

# 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](http://www.ksu.edu/solutions)

K-State Research & Extension  
 Master Food Volunteers  
[www.ksre.ksu.edu/mfv](http://www.ksre.ksu.edu/mfv)  
[www.facebook.com/kansasmfv](https://www.facebook.com/kansasmfv)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



## 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 106 active volunteers. Volunteers provided education during 2019 in the following ways:

- Working with Junior Master Gardner's for a program at the Horizon Academy
- Participated in a poverty simulation
- Started a Books and Bites children's group to share food while reading a corresponding book
- Helped plan and present Dining with Diabetes
- Held a Healthier Holidays class
- Held several classes for Kids in the Kitchen and Teens in the Kitchen
- Participated in Johnson County Eats events with healthy recipes and samples
- Presented Mardi Grateful at Olathe Senior Living facility
- Class on Meatless Meat and Alternative Meat products
- Introduction to the DASH eating plan
- Participated in One Health Global Warming Conference
- Presented a series on Four Course Living
- Worked with Catholic Charities Food Pantry to provide food preparation resources and classes
- Class on how to cook with cast iron cookware
- Classes on freezer meals, meal planning, and preparing meals on a budget
- Held a sale called "Bring and Buy" to recycle unwanted kitchen equipment
- Held and managed the Chef Challenge at local county fair
- 4-H Cooking Camp for youth and 4-H Fair Baking Tips classes
- Planned and presented a class on Vegan and Vegetarian eating plan
- Volunteered at the Heaven Train, a kitchen bus to feed low income families
- Healthy electric pressure cooking classes
- Volunteered at the National Festival of Breads
- Volunteered at Let's DiaBeat This Health Expo

Volunteers were invited to Kansas State University for the State MFV Conference. Sedgwick county restarted their MFV program. We look forward to Riley county started a MFV program in 2020.

### What was the impact?

In 2019, MFV reported 12,226 hours of volunteer time in their communities. This equals a value of \$285,477.10 based on the Independent Sector's Value of Volunteer Time for Kansas as \$23.35/hour for 2018. They made 3,615 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.