

# 2019 REPORT

**NC STATE**

## Extension Master Food Volunteer Program

The Extension Master Food Volunteers Program (EMFV) engages residents in food and nutrition programming in their community and trains volunteers to expand the reach of NC Cooperative Extension. Volunteers work closely with their supervising Family and Consumer Sciences (FCS) Agent to deliver nutrition education and cooking programs, assist with community-based programs and outreach, and promote local foods.

**28**

**FCS Agents**

**12,114**

community members reached



**83**

**Volunteers**

**2,244**

volunteer hours



Equivalent to **\$57,054**

**26**

**Counties**



### Volunteers assisted with:

- SNAP-Ed Steps to Health classes
- Med Instead of Meds series
- Cook Smart, Eat Smart
- Safe Plates
- Food preservation workshops
- Food resource management classes
- Cooking demonstrations and taste tests

*“ I am now armed with enough knowledge to step out and help others in safety, local foods. ”*

*-- Extension Master Food Volunteer*

### Pilot of Donation Station Model

EMFVs piloted the Donation Station model in New Hanover and Pender Counties. EMFVs worked with the non-profit Farmer Foodshare to set up a stand at the Tidal Creek and Poplar Grove Farmers' Markets to collect donations of produce. This food was then donated to a local food pantry. The Donation Station pilot project collected \$964 and 315 lbs of produce between April and August of 2019.

*Resources will be available in 2020 to help more counties start a Donation Station.*

Total Pounds of Produce  
(cumulative)



**315 lbs.**

Total Cash Donated (\$)  
(cumulative)



**\$964**

April June Aug

## Success Stories

### Madison County

One volunteer in Madison County contributed 300 hours in 2019, through various food and nutrition outreach activities, including Kids as Chefs Cooking Camp, farmer's market cooking demonstrations, Ag Day, elementary school nutrition outreach classes, Madison County Fair, and Mountain State Fair Cooking contests.

### Chowan County

Two volunteers in Chowan County initiated and delivered a 3-month summer program at the Boys and Girls Club. They provided demonstrations centered around preparation and cooking of the foods that were grown in the garden.

### Brunswick, Pender, and New Hanover Counties

Volunteers in Brunswick, Pender, and New Hanover Counties partnered with the Brunswick County Wellness Coalition and the South Brunswick Interchurch Council to conduct monthly educational programs at a local food pantry. They offered cooking demonstrations, food samples for tasting, and nutrition and food safety information to over 500 food pantry recipients.

*“ I have really enjoyed my time in the EMFV program and look forward to completing more activities. ”*

*-- Extension Master Food Volunteer*



Local Food curriculum for

**17,106**

High School students



The EMFV Food Systems and Local Foods curriculum was adopted by the NC Department of Public Instruction's FCS Career and Technical Education program in 2018. In 2019, this curriculum was taught to 17,106 High School students across the state.

*“ It has helped me put healthy eating into practice at home. The emphasis on evidence-based information was really important. ”*

*-- Extension Master Food Volunteer*

Learn more about the Extension Master Food Volunteers Program at [fcs.ces.ncsu.edu/master-food-volunteers](https://fcs.ces.ncsu.edu/master-food-volunteers)

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Food Volunteer Program



**Grow. Cook. Eat.**