

2020 Report

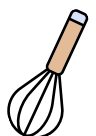
EXTENSION MASTER FOOD VOLUNTEERS PROGRAM

IMPACT

The Extension Master Food Volunteers Program helps Family and Consumer Science (FCS) agents across North Carolina to expand and build upon programs that:



SERVE FAMILIES AT RISK OF
FOOD INSECURITY



TEACH HOW TO COOK
NUTRITIOUS MEALS AT HOME



INCREASE AVAILABILITY OF
HEALTHY LOCAL FOODS

“I have met people from all over the state through this program. It has been a positive and rewarding experience.”
~ Volunteer

REACHING STUDENTS

The *Food Systems and Local Food* section of the EMFV curriculum was taught to about **10,900 high school students** through the NC Department of Public Instruction's FCS Career and Technical Education Program.

GROWING NETWORK OF TRAINED AGENTS

From the EMFV pilot in 2016-17, the number of trained agents has grown **from 7 to 42** across 53 counties.

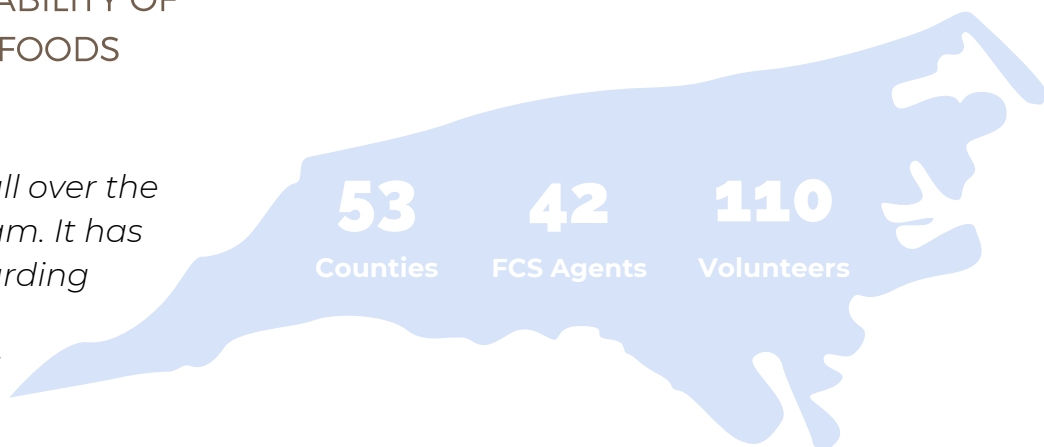
GROWING COMMUNITY OF VOLUNTEERS

110 volunteers have completed extensive EMFV training to support agents in delivering evidence-based Extension programs that improve community health outcomes. In 2020, volunteers:

CONTRIBUTED **880** Service Hours
(valued at \$22,378)

REACHED **5,640** Community Members

COMPLETED **260** Continued Education Hours



BUILDING PARTNERSHIPS

The Senior Instructor at **Oregon State Extension Service** completed the EMFV agent training, with plans to adapt and implement the program in their region.

Adapting to COVID-19

Responding to new challenges and needs during the pandemic

TRAININGS FOR AGENTS



The EMFV agent training was converted from a weeklong in-person event to an online, virtual, and more flexible environment.

TRAININGS FOR VOLUNTEERS



New resources and tools were created to train volunteers, including recordings of each curriculum section, activities designed for virtual platforms, and an online teaching platform.

CURRICULUM DELIVERY



Ongoing support was provided to FCS teachers in the Career and Technical Education program, including a conference session, online resources, and connections to county agents.



Staying engaged virtually during COVID-19

COMMUNICATION

Agents held regularly scheduled virtual meetings with volunteers and communicated often via email.

OPPORTUNITIES

Volunteers helped create food preparation videos, researched food and nutrition articles, wrote social media posts and short articles, and helped agents moderate virtual classes and events.

EDUCATION

In partnership with Extension Specialists, agents helped develop a monthly EMFV continued education webinar series for volunteers.

A volunteer in **Alamance County** assisted the FCS agent in teaching two virtual sections of a new fermentation class.

A volunteer in **Wayne County** connected the FCS agent with an FCS Specialist in the Department of Education in Arizona, who then shared their Cyber Cooking videos and resources with 250 Arizona FCS educators to use as part of their virtual programming.



*"I want to thank you for making the monthly EMFV video connection a reality. I look forward to participating each month. I always learn something."
~ Volunteer*

Volunteers in **Brunswick, New Hanover, and Pender Counties** developed factsheets with healthy recipes and food storage tips. Over 500 factsheets were distributed through food pantry boxes.