

# 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  
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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 8 counties and 82 active volunteers. Due to the pandemic, volunteer opportunities were limited. The bi-annual State Master Food Volunteer conference was held in May 2021 via Zoom with 75 attendees. Here are some of the education opportunities MFV provided during 2021:

- Organizing and facilitating a new Kitchen Restore project
- County fair judging and assistance
- Taught "Kitchen Magic with Winter Herbs" program
- Learned how to present virtual classes
- Taught Pie Baking 101 classes
- Taught classes about the MIND diet. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay.
- Planned and conducted Summer Salads classes
- Presented healthy cooking classes for Walk Kansas participants
- Participated and helped in food recovery events for community service
- Planned and conducted classes on healthy cooking with electric pressure cookers
- Taught healthy food options at the June Bug Ball for children
- Taught classes on 2020 Dietary Guidelines
- Taught classes on Healthy Eating on a Budget
- Worked with the WIC program to teach healthy eating
- Answered consumer questions, wrote newsletter articles
- Presented at Area Aging Expo on Cooking for 1 or 2

### What was the impact?

In 2021, MFV reported 5,795 hours of volunteer time and 1,049 hours of training in their communities. This equals a value of \$174,385.12 based on the Independent Sector's Value of Volunteer Time for Kansas as \$25.48/hour for 2020. They made 1,135 contacts when conducting their programs. Most contacts were mixed aged groups, female adult and older adult attendees. The volunteers were more active this year as the pandemic restrictions allowed.

We are working on transitioning the MFV training into Canvas Pro for online training. We are starting a pilot in 2022, then launch in late 2022. 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!