

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 7 counties and 170 active volunteers. Here are some of the education opportunities MFV provided during 2022:

- Organizing and managing a Kitchen Restore program to gather donated kitchen supplies and get kits back out to families in need.
- Some examples of classes planned and conducted include:
Using Summer Produce
Zap! Microwave Meals
Four Course Living
Making Simple Sourdough Bread
Kitchen Magic with Summer Herbs
Kids in the Kitchen cooking and baking series
4-H Food Fare
Healthy Meals with Air Frying
Baking Bread Basics
Cooking classes and Boys and Girls Club
Heart Healthy Cooking
Assisting with foods exhibits and judging at local county fairs

What was the impact?

In 2022, MFV reported 7,027 hours of volunteer time and 865 hours of training in their communities. This equals a value of \$188,815.49 based on the Independent Sector's Value of Volunteer Time for Kansas as \$26.87/hour for 2021. They made 967 contacts when conducting their programs. Most contacts were mixed aged groups, female adult and older adult attendees.

We are transitioning the MFV training into Canvas Pro for online training, which includes some in-person training. We are starting two groups of counties in 2023. Our goal is to reach more people interested in being volunteers in this program with the flexibility of training on their own time.

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!

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