes on Gluten-free baking and Artisan bread making
- Taught 4-H Cooking Camp
- Volunteered at local county fairs in the foods project
- Taught Cooking for 1 or 2 classes
- Taught senior chair exercise classes and yoga classes
- Presented classes on meals from mixes

What was the impact?

In 2018, MFV reported 9,881 hours of volunteer time in their communities. This equals a value of \$222,915.36 based on the Independent Sector's Value of Volunteer Time for Kansas as \$22.56/hour for 2017. They also made 4,564 contacts when conducting their programs. Most contacts were mixed aged groups and female attendees.

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